

Oregon Care Partners 2021 Virtual Caregiver Conference

A free event for Oregon family and professional caregivers.

Creating a Habit of Gratitude: The Unexpected and Delightful Way to Change Your Brain

Presented by Meagan English

When people hear the word “gratitude” it can sometimes invoke incredulosity – how can keeping a gratitude journal make me happier? What impact can writing a simple thank you note have in the real world? But science and research reveal that having a strong habit of gratitude can promote not only your mental and social health, but in many cases a habit of gratitude can increase your physical well-being as well. In this fun and motivational session, we will explore why gratitude really matters, discuss the potential outcomes that come from a habit of gratitude, and dive into several exercises to get your gratitude practice moving forward.

Behaviors: A Powerful Form of Communication for People Living with Dementia

Presented by Allison Lindauer, PhD, APRN

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. During this session, you will learn how to decode behavioral messages and strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

Communication and Conflict: Skills for Critical Conversations

Presented by Meagan English

During this session, you will learn how to use critical listening and communication techniques to navigate complex conversations with clients, colleagues and loved ones. This workshop is designed

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Day 1: Thursday, March 11

1:00 pm–2:00 pm | CEUs 1.0

[Creating a Habit of Gratitude: The Unexpected and Delightful Way to Change Your Brain](#)

2:30 pm–3:30 pm | CEUs 1.0

[Behaviors: A Powerful Form of Communication for People Living with Dementia](#)

4:00 pm–5:30 pm | CEUs 1.5

[Communication and Conflict: Skills for Critical Conversations](#)

Day 2: Friday, March 12

12:30 pm–1:30 pm | CEUs 1.0

[Exploring the Sacred Journey of Caregiving](#)

2:00 pm–3:00 pm | CEUs 1.0

[Isolated by Alzheimer’s: Understanding and Overcoming the Impact of Loneliness and Depression through Creative Care](#)

3:30 pm–5:30 pm | CEUs 2.0

[Building Resilience and Sustaining Well-being During Trying Times](#)



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to inspire you to deepen your self-awareness, enhance your communication skills, and empower you to use your individual voice in an effort to share your valuable ideas and lead change and improvement efforts, regardless of your role or care setting in which you serve.

Exploring the Sacred Journey of Caregiving

Presented by Jenny Sasser, PhD

In this interactive session we will consider caregiving not only as a crucial role we play, but as a sacred journey of service to others and the larger community. Seen from this view, caregiving offers us a unique opportunity to learn about ourselves and others, and to grow in unexpected ways, especially during times of challenge and uncertainty. In addition to sharing our experiences on the caregiving journey, we will explore some powerful ongoing practices for reflection and renewal along the way.

Isolated by Alzheimer's: Understanding and Overcoming the Impact of Loneliness and Depression through Creative Care

Presented by Kera Magarill, MA and Laurel Wonder, MSW

Social isolation, restricted movement, financial uncertainty, and the threat of illness are just some of the risk factors for loneliness and depression that have heightened during the COVID-19 pandemic. Older adults and individuals living with dementia are particularly susceptible to negative physical and mental health outcomes when risk factors increase. At the best of times, dementia can push caregivers and care recipients into isolation from their loved ones, communities, and life stories. And now, COVID-19 has severely disrupted our world, creating even more barriers to connection. But as Einstein once said, "In the middle of every difficulty, lies opportunity." During this session, you will learn how creative engagement profoundly changes how we connect with people living with dementia, even from afar. You will also learn how to support the mental wellness of older adults and people living with dementia, despite physical distancing, and how to spot the top warning signs of depression and suicide.

Building Resilience and Sustaining Well-Being During Trying Times

Presented by Meagan English

During this session, we will examine what risk factors may be present for caregivers, explore the signs and symptoms of chronic stress, compassion fatigue and burnout, and discuss the ideas and strategies for self-care, how to develop resiliency, and the importance of purpose-centered work.

Conference Speakers



Meagan English, Executive Coach,
Meagan English Coaching



Allison Lindauer, PhD, APRN, OHSU Layton
Aging and Alzheimer's Disease Center



Jenny Sasser, PhD, Portland Community
College Gerontology Program



Kera Magarill, MA, Washington County
Disability, Aging and Veteran Services



Laurel Wonder, MSW, Older Adult
Behavioral Health Initiative