

You can learn to present this seminar.

Elder Care and Work: Finding the Balance

An effective approach to elder care/work balance begins with gaining perspective. Attendees will learn to lead this powerful, effective learning experience that focuses on practical, personalized solutions.

Millions of men and women struggle to balance job responsibilities with the responsibility of caring for an older relative—and the numbers are growing every day. Employers feel the cost in lost productivity and turnover due to elder care crises. Employed caregivers feel the cost in terms of stress and negative health effects, and disruption in employment.

But a significant portion of caregiver stress—and its related costs to individuals and employers—can be prevented by taking advantage of strategies and resources available at work and in the community.

The key to success is the education of employed caregivers—and the managers to whom they report.

Train-the-Trainer Seminar

Elder Care and Work: Finding the Balance is a profoundly important and timely seminar for employers and employed caregivers; and for community based agencies that provide counseling or direct services for employers and/or employees.

You or your staff members will learn to lead Elder Care and Work: Finding the Balance. This is a fast-paced, intensive workshop that focuses on gaining perspective on the issues surrounding elder care/work balance. This workshop can be conducted in the workplace or community setting.

What Attendees Will Learn

Employees who may struggle as elder caregivers:

- Gain new energy and self-confidence in dealing with the demands of elder care and work;
- Learn practical communications strategies for dealing with co-workers and supervisors;
- Create a simple but powerful written plan, tailored to help effectively manage their situation;
- Learn about valuable, helpful resources that are available through the workplace and in the community.

Community Agencies that deliver direct care or counseling on elder care issues:

- Reach family caregivers earlier in the caregiving process helping to avoid caregiver burnout;
- Learn which employers to approach and how to approach them;
- Enhance the agency's reputation as a pro-active leader in the field of elder care, especially serving the growing needs of the "baby boom" generation;
- Generate new revenue streams from the sale of training and publications, along with new opportunities for grant funding.

Employers that effectively manage elder care and work issues:

- Reduce turnover and avoid costly absences due to elder care conflicts;
- Minimize losses in productivity that result from distractions at work and stress-related health problems;
- Control the cost of healthcare premiums by preventing stress-related injuries and illnesses;
- Improve job satisfaction by enhancing communication and understanding between supervisors and co-workers.



Seminar Content

Elder Care and Work: Finding the Balance teaches attendees to use specific strategies to successfully cope with a wide variety of issues surrounding elder care and about resources that are available in the workplace and local community. The goal is to help the family caregiver find balance, thereby meeting personal needs and the needs of the older relative, while remaining productive on the job.

Healthy Caregiving is Effective Caregiving

- Understanding the nature of the job of caregiving and the role of the caregiver
- Four principles of effective caregiving and how to apply them
- The stages of one's caregiving career: Where you are and what to do now.

Work Place Strategies That Work

- Assessing your situation at work and at home
 - Are you cut out to be a primary caregiver?
 - What impact is caregiving having on your job performance?
 - What's the trust level at your workplace?
 - How clear are roles and responsibilities?
- Specific techniques for effective communications around work/life balance issues
- Defining your options—and solutions for your specific situation

ABCs of Elder Care Resources

- At work
- In the community
- Ten tips for navigating the elder care system

Trainers Kit Includes

We provide each Seminar Leader with a Training Kit that includes:

- Comprehensive Leader's Guide in a three-ring binder
- PowerPoint presentation with slide-by-slide instructions
- Sample handouts
- Copy of *Elder Care: A Six Step Guide to Balance Work and Family*

Follow-Up Coaching

Every trainer who successfully completes the Train-the-Trainer session will receive, at no additional cost:

- 60 days of free e-coaching follow-up advice and technical assistance.
- Eight weekly e-mail tips for successfully implementing the program. Send as many comments, questions and requests for assistance as necessary.
- We pledge to respond personally to each e-mail within two business days.

Licensing Trainers

Trainers who successfully complete the Train-the-Trainer session are licensed by Bringing Elder Care Home to deliver the workshop. Your fee for the train-the-trainer session includes:

- One-year licensure
- Free e-mail coaching for 60 days after the training session
- Free registration for a trainer booster session, via conference call, six months later
- All materials
- Quantity purchase discount on seminar workbooks

Seminar Leader

John Paul Marosy is founder and president of Bringing Elder Care Home, a consulting and training firm specializing in elder care/work balance. He is a former family caregiver and has served as



CEO of leading organizations in the fields of aging and home health care. John Paul is an award-winning author, a former board member of the National Family Caregivers Association, and a member of the National Speakers Association.

Sponsors:

LIFEWORK
STRATEGIES, INC.



Oregon Association
of Area Agencies on
Aging & Disabilities

Registration Form

Train-The-Trainer Conference “Elder Care and Work: Finding the Balance”

Advertiser Health Care - Support Center
1801 Research Blvd.
Rockville, MD 20850
Friday, September 15
8:30 AM to 3:30 PM

Oregon Department of Human Services
500 Summer St. NE
Salem, OR 97301
Thursday, September 28
8:30 AM to 3:30 PM

Holiday Inn Select - O'Hare
10233 West Higgins Rd.
Rosemont, IL 60018
Friday, October 20
8:30 AM to 3:30 PM

Sponsor: Life Work Strategies, Inc.

Sponsor: Oregon Association of Area
Agencies on Aging and Disabilities

Yes! Please register _____ person(s) for the Rockville, MD Salem, OR Rosemont, IL

Please type or print clearly.

Name 1: _____ Job Title: _____

Name 2: _____ Job Title: _____

Name 3: _____ Job Title: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Telephone: _____

\$225.00 Early Bird Discount Registration (must be received by August 16 - Rockville, August 29 - Salem, September 20 - Rosemont)

\$239.00 Registration Fee (after August 16 - Rockville, August 29 - Salem, September 20 - Rosemont)

Payment: Enclosed is my check for _____ registrations @ \$_____ each **Total: \$**_____

Please charge my: Visa Mastercard Card # _____ - _____ - _____ - _____

Name exactly as it appears on the card: _____

Billing address: _____

City: _____ State: _____ Zip: _____

Expiration Date: _____ (Mo) _____ (Yr) 3-digit Security Code on back of card: _____

Signature of Card Holder: _____

Fax, mail or email to:

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