



IOWA CAREGIVERS 2018 CONFERENCE

# CULTIVATING CAREGIVERS



## SEQUOIA SPONSORS:

**iowa  
insurance  
division**

  
**UCS**  
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**IOWA Caregivers**

**Monday, June 4 and  
Tuesday, June 5, 2018**

The Meadows Events  
and Conference  
Center—Prairie  
Meadows

**EARLY BIRD  
REGISTRATION  
DEADLINE:**

**MAY 25, 2018**

**AN EDUCATIONAL  
CONFERENCE  
ESPECIALLY FOR:**

Certified Nursing Assistants, Home Care/  
Health Aides, Hospice Aides, Medication  
Aides, Nutrition Aides, Restorative Aides,  
Consumer Directed Attendant Care  
Workers, Universal Workers, Direct Support  
Professionals, Personal Care Assistants,  
Patient Care Technicians, other Direct Care  
Professionals and Family Caregivers.

# Conference Information

## About the Theme: "Cultivating Caregivers"

Prepare to open your hearts and minds to new ideas, information and tools to be the **best caregiver you can be!** Participating in this conference will help you grow and nourish your passion for caregiving.

### *We'll be:*

- Planting seeds of knowledge through workshops
- Nurturing your well-being through oral and health screenings
- Adding fertilizer for your growth through networking
- Pulling out the weeds of burnout
- Providing sunshine through motivational speakers
- Reaping rewards at the recognition program, and
- Going home with a bountiful harvest to share!

*Dress casual or in your best gardening attire.*

**REGISTER NOW!**



## Iowa CareGivers "Cultivating Caregivers" Recognition Reception

This reception is being held to honor and pay tribute to all of you who provide the care/support that our loved ones and all Iowans need. There will be a short program to recognize those in direct care and those who support the direct care workforce and Iowa CareGivers.

## Free Health and Oral Health Screenings

As those who work in direct care and provide care to your families, you often put the care needs of others before your own. But, a healthy YOU is vital to the welfare of those who depend upon you. Free health screenings are offered through a partnership and the generosity of Polk County Health Department and Iowa Dental Hygienists' Association. Screenings that may be offered are blood pressure, Body Mass Index (BMI), blood cholesterol and blood sugar, as well as an oral health screening.

## "Hidden in Plain Sight": A Special Interactive Exhibit

This exhibit will bring adults into a "mock teenager bedroom" where they will explore the exhibit, identifying indicators of substance abuse and other risky behaviors. The "Hidden In Plain Sight" program offers insight into what youth may be hiding in their rooms through this interactive exhibit. Participants will learn about different types of drug paraphernalia available for the use, processing, and concealment of illicit drugs. After spending time in the exhibit area, the 5C Coalition from Clayton County will offer resources to address adolescent behaviors and spot warning signs. The information is also helpful to anyone entering homes for care or emergency services to help those individuals better identify indicators in homes.

"Hidden in Plain Sight" will be offered free to attendees on both days of conference. It usually takes 5 - 15 minutes to go through the experience. The exhibit will be open beginning at 6:30 a.m. each day until the sessions start, then also during breaks and lunch.



## Exhibit Space Available

Exhibit space will be available at the Iowa CareGivers "Cultivating Caregivers" Conference. This is a wonderful opportunity to support quality care and inform attendees about products, services, and resources. Exhibitors will be considered on a first come, first served basis. No employee recruitment activities are allowed.

**For more information, contact Pam Biklen** at the Iowa CareGivers, 515-729-9729 or [pam.biklen@iowacaregivers.org](mailto:pam.biklen@iowacaregivers.org). Visit our website for registration information.

# Conference Location

**The Meadows Events and Conference Center — Prairie Meadows**  
1 Prairie Meadows Drive • Altoona, IA 50009 • 515.967.1000

## Guestroom Reservations:

To make your reservations, you may either...

- Call the hotel reservation number at 515.957.3000 or 800.325.9015. Let them know that you are with the Iowa CareGivers conference at the time of your reservation to receive the special guestroom rate.
- Reserve your room online at [www.prairiemeadows.com](http://www.prairiemeadows.com) (**Make sure to use our group code 06032018IOW**)

**To receive the special room rates, reserve your room before Wednesday, May 9, 2018 at 5 p.m.** After this date, guests will be accommodated on a space and rate available basis.

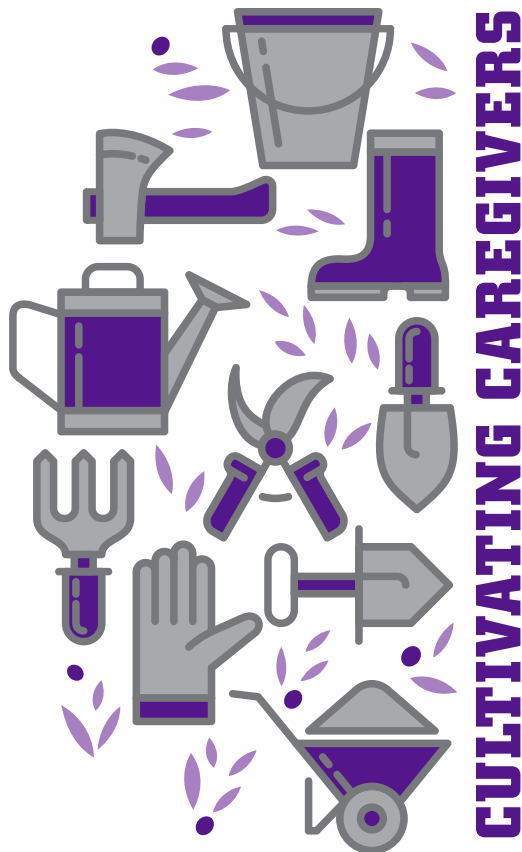
## Special Guestroom Rates:

Prairie Meadows is offering the Iowa CareGivers conference participants a special guestroom rate of \$101 plus tax (12%) or approximately \$113 for the standard king or double queen rooms.

## To Avoid Delays or Problems Checking In:

**Hotel Room Reservations Require a Credit Card.** Please note that the Hotel does not accept personal checks or cash as payment.

If a Company Credit Card will be used instead of a Personal Credit Card and the Company Card will not be physically swiped at the hotel upon check in, the hotel will need the Company Credit Card holder to complete and return a Credit Card Authorization Form. Please contact the reservation number at 515.957.3000 for assistance with this process.



## Directions:

### FROM THE WEST

Take I-80 east to exit 142A. Turn right onto Highway 6. Take your first left (east) onto Adventureland Drive. We'll be on your right.

### FROM THE EAST

Take I-80 west to exit 142. Turn left onto Highway 6. Take your first left (east) onto Adventureland Drive. We'll be on your right.

### FROM THE NORTH

If you're coming in on I-35 from the north, merge onto I-80 east via exit 87A towards Davenport. Travel a little over four miles to exit 142A. Turn right onto Highway 6. Take your first left (east) onto Adventureland Drive. We'll be on your right.

### FROM THE SOUTH

If you're coming in from south of Des Moines on I-35, merge onto Highway 5 South on the southern edge of Des Moines. Highway 5 South becomes Highway 65 North. Take Exit 83 and turn right (east) onto 8th Street SW. After traveling 0.5 miles, turn left onto Prairie Meadows Drive.

# Conference Agenda Monday, June 4, 2018

Note: We do not have permission to video or record conference speakers.

6:30 – 8:45 am	Health Screenings and “Hidden in Plain Sight” Exhibit Available
7:00 – 8:45 am	Registration/Light Continental Breakfast/Visit Exhibitors
8:45 – 9:00 am	Welcome
9:00 – 10:00 am	<b>Opening Keynote: “F.U.N. in Client Care”</b> by Paul Long, Motivational Speaker
10:00 – 10:15 am	<b>Break: Visit Exhibitors/Health Screenings</b>
10:15 – 11:15 pm	<b>Workshops: Session A</b> <b>A1: Self-Care for Professionals: Dealing with Stress and Grief</b> by Patricia Adams Oberbillig, B.A., M.Div., Director of Community Education, Iles Funeral Homes <b>A2: Managing Conflict in Caregiving</b> by Paul Ascherman, PhD, Licensed Psychologist, UCS Healthcare <b>A3: Creating Safe and Welcoming Environments for the LGBTQ Community</b> by Daniel Hoffman-Zinnel, Executive Director, One Iowa
11:15 – 12:15 pm	<b>Lunch</b>
12:15 to 1:15 pm	<b>Workshops: Session B</b> <b>B1: Microbes to Management: an Overview of Infectious Disease</b> by Joelle Stolte, MPH, PhD(c), Program Chair, Public Health, Mercy College of Health Sciences <b>B2: Diagnosis Bipolar Disorder: What Is It and How Do We Help</b> by Bruce Buchanan, ACSW, LISW, BCD, President, CEO, Compass Clinical Associates, PLLC <b>B3: Prepare to Care (AARP Program) (For Family Caregivers)</b> by Connie Eastman, Associate State Director of Community Outreach, AARP Iowa
1:15 – 1:30 pm	<b>Break: Visit Exhibitors</b>
1:30 – 2:30 pm	<b>Workshops: Session C</b> <b>C1: Go with Your Gut: A Conversation About Fiber</b> by Stephanie Labenz, Consultant Dietitian, Aging Resources of Central Iowa <b>C2: Benefits of Therapy Dogs</b> by Anna D. Childs, Adelhorst Kennels <b>C3: Developing Intercultural Sensitivity</b> by Stacey Kimberlin, Program Director, CultureALL
2:30 – 2:45 pm	<b>Break: Visit Exhibitors</b>
2:45 – 3:45 pm	<b>Workshops: Session D</b> <b>D1: Early Onset Dementia for People with Intellectual Disabilities (ID)</b> by Dr. Matt Horvath, Psychiatrist, Woodward Resource Center <b>D2: Identifying and Responding to Dependent Adult Abuse</b> by Celene Gogerty, Assistant Polk County Attorney, Polk County Attorney’s Office <b>D3: The Opioid Epidemic: What Do We Know? What Can We Do? Who Can Help?</b> by Deborah Thompson, Policy Advisor and Legislative Liaison, Iowa Department of Public Health and Kevin Gabbert, Opioid Initiatives Director, Iowa Department of Public Health
3:45 pm	<b>Doors Open for Recognition Reception</b>
4:00 – 5:00 pm	<b>Iowa CareGivers “Cultivating Caregivers” Recognition Reception</b>



**Certificates of attendance:** Attendance at this conference is good for 10.75 contact hours of continuing education (5.0 for June 4 and 5.75 for June 5) for Certified Nurse Assistants, Certified Medication Aides, Health Care Technicians, Home Health Aides, and other direct care professionals. Certificates of attendance will be issued by the Iowa CareGivers. Contact hours obtained through IC programs are approved by DIA toward the number of contact or in-service hours required by some health and long term care employers. We are not able to provide CEUs for RNs, LPNs, or other licensed staff. **Thank you.**

Iowa CareGivers does not discriminate in its educational programs and activities on the basis of race, creed, national origin, ancestry, color, religion, sex, age, disability, veteran status, sexual orientation or any other protected class under relevant state and federal laws.

Workshops and Programs **may not** be recorded.

# Conference Session Descriptions: Monday, June 4, 2018

## Opening Keynote: "F.U.N. in Client Care" by Paul Long, Motivational Speaker



Looking for help in overcoming compassion fatigue, improving client satisfaction or boosting morale amongst your co-workers and staff? F.U.N. in Client Care explores what it takes to form trust-based relationships with peers and clients when faced with the challenges

created in what can be at times, an emotionally taxing caregiving environment. Featuring clients like Midwest Oncology Practice Society, CQuence Health Solutions (working with X-Ray and MRI Techs), McKesson Pharmaceuticals and as the Board President of a Pediatric Cancer Research 501C3, Paul Long has become a trusted expert in guiding medical practices and hospitals around the nation.

Based on Paul's core principle of F.U.N., the experience will allow participants to explore their Foundation, Understanding of Others and Identify Next Steps in creating the work/life fulfillment we all desire. Laugh, learn and actively engage as this *Wall Street Journal*, *Washington Post* and *Yahoo Sports* featured speaker coaches you through principles to help pull yourself out of any rut, overcome the challenges presented in a caregiving environment, improve client satisfaction and gravitate towards the things that give you strength. Featuring the story of Noah Wilson, a 6 year old boy who after being diagnosed with Ewing's Sarcoma Cancer, inspired a community and became the driving force behind change in medical supply ordering processes within pediatric care facilities, this experience is sure to provoke thought while leaving audiences with specific actions to enhance their quality of life and care.

## WORKSHOPS: SESSION A

### A1: Self-Care for Professionals: Dealing with Stress and Grief

by Patricia Adams Oberbillig, B.A., M.Div., Director of Community Education, *Iles Funeral Homes*

The "work" of caring for others, while fulfilling, is fraught with stress that impacts the caregiver in many ways. Objectives: To identify what stress is, what causes it and some symptoms of it; To understand the relationship between grief and stress; Through an "M & M" exercise, identify how you spend time, including time for grieving and time for self-care.

### A2: Managing Conflict in Caregiving by Paul Ascheman, PhD, Licensed Psychologist, UCS Healthcare

Conflict is inevitable and contributes to the stress of caregiving. Responding and coping with conflict in a productive way is a learned skill. The field of psychology has much to

offer caregivers seeking to prevent and manage conflict when it arises. Objectives: Caregivers will: increase their awareness of factors contributing to conflict and learn to adapt their perceptions and behaviors in addressing conflict.

### A3: Creating Safe and Welcoming Environments for the LGBTQ Community by Daniel Hoffman-Zinnel, Executive Director, One Iowa

This training will include an icebreaker activity related to creating a safe and welcoming environment, overview of LGBTQ terminology, learning multiple specific applicable skills to creating a safe and welcoming environment, and application of skills in scenario planning and role-playing. Objectives: Increase knowledge regarding LGBTQ terminology, especially beyond the binary and transgender individuals; Learn at least three specific skills to apply in creating a safe and welcoming environment for employees, patients, and their families; Improve ways to apply skills in the workplace.

## WORKSHOPS: SESSION B

### B1: Microbes to Management: an Overview of Infectious Disease by Joelle Stolte, MPH, PhD(c), Program Chair, Public Health, Mercy College of Health Sciences

This presentation will explore the Public Health five W's and one H of Infectious Disease. Examining What is infectious disease? Why we care? Who it impacts? Where are emerging trends occurring? When do health professionals step in? And How do we move forward to manage infectious disease and protect public health? Objectives: Explore the history of infectious disease and understand what causes infectious disease and how it spreads; Recognize the impact of infectious disease on public health; Recognize global and reemerging challenges associated with infectious diseases; Identify key steps in prevention and treatment for infectious diseases.

### B2: Diagnosis Bipolar Disorder: What Is It and How Do We Help by Bruce Buchanan, ACSW, LISW, BCD, President, CEO, Compass Clinical Associates, PLLC

Bipolar Disorder in recent years has become a popular diagnosis. Participants will learn how to recognize the different types of bipolar disorder. Behavioral interventions will be discussed as well as developing an understanding of psychiatric medications used to treat people with this psychiatric disorder. Objectives: Learn to recognize signs of bipolar disorder; Learn tips for those working with/supporting those who have bipolar; Become familiar with different modalities of treatment.

### B3: Prepare to Care (AARP Program) (For Family Caregivers) by Connie Eastman, Associate State Director of Community Outreach, AARP Iowa

During this session we will share a frame-

work to help you make plans to care for friends, family members, or loved ones. You will have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available to you and your loved ones. Objectives: Helping people understand the importance of planning before a crisis; Provide a framework for developing an individual caregiving plan; Identify resources for caregiving information.

## WORKSHOPS: SESSION C

### C1: Go with Your Gut: A Conversation About Fiber by Stephanie Labenz, Consultant Dietitian, Aging Resources of Central Iowa

This program will go over the basics of healthy eating with the focus on fiber. We will have an open conversation regarding our gut microbiome, probiotics, and ways to feed the healthy bacteria in our bodies. We will also participate in some fun physical activities good for all age groups. Objectives: Have a better understanding of our healthy gut bacteria; Understand how much fiber we should have in our diet and good sources of fiber; Learn fun exercises anyone can do.

### C2: Benefits of Therapy Dogs by Anna D. Childs, Adelhorst Kennels

Pet therapy builds on pre-existing human-animal bonds. Interacting with a friendly, trained pet can help with physical and mental issues. Come learn about both the physical and mental benefits of pet therapy, including things like lowering blood pressure, release of endorphins that have a calming effect, decreasing anxiety, and much more. You'll also get to meet Chance, a trained dog.

### C3: Developing Intercultural Sensitivity by Stacey Kimberlin, Program Director, CultureALL

Do some of your colleagues need to be more open to other cultures and perspectives? You can engage them with fun experiences that intrigue them so they want to know more. CultureALL will show you how. This local business has been preparing Iowans to interact with people from other cultures since 2005. In this session, you will explore a model for developing intercultural proficiency-the same model used to train your neighbors and colleagues from 65+ cultures to become CultureALL Ambassadors. Come learn what you can do to make Iowa a more compassionate, globally minded place to live, study, and work. Objectives: Examine your place on an intercultural sensitivity continuum; Learn what CultureALL does; Consider how to connect with people who challenge you.



**MONDAY WORKSHOPS**  
CONTINUED ON PAGE 7

# MEET THE SEQUOIA SPONSORS

Sequoia in Cherokee means “sparrow” but is also the name of the “giant redwood” often referred to as “Big Tree” by naturalist, John Muir. This year, our “Big Trees” are UCS Healthcare and The Iowa Insurance Division (IID). Without their support this conference would not be possible!

**UCS Healthcare** delivers comprehensive health care services including mental health therapy, psychiatric services, substance use disorder therapy and medication assisted treatment for opioid and alcohol addiction. Based in Des Moines, we also have clinic locations in Ankeny and Knoxville with medication units embedded in treatment centers in Waterloo, Ottumwa and Burlington. We are proud to be the presenting sponsor of the Iowa CareGivers Conference. Our teams work closely with families and care providers across many spectrums with treatment, diagnosis and continuing care. We hope the conference provides the education and engagement that will continue to sustain and support the important work performed by your industry.

**The Iowa Insurance Division** is the state regulator which supervises all insurance business transacted in the state of Iowa. The Division also oversees activities related to the sale of investments in the state. Part of the agency mission is education, so we are pleased to provide support for the Iowa CareGivers Conference this year. The Division focuses on promoting financial literacy and fraud prevention. We commend to you our Iowa Fraud Fighters program (see <https://www.iowafraudfighters.gov/>) and our online workplace financial education provided by the Financial Fitness Group (see <https://www.financialfitnessgroup.com/iowa/>).

*Disclaimer: The use of the term “Sponsor” for the “Cultivating Caregivers” Conference does not constitute an official endorsement or approval by the Iowa CareGivers of any product or service provided by the participating “sponsors” or “vendors.”*

## SEQUOIA SPONSOR \$10,000 and above

Iowa Insurance Division  
UCS Healthcare

## REDWOOD SPONSOR \$5,000 to \$9,999

Delta Dental of Iowa Foundation

## OAK SPONSOR \$3,000 to \$4,999

## CYPRESS SPONSOR \$1,000 to \$2,999

AARP Iowa | Allegra Marketing, Print, Mail  
Amerigroup Iowa, Inc. | Aging Resources of  
Central Iowa | Iowa Department on Aging  
Des Moines Area Community College (DMACC)  
Iowa Geriatric Education Center | Claude Freeman  
UnitedHealthcare | UnityPoint Health -  
Des Moines | Veritiv

## COTTONWOOD SPONSOR \$500 - \$999

Green Hills, Ames, IA | HCI Care Services & VNS  
of Iowa | Mary Greeley Medical Center, Ames, IA  
North Iowa Area Community College | Northcrest  
Community, Ames, IA | Bruce and Linda Simonton  
University of Iowa College of Dentistry and  
Dental Clinics | Western Iowa Tech Community  
College | Michael Wolnerman

## Conference Agenda Tuesday, June 5, 2018

Note: We do not have permission to video or record conference speakers.

<b>6:30 – 8:00 am</b>	<b>Health Screenings and “Hidden in Plain Sight” Exhibit Available</b>
<b>7:00 – 8:00 am</b>	<b>Registration/Light Continental Breakfast/Visit Exhibitors</b>
<b>8:00 – 8:15 am</b>	<b>Welcome</b>
<b>8:15 – 9:15 am</b>	<b>General Session: “Caregivers – Leading the Way in Ability Awareness”</b> <i>by Tyler and Paul Greene, Inclusion Connection – Together We Play</i>
<b>9:15 – 9:30 am</b>	<b>Break: Visit Exhibitors/Health Screenings</b>
<b>9:30 – 10:30 am</b>	<b>General Session: “Deadly Harvest: The Opioid Epidemic in Iowa”</b> <i>by Dr. Frank Filippelli, DO, PhD, Medical Director, UCS Healthcare</i>
<b>10:30 – 10:45 am</b>	<b>Break: Visit Exhibitors/Health Screenings</b>
<b>10:45 – 11:45 am</b>	<b>General Session: “Let’s Talk Teeth: Oral Care and Nutrition”</b> <i>by Carlene Russell, MS, RDN, LDN, Health and Wellness Director, Iowa Department on Aging and Gayla Moore, RDH, I-Smile™ Silver Coordinator</i>
<b>11:45 – 12:30 pm</b>	<b>LUNCH</b>
<b>12:30 – 1:30 pm</b>	<b>General Session: Skin Care</b> <i>by Gina Anderson, RN, BSN, Senior Quality Improvement Facilitator, Telligen</i>
<b>1:30 to 1:45 pm</b>	<b>Break: Visit Exhibitors</b>
<b>1:45 to 2:45 pm</b>	<b>General Session: Cultivating Your Thoughts, Emotions, and Actions as a Caregiver</b> <i>by Dr. James Coyle, Director of Human Relations, Iowa Cremation</i>
<b>2:45 – 3:00 pm</b>	<b>Break: Visit Exhibitors</b>
<b>3:00 – 3:45 pm</b>	<b>Closing General Session: Bloom Where You Are Planted</b> <i>by Juli Burney, Motivational Speaker</i>

# Conference Session Descriptions: Tuesday, June 5, 2018

## General Session: "Caregivers – Leading the Way in Ability Awareness" by Tyler and Paul Greene, Inclusion Connection – Together We Play Cultivating Caregivers...

...at this conference we are cultivating caregivers to be even better at their important work... that is true. But we are also recognizing and celebrating caregivers who cultivate the lives of so many others. Caregivers are in the position to make such a difference for so many...to cultivate their daily lives and help them grow. Objectives: Caregivers will be reminded how important and impactful their work is. The tasks of the work itself, but even more so the attitude with which the tasks are delivered can literally change the direction of someone's life. Don't believe otherwise. Caregivers will leave with a better understanding of ability awareness and inclusion...what inclusion is and, just as importantly, what inclusion isn't. Ability awareness is the foundation of understanding inclusion. Caregivers will learn that what someone can do is much more important than what he/she can't do.



and to reduce the risk for falls. Information will be provided on maintaining healthy eating patterns.

Maintaining nutritional health is dependent upon dental health and good oral hygiene. A short video will highlight oral hygiene techniques caregivers can use and product selection. Information will be provided on cultivating relationships with dental providers to ensure the dental care needed is obtainable thus maximize the quality of life for the person served.

**General Session: Skin Care** by Gina Anderson, RN, BSN, Senior Quality Improvement Facilitator, Telligen This skin care program will take you through the Pressure Ulcer/Injury Critical Element Pathway with a special focus on skin care. During this presentation we will discuss the value of assessing skin, prevention and intervention methods when providing skin care. Objectives: Discuss best practice/Critical Element Pathway for Pressure Ulcer/Injury; Assessment vs. Observation; Prevention and Intervention; Next Steps.

**General Session: Cultivating Your Thoughts, Emotions, and Actions as a Caregiver** by Dr. James Coyle, Director of Human Relations, Iowa Cremation The blindsiding effects of stress can become overwhelming. Cultivating our thoughts, emotions, and behaviors is critical in our roles as caregivers. This workshop will be fun, engaging, and educational as we learn to manage the stress of those we serve and the stress of everyday life. Objectives: Learning to manage and cultivate our: mind – the things that capture our thought life; emotions – the things that move our heart and feelings; behaviors – as a caregiver.

## General Session: "Deadly Harvest: The Opioid Epidemic in Iowa" by Dr. Frank Filippelli, DO, PhD, Medical Director, UCS Healthcare

The program will provide information about the history of Opiate use in Iowa and how it affects Iowans. A discussion about how addiction is addressed and treatment options (Medication Assisted Treatment (MAT)) that are available to promote recovery from opiate addiction. Objectives: Learn about what opiates are and how they are misused; Become familiar with signs of opioid overdose and ways to manage an overdose; Discuss Medication Assisted Treatment (MAT) and how it allows opiate dependent patients return to normal lives.

## General Session: "Let's Talk Teeth: Oral Care and Nutrition"

by Carlene Russell, MS, RDN, LDN, Health and Wellness Director, Iowa Department on Aging and Gayla Moore, RDH, I-Smile™ Silver Coordinator This presentation will illustrate the interconnectedness between teeth, oral care, and health. The ability to chew impacts the type of foods eaten and ultimately overall health including maintaining strength and independence with age. Difficulty chewing can lead to eating fewer protein foods which results in loss of muscle. Muscle is needed for strength to perform activities of daily living

## Closing General Session: Bloom Where You Are Planted

by Juli Burney, Motivational Speaker Being a caregiver can be quite challenging whether you are in direct care, administration, the staff behind the front lines, or family caregivers. Our attitude toward our tasks can make all the difference in the world as to whether we wither or bloom. With the constantly shifting landscape, humor is the key to blooming and just a sprinkle of humor can nourish us to bloom where we are planted. This presentation will share specific caregiving examples when a different perspective, brought with humor, improves both the staff's and the client's situation.



**MONDAY WORKSHOPS** CONTINUED FROM PAGE 5

## WORKSHOPS: SESSION D

### D1: Early Onset Dementia for People with Intellectual Disabilities (ID) by Dr. Matt Horvath, Board Certified, Chief Psychiatrist, Woodward Resource Center

A brief overview of the challenges associated with recognizing dementia in those who have pre-existing intellectual disabilities. We will also discuss strategies on how to work with these individuals. Objectives: Improved ability to recognize dementia symptoms; Improved ability to care for those with dementia superimposed with pre-existing ID (intellectual disabilities).

### D2: Identifying and Responding to Dependent Adult Abuse by Celene Gogerty, Assistant Polk County Attorney, Polk County Attorney's Office

This session will delve into how to spot signs a dependent adult is being abused, the applicable law and the resources available. This will not be a repeat of mandatory reporter training and will include real examples of abuse and information you can really use. Objectives: Be able to identify subtle signs of dependent adult abuse; Be able to know how to appropriately respond on behalf of an abused client.

### D3: The Opioid Epidemic: What Do We Know? What Can We Do? Who Can Help? by Deborah Thompson, Policy Advisor and Legislative Liaison, Iowa Department of Public Health and Kevin Gabbert, Opioid Initiatives Director, Iowa Department of Public Health

This session offers data and information on what the national opioid epidemic looks like in Iowa, the prevention strategies being executed by the Iowa Department of Public Health, and how important it is for communities to come together to fight one of the worst preventable health issues of our generation. Discussion is encouraged and expected. Understanding comes from dialogue.



**Iowa CareGivers**  
 1231 8th Street #236  
 West Des Moines, Iowa 50265  
[www.IowaCareGivers.org](http://www.IowaCareGivers.org)

NONPROFIT  
 ORGANIZATION  
 U.S. POSTAGE PAID  
 DES MOINES, IA  
 PERMIT NO. 5294



**Monday, June 4 and  
 Tuesday, June 5, 2018**  
 The Meadows Events and  
 Conference Center — Prairie Meadows

# Conference Registration 2018

Name: \_\_\_\_\_  
 Complete Home Mailing Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 County: \_\_\_\_\_ # of years in direct care: \_\_\_\_\_  
 Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Employer: \_\_\_\_\_  
 Employer Address: \_\_\_\_\_  
 Employer City, State, Zip: \_\_\_\_\_

**Is this your first time at conference?**  Yes  No  
 Do you plan to participate in the health screenings?  Yes  No  
 Do you have any dietary or other special needs?  Yes  No  
 Please list here: \_\_\_\_\_

Please contact us at [information@iowacaregivers.org](mailto:information@iowacaregivers.org) or 515-223-2805 by May 18 for any accommodations and/or alternative formats you may need.

**On your MAIN direct care job are you...** (Check ALL that apply)

<input type="checkbox"/> Certified Nursing Assistant (CNA)	<input type="checkbox"/> Consumer Directed Attendant Care (CDAC) worker or Personal Care Assistant
<input type="checkbox"/> CNA plus other certification, such as medication aide, rehabilitation aide, etc.	<input type="checkbox"/> Universal Worker
<input type="checkbox"/> Home Care or Home Health Aide (HCA/HHA)	<input type="checkbox"/> Hospice Aide
<input type="checkbox"/> Direct Support Professional (DSP)	<input type="checkbox"/> Companion, non-medical assistant
<input type="checkbox"/> Patient Care Technician (PCT)	<input type="checkbox"/> Family Caregiver
	<input type="checkbox"/> Other _____

You may register by completing this form and mailing it to Iowa CareGivers or register online at:

[www.IowaCareGivers.org](http://www.IowaCareGivers.org)

## Early Bird Registration Fees:

**\$95 Both Days**     \$ \_\_\_\_\_  
**\$65 One Day**     \$ \_\_\_\_\_

Days you will be attending (check all that apply)

**Mon., June 4**     **Tues., June 5**

*If your registration is received after May 25, 2018, you will be charged an additional \$30.*

**Total Amount**     \$ \_\_\_\_\_

**Make checks payable to: Iowa CareGivers and mail to the following address:**

Iowa CareGivers  
 1231 8th Street, Suite 236  
 West Des Moines, IA 50265

**Early Bird  
 Registration  
 Deadline:  
 May 25, 2018**

*Credit cards are accepted for online registrations only.*

- Payment must be sent with registration. Please do not send cash.
- **Cancellation policy:** Sorry, NO refunds. A substitution of the registration will be accepted with no charge.
- A confirmation of registration and payment will be emailed, faxed, or mailed to you.