FAMILY CAREGIVER CONFERENCE
A conference for families and friends caring for an aging loved one.

August 16, 2018
10 a.m. – 5 p.m.

Stoney Creek Hotel and Conference Center
2601 S Providence Rd • Columbia, Missouri

TOPICS INCLUDE:
- Compassion Fatigue
- Delirium: What Is It?
- Advanced Care Planning
- How to Find the Best Eldercare
- Mindfulness and Finding Joy as a Caregiver
- Proper Planning: Establishing an Advance Health Care Directive
- Understanding Capacity and Competency

Register at muhealth.org/caregiverconference
Registration fee is $40* - Financial Assistance Available
*Registration includes conference resources, lunch and snacks.
<table>
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| 10:00 A.M.   | **Welcome**  
Karli Urban, MD                                            |
| 10:10 - 11:30 A.M. | **Compassion Fatigue**  
Novella Perrin, EdS, PhD                                      |
| 11:30 - 12:30 A.M. | **Lunch**  
**Exhibits Open**                                              |
| 12:30 - 1:30 P.M. | **Ethics Panel**  
#1 - *Advanced Care Planning: Long-term Planning vs. “Crisis Phase”*  
Kevin Craig, MD, MSPH                                          |
|              | #2 - *Capacity vs. Competency—How Is This Decided?*  
David Mehr, MD, MS                                              |
|              | #3 - *Prepare Yourself: Important Steps to Making Wishes Known*  
Nathan Jones                                                   |
| 1:30 - 2:15 P.M. | **Levels of Care and How to Choose the Right Facility for Your Loved One**  
Marilyn Rantz, PhD, RN, FAAN                                    |
| 2:15 - 2:45 P.M. | **Break and Exhibits**                                        |
| 2:45 - 3:15 P.M. | **D delirium: What Is It?**  
Amit Dasgupta, MD                                                |
| 3:15 - 3:45 P.M. | **Introduction to Mindfulness and “Finding Joy”**  
Karla Washington, PhD, LCSW                                     |
| 3:45 - 4:50 P.M. | **Mindfulness Breakout Sessions**  
*Breakout Session 1: Music Therapy*  
Kristin Veteto                                                   |
|              | *Breakout Session 2: Chair Yoga*  
Liz Klug                                                        |
|              | *Breakout Session 3: Meditation*  
Mark Wax                                                        |
| 4:50-5:00 P.M. | **Closing**  
Karli Urban, MD                                                 |