

# Caregiver Day of R & R

## September 15, 2010

### 8:30 AM – 2:30 PM

**Location:**  
Four Points by Sheraton  
1125 Boston-Providence Turnpike  
Route One  
Norwood, MA 02062

#### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Registration Fee: \$10.00**  
Includes Buffet Lunch

Send this form and fee payable to:

HESSCO Elder Services  
1 Merchant Street  
Sharon, MA 02067

#### 10:15-11:15 Educational Session 1 (Choose 1)

- Legal Planning for Seniors and Individuals with Disabilities
- Men as Caregivers Support Group
- Living and Coping with Memory Loss
- Round Table Discussion (Choose 1)
  - Grandparents Raising Grandchildren
  - Understanding State Home Care

#### 11:30 – 12:30 Educational Session 2 (Choose 1)

- Resident Rights in Long Term Care
- Changing Attitudes in Alzheimer's Care: Getting Into the Personhood
- How Can Consumer Directed Care Give You Control and Flexibility?
- Round Table Discussion (Choose 1)
  - Gardening for Stress Relief
  - When Family Members Refuse Care

#### Relaxation Room Requests:

- 15 minute chair massage between 8:30 – 9:30
- 15 minute chair massage between 1:30 – 2:30
- 15 minute reiki session between 8:30 – 9:30
- 15 minute reiki session between 1:30 – 2:30

#### Individual Consultation Requests

15 minute session between 1:30 – 2:30  
Choose no more than 3

- Care Manager
- Nurse
- SHINE (Public Benefits Specialist)
- Ombudsman (Long Term Care Specialist)