



More than 65million family caregivers play a major role in promoting health and well-ness while working to improve the quality of life for those they care for. For most, becoming a family caregiver can be both heart warming and heart wrenching at the same time. Whether the role of becoming a caregiver happened gradually over time or abruptly, family caregivers frequently find themselves providing more care for others than for themselves.

Often family caregivers will struggle with day-to-day demands and can slowly be consumed by their role as a caregivers. While this can be a very rewarding journey, it can also be difficult and overwhelming when traveled alone.

The purpose of the Annual Compassionate Caregiver Conference is to help family caregivers and community members identify what resources are available in our community, as well as helping provide family caregivers with the tools and resources to support them in their role in caring for their loved ones.



Sponsored in part by:



## 9th Annual The Compassionate Caregiver Conference

The Raleigh County  
Senior Center, Beckley WV

April 13, 2018



7:30am-8:00am	Registration
8:00-8:10	Opening Remarks: Jack Tanner, Executive Director RCCOA
8:10-9:40	Jim Matney "Substance Misuse: "The Elephant in the Room"
9:40-9:55	Break
9:55-11:00	Randy Housh "Compassion Fatigue"
11:00-12:00	Claudia Stoscheck, MSW, LCSW "Suicide Prevention focusing on Veteran's"
12:00-12:30	Lunch Provided by Greystone
12:30-1:30	Deb Copeland "Attitude Therapy"
:30-1:45	Break
1:45-2:45	Deb Copeland "Attitude Therapy" (continued)
2:45-3:45	Randy Housh and Roscoe, "The Art of Being Present (Don't Just Do Something .....Sit There)"
3:45-4:00	Closing remarks

**Continuing Education Credits**

**Nursing CEUs** are provided through Hospice of Southern WV, which is an approved provider of continuing education by the WV Board of Examiners for Registered Professional Nurses. Hospice provider number is WV 2007-0515RN. **This has been approved for 7.5 hours.**

**Social Work CEUs** : are provided by Concord University Social Work Department. **This conference has been approved for 7 total hours.** Concord provider number is 490047.

We would like to thank our sponsors:



**Raleigh County Commission on Aging** (RCCOA) is a nonprofit service organization dedicated to serving the needs of senior citizens and their caregivers throughout Southern WV. The mission of the RCCOA is to provide access to programs and resources that to help the seniors of our community maintain their independence to the fullest extent possible. For over 30 years, the agency has continued to grow to meet the needs of those we serve and to provide them with the social services and supports necessary to age-in-place; either in their own home or within a community setting. The RCCOA provides services through the Raleigh County Senior Center in Beckley, as well as several satellite sites throughout Raleigh County and in the homes of senior citizens. Services for caregivers include: caregiver classes, Alzheimer's Support Group, In-Home Respite, Congregate Respite through the agency's Adult Daycare Program.

**Hospice of Southern WV** exists to serve the needs of the individual suffering from life-limiting illnesses, as well as to serve those caring for them. Our emphasis is on comfort and quality of life as we provide the physical, psychological, social, and spiritual needs of the terminally ill and their loved ones in Fayette, Raleigh, Summers, and Wyoming Counties. Hospice of Southern WV's services are provided primarily in the home, but may also be carried out at long-term care facilities personal care homes, or at the Bower's Hospice House. Hospice of Southern, WV's mission is to provide compassionate physical, emotional, and spiritual care that promotes the highest quality of living during the life-limiting illness and in times of grief to individuals, families, and communities we serve.

To register, complete this section, detach, mail, fax or email to:

Raleigh County Commission on Aging

ATTN: Crystal Foley

1614 S Kanawha St

Beckley, WV 25801

Fax 304-252-9360

Email: crystal\_foley@raleighseniors.org

**REGISTRATION and CEUs ARE FREE Registration**

opens

**March 12**

Space is limited and seating can only be reserved by registering

**PLEASE PRINT CLEARLY**

NAME

ADDRESS

PHONE

EMAIL

Please Indicate the CEUs Required

Nursing

Social Work

**Basic Conference Learning Objectives:**

- Participants will learn about substance misuse among the aging population.
- Participants will learn to analyze factors which lead to compassion fatigue.
- Participants will know how to identify a Veteran who may be at risk for suicide.
- Participants will gain knowledge of what is needed to change attitude.
- Participants will be able to define what it means to be "Present"