

2018

HEALTH,
TECHNOLOGY
AND THE
FAMILY CAREGIVER



NATIONAL
CAREGIVERS
CONFERENCE



*An Insightful Day of Learning
with Innovators and Thought Leaders*

THURSDAY, OCTOBER 11, 2018
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ISELIN, NEW JERSEY



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Eisai is proud to support National Caregivers Conference.



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The National Caregivers Conference has invited inventors, innovators, and researchers to showcase their transformative ideas, products and concepts.

THURSDAY, OCTOBER 11, 2018
 RENAISSANCE WOODBRIDGE
 ISELIN, NEW JERSEY



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WELCOME

This year, the National Caregivers Conference is pleased to present “Health, Technology and The Family Caregiver,” focusing on the critical importance of caregivers in this country. The conference will concentrate on the critical importance of caregivers and the advances technology is having on caregiving. The Conference will direct caregivers towards information on easily accessible, cost effective supports to all populations, regardless of age or disability.

WHO WE ARE

The Family Resource Network is dedicated to offering individuals and their families with continuing needs the greatest opportunities, resources and services to support a full and happy life. The Network is dedicated to providing a central point of contact on caregiving issues, resulting in more effective information dissemination, increased support, awareness and advocacy.

WHAT WE DO

The National Caregivers Conference is renowned for its national level speakers, workshops and exhibitors who address both individual and national issues facing the caregiver community. The 2018 National Caregivers Conference, “Health, Technology, and the Family Caregiver,” brings innovative solutions to the increasing demand on family caregivers across the nation while showcasing exciting projects that use technology to improve the health and quality of life of caregivers and their loved ones.

WHY US?

There are over 40 million family caregivers in the nation providing 24/7 care to a loved one who is aging, has a disability, has a chronic condition, or is a veteran. The National Caregivers Conference is bringing fellow leaders and influencers together who are dedicated to improving the lives of caregivers through innovation and collaboration. Join us at this annual event, and be at the forefront of a technological shift in caregiving.





Horizon NJ Health is a proud supporter of the **National Caregivers Conference**

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CONFERENCE AGENDA

The National Caregivers Conference provides a platform for innovation and collaboration among thought leaders and caregivers. The Conference includes a wide variety of workshop sessions, an extensive exhibit hall, respite care, and much more. The workshops and presentations center around caregiving and technology and include “Using Telemedicine to Reduce Emergency Department Utilization for IDD Patients” and “Living and Aging in Place: Can Your Home Handle It?” The conference will serve as a networking opportunity for caregivers to gain social supports, culminating with a Shark Tank-inspired Afternoon Panel featuring innovators and thought leaders presenting new ideas, products and concepts.

REGISTRATION

7:30AM - 9AM

BREAKFAST

7:30AM - 9AM • CRYSTAL BALLROOM / EXHIBIT HALL

WELCOMING REMARKS

9:15AM - 9:30AM • DIAMOND BALLROOM

C. Grace Whiting

President & CEO, National Alliance for Caregiving

KEYNOTE ADDRESS

9:30AM - 10:15AM • DIAMOND BALLROOM

Sherri Snelling

Founder/CEO of Caregiving Club

COFFEE BREAK

10:15AM - 10:30AM • CRYSTAL BALLROOM / EXHIBIT HALL

MORNING BREAK OUT SESSIONS

10:45AM - 12PM

CALL TO ACTION PANEL

SILVER HALL

Donna Meltzer, CEO, National Association Of Councils On Developmental Disabilities,
Connie Siskowski, RN, PhD, President & Founder, American Association of Caregiving Youth,
Crystal McDonald, Associate State Director of Advocacy, AARP New Jersey

USING TELEMEDICINE TO REDUCE EMERGENCY DEPARTMENT UTILIZATION FOR IDD PATIENTS

RUBY HALL

Matthew Kaufman, MD
CEO, Station MD

MY PREF APP FOR CHILDREN WITH AUTISM

GOLD HALL

Euric V. Guerrero, BCBA, MA
Assistant Clinical Director, The COR Behavioral Group

CAREGIVING IS BAD FOR YOUR HEALTH! LET'S GIVE THEM A BREAK!

SAPPHIRE HALL

Lois Sheaffer, National Director, REST

LUNCH AND LUNCHEON CELEBRATION OF NJ FAMILY SUPPORT ACT

12PM - 1:30PM • DIAMOND BALLROOM

AFTERNOON BREAK OUT SESSIONS

1:45PM - 3PM

HEALTH CONNECTIONS PANEL

GOLD HALL

Aviva Woog, Advocacy Manager, WellCare Health Plans New Jersey,
Kyllian Warman, Specialist, Fitness and Endurance Programs, St. Jude Memphis Marathon,
ALSAC /St. Jude Children's Research Hospital,
Lisa Lewis, MBA, MPH, Caregiver, Alzheimers Association

ALTERNATIVE CONNECTION PANEL

SILVER HALL

Thomas M. Chamberlain, PharmD, Founder & CEO, Ed Logics,
David S. Duplay, Founder & CEO, Healtho360,
Paula Muller, Founder, Sociavi Company

MOTIVATIONAL INTERVIEWING: A TOOL FOR SUPPORTING HEALTH CHANGE

RUBY HALL

Lazara Paz-Gonzalez, Program Coordinator, Healthcare Quality Strategies Inc (HQSI)

LIVING AND AGING IN PLACE: CAN YOUR HOME HANDLE IT?

SAPPHIRE HALL

Michael Lozinski, M.A.T., ATP, Assistive Technology Specialist, Advancing Opportunities,
Garth Heid, ATP Assistant Director Of Assistive Technology Services, Advancing Opportunities

AFTERNOON SNACK/COFFEE BREAK

3PM - 3:30PM • CRYSTAL BALLROOM / EXHIBIT HALL

AFTERNOON PANEL: CAREGIVERS SHARK TANK

3:45PM - 5PM • DIAMOND BALLROOM



SESSION DESCRIPTIONS

Advances in health and technology have the capacity to significantly transform the role of 40 million family caregivers nationwide.

WELCOMING REMARKS 9:15AM - 9:30AM

DIAMOND BALLROOM

C. Grace Whiting, JD

President & CEO, National Alliance for Caregiving

Caregiving is truly an international phenomenon. No nation is without family caregivers, and the ways in which nations support the needs of caregivers are many. Ms. Whiting will discuss how caregiving is becoming a growing public health issue in the United States and the Nations response through research, innovation and advocacy.

help caregivers understand how to identify and manage stress, avoid burn-out, escape social isolation, banish guilt and deal with depression – all things we know can lead to caregiver health risks. Her talk, “Seven Ways to Caregiver Wellness” including her Me Time Monday™ program focuses on tips and resources to plan ahead for the financial impacts of caregiving, find support, use technology, experience happiness and joy and balance self-care while caregiving.

KEYNOTE ADDRESS: SEVEN WAYS TO CAREGIVER WELLNESS 9:30AM - 10:15AM

DIAMOND BALLROOM

Sherri Snelling

Founder/CEO of Caregiving Club

More than 65 million Americans are caring for a loved one with a chronic illness or disease. It may be an older parent, spouse, special needs child, sibling or friend. But we are woefully unprepared when we step into our caregiving role and may not realize the special challenges we face especially to our own health and wellness. Sherri Snelling will

CALL TO ACTION PANEL 10:45AM - 12:00PM

SILVER HALL

Donna Meltzer, CEO, National Association Of Councils On Developmental Disabilities, Connie Siskowski, RN, PhD, President & Founder, American Association of Caregiving Youth and Crystal McDonald, Associate State Director of Advocacy, AARP New Jersey

The need to support the nation’s nearly 44 million family caregivers and sustain them as the backbone of our chronic and long-term care system is a central issue in national and state efforts to reform health-care. This panel will discuss leading advocacy and public policy efforts impacting caregivers.



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CAREGIVING IS BAD FOR YOUR HEALTH! LET'S GIVE THEM A BREAK!

10:45AM - 12:00PM

SAPPHIRE HALL

Lois Sheaffer, *National Director, REST*

A Prescription for Respite to delay Long Term Care Placement “needs an all hands-on deck approach.” Healthcare and Insurance Companies must begin to provide a prescription for a respite break which requires just a co-pay from the caregiver. Respite is requested by Caregivers often; however, respite is typically unaffordable, unavailable, and delivered by untrained respite providers. Friends and Families are willing to be trained to help! Training both a paid and unpaid respite workforce gives all caregivers regardless of income the ability to have greater access to respite.

USING TELEMEDICINE TO REDUCE EMERGENCY DEPARTMENT UTILIZATION FOR IDD PATIENTS

10:45 - 12:00PM

RUBY HALL

Matthew Kaufman, MD
CEO, Station MD

Studies show that adding a telemedicine service specifically for the IDD population reduces ER use, keeps patients in place, avoids disruptions in routines, provides immediate access to a physician, drastically reduces costs and improves both staff and patient satisfaction. A patient requiring medical attention is often sent to the ER for an evaluation by a physician. Transportation is arranged, and staffing is added to accompany the patient. In the ER, the patient endures hours of waiting and is often subject to unnecessary diagnostics. The trauma of this type of transfer can be avoided with the implementation of a telemedicine solution.

MY PREF APP FOR CHILDREN WITH AUTISM

10:45 - 12:00PM

GOLD HALL

Euric V. Guerrero, BCBA, MA
Assistant Clinical Director, The COR Behavioral Group

Determining effective reinforcers for people with disabilities is a crucial element for developing “buy-in” to acquire functional skills and reducing behaviors of concern. Various approaches exist to identify which items or activities a person prefers over another.

Come see how technology can be embraced as a medium to figure out how to maximize the effort put forth by your clients or loved ones. Discover the myPref app, a convenient, efficient way to determine preferences. Up-to-date preferences are vital to the effectiveness of any behaviorally based program and myPref makes performing these assessments easy and accurate.

HEALTH CONNECTIONS PANEL

1:45PM - 3:00PM

GOLD HALL

Aviva Woog, *Advocacy Manager, WellCare Health Plans New Jersey*, **Kyllian Warman**, *Specialist, Fitness and Endurance Programs, St. Jude Memphis Marathon, ALSAC /St. Jude Children's Research Hospital* and **Lisa Lewis MBA, MPH**, *Caregiver, Alzheimers Association*

The act of caregiving can have an impact on both physical and emotional wellness. Caregivers generally experience more physical and mental health complications, higher mortality risks, and suffer from an increased risk of depression and anxiety disorders, diminished immune response, slower wound healing,

Did you know?

Autism has undoubtedly had a significant impact on the nation and, in particular, the state of New Jersey. According to the Centers for Disease Control and Prevention (CDC) 2014 report, 1 in every 37 people in New Jersey have an autism diagnosis compared to the national average of 1 in 59 people. Raising a child with autism presents a unique set of challenges with regard to obtaining appropriate services, including adequate after school care and opportunities for social interaction.

Autism Family Services of New Jersey is dedicated to ensuring a better quality of life for individuals and their families affected by autism and related disorders from diagnosis throughout adulthood.

Autism Family Services of New Jersey (AFSNJ) is a leading provider of family support services to the autism population and functions as an affiliate of The Family Resource Network (FRN).



www.autismfamilyservicesnj.org



Who We Are

With more than 50 programs and services available for New Jersey residents living with epilepsy, autism, intellectual, developmental and physical disabilities, and chronic illness, The Family Resource Network (FRN) and its affiliates have been affecting lives of thousands of families across New Jersey for the past 48 years.

When you add these results to the thousands of people we reach through our family-friendly events, such as the Glow, Walk, Run Family 5k and the Autism Beach Bash, it is clear we are making a difference in the health and happi-

ness of thousands of families.

The Family Resource Network is a comprehensive family-focused umbrella of organizations designed to meet the growing need for community-based programs and services to individuals and families with a variety of disabilities and chronic conditions through our four affiliate organizations (*below*). The Family Resource Network is a statewide organization with offices located in Brick, Parsippany, Trenton and Barrington that serves approximately 30,000 individuals annually.



Our Network



**Autism Family
Services of
New Jersey**

Autism Family Services of New Jersey (AFSNJ) was created in order to better serve individuals and families affected by autism. With an array of behavioral therapy, after school services, and scholarship opportunities, AFSNJ strives to ensure a better quality of life for people with autism and their families.

**EPILEPSY
SERVICES
NEW JERSEY**

Epilepsy Services of New Jersey (EFNJ), an affiliate of the National Epilepsy Services, provides necessary programs for families living with epilepsy, such as a residential summer camp, support groups, scholarship opportunities, seizure first-aid and recognition training, and referral programs.



**Caregivers of
New Jersey**

Caregivers of New Jersey's (CNJ) is proud to offer a centralized location for answers and information on all caregiving concerns. The growing number of caregivers in the state has increased the demand for advocacy, education, information and support.



**Family Support
Center of
New Jersey**

Family Support Center of New Jersey (FSCNJ) is a "one-stop shop" for individuals searching for information about disabilities, services and programs on national, state and local levels. FSCNJ offers webinars, training opportunities, and a lending library, all to keep families informed and involved in the opportunities that exist in NJ.



and greater incidence of hospitalization than non-caregivers. Join these panelists as they discuss the relationship between health and caregiving and provide tips and resources to improve caregiver health.

MOTIVATIONAL INTERVIEWING: A TOOL FOR SUPPORTING HEALTH CHANGE 1:45PM - 3:00PM

RUBY HALL

Lazara Paz-Gonzalez, Program Coordinator, Healthcare Quality Strategies Inc (HQSI)

The aim of the workshop is to provide a comprehensive introduction to the theory and practice of Motivational Interviewing (MI). Participants will learn the fundamental spirit, strategies and principles of MI, the language of change, as well as the core counselling skills of the approach. MI is a skill that takes practice to learn. The simplicity of the approach is often confused with being easy to learn. This training reviews the essential elements, as well as provides information on the process of adapting MI to various settings.

ALTERNATIVE CONNECTION PANEL 1:45PM - 3PM

SILVER HALL

Thomas M. Chamberlain, PharmD, Founder & CEO, EdLogics, David S. Duplay, Founder & CEO, Healtheo360 and Paula Muller, Founder, Sociavi Company

As technology continues to evolve, we have an opportunity to reach family caregivers in a variety of settings using innovative platforms. This panel will share leading platforms that have been developed to educate and guide people through chronic disease self-management, stress management, and resiliency training.

LIVING AND AGING IN PLACE: CAN YOUR HOME HANDLE IT? 1:45PM - 3PM

SAPPHIRE HALL

Michael Lozinski, M.A.T., ATP, Assistive Technology Specialist, Advancing Opportunities, and Garth Heid, ATP Assistant Director Of Assistive Technology Services, Advancing Opportunities

Come learn about supports available to children and adults with developmental disabilities and their caregivers to help them be independent and safe in the

home. This includes everything from home accessibility (ramps, bathroom modifications, lifts), to aids for daily living, and Smart Home Technology. Funding will also be discussed. Our modern homes currently are not often designed to accommodate us throughout our lifetimes as we change. These changes can be brought on by illness, disability, aging, or a combination of all three, affecting everyone in the household.

Fortunately, current trends in supports and funding are leaning toward community not institutional living. Come learn what can be done with existing spaces when the need arises. We will outline how we evaluate homes for accessibility, including modifications to entrances and bathrooms. Supports to help people to find out what is available, make educated decisions, and get funding assistance are all just as important as the equipment itself. We will help people to see what's available from the Technology Lending Center so that they can "try before they buy," and explain the supports available through funders such as the Department of Children and Families (DCF), the Division of Developmental Disabilities (DDD), and the Catastrophic Illness in Children Relief Fund.

Did you know?

Caregivers of New Jersey is dedicated to providing a central point of contact on caregiving issues, resulting in more effective information dissemination, increased support and awareness and advocacy.

Caregivers of New Jersey was formed in response to the growing number of caregivers within the state. With more than 1.7 million caregivers in the state, Caregivers of New Jersey will work to shed light on the mounting needs of caregivers and increased need for support, including advocating for caregivers rights.

In addition, Caregivers of New Jersey has developed a Support Coordination team which supports many of the 1,850 individuals living in developmental centers who wish to be transitioned into the community. Support Coordination is a consumer driven process where by individuals choose where they would like to live and who they would like to support them.



www.njcaregivers.org

Upcoming Events

5th Annual 5K & Family Fun GLOW WALK RUN

To Benefit:
**EPILEPSY
SERVICES
NEW JERSEY**

The 5th Annual Glow Walk will be held in the early evening at 4:15 pm on October 27, at Liberty State Park in Jersey City, New Jersey. Participants will receive glow necklaces to help "shine the light on epilepsy" and to light the way. Children and adults are encouraged to wear costumes, as there will be trick or treating at the rest stops along the walk route. Remember to dress to impress, because there is a catwalk costume contest immediately following the Family Fun Walk. In addition to the walk/run, the event will also feature live music, glow in the dark games and activities, informational exhibits and more. All activities will be free to families who register. We hope to see you there!

The Family Fun 5k Run will be held at 5:30 pm, where participants will be treated to a beautiful, panoramic view of the New York City skyline during the final moments of daylight and through the evening hours.

5K Run registration fee: Adults \$25, onsite \$30

SATURDAY, OCTOBER 27, 2018

LIBERTY STATE PARK

JERSEY CITY, NJ

WWW.GLOWWALKRUN.ORG



**REGISTRATION
& ACTIVITIES
BEGIN AT 3PM**





NEVER LOOK BACK THE FAMILY SUPPORT ACT

In August of 1990, the Family Support Coalition hosted the first meeting in the state of New Jersey to launch a campaign for legislation. It took several years of hard work, but on March 29, 1993, the Family Support Act was signed into law. This law created a family support system that was meant to be flexible and responsive to the needs of families. The legislation was enacted with the goal of supporting individuals with developmental disabilities and their families. The act and administrative code (N.J.A.C. 10:46A) set forth program guidelines for the implementation and administration of a family support system.

The Family Support Act made the Division of Developmental Disabilities responsible for creating a system of family support that is flexible, strengthens and supports families at home, and empowers families to meet their loved one's needs. The act supports the underlying premise that families are the best judges of what their individual needs are.

The legislation states that programs should be accessible and flexible, and families should define their own needs and select their own services. The cash subsidy program allows families the option to do this. This program is based upon the premise that families know what they need and will provide it given that funds are available to them. Since the program's spending criteria allows the funds to be utilized for any expenditure, the need for receipts is negated.

The Family Support law also created Regional Family Support Planning Councils. The Councils make recommendations to a Family Support Coordinator, under the direction of the New

SUPPORT SYSTEM : HELPING NJ FAMILIES

THE FAMILY SUPPORT PROGRAM INCLUDES:

- Cash subsidies
- Communication and interpreter services
- Counseling and crisis intervention
- Day care
- Equipment and supplies
- Home and vehicle modifications
- Homemaker assistance
- Medical and dental care
- Personal assistance services
- Respite care
- Self-advocacy training
- Therapeutic or nursing services
- Vouchers for services

THE FAMILY SUPPORT PROGRAM ALLOWS FAMILIES TO:

- choose, control and monitor their own services
- exchange vouchers for services they choose
- receive cash subsidies to purchase services
- decide what services they need.

Jersey Developmental Disabilities Council.

As of January 2013, Family Support services (for example, respite, camperships, assistive technology devices, and home and vehicle modifications) for children under the age of 21 were moved from the Division of Developmental Disabilities (DDD) to the Department of Children and Families (DCF).

Join us for our special Luncheon Celebration of the Family Support Act following Morning Break Out Sessions.

Upcoming Events

FRN IMPACT AWARDS

The **FRN Impact Awards** aims to honor and appreciate the meritorious impact that its partners, supporters and stakeholders have had in advancing its mission to offer individuals and their families with continuing needs the greatest opportunities, resources and services to support a full and happy life. FRN Impact Award Honorees will be recognized for their significant contributions in public service, health care, advocacy and patient access.

2018 Honorees



Robert D'Avanzo
Managing Director, Accenture
Chairman of the FRN Board of Trustees
Leadership Impact Award



Marcelo E. Lancman, MD
Director of Northeast Regional
Epilepsy Group
Health Professional of the Year Award



Eric M. Joice
CEO, The Family Resource Network
Visionary Award

WHEN: NOVEMBER 8, 2018 @ 5:30 PM – 9:30 PM

WHERE: PARK AVENUE CLUB, 184 PARK AVE, FLORHAM PARK, NJ 07932

CONTACT: JACQUI MOSKOWITZ • 732-262-8020

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www.familyresourcenetwork.donordrive.com/eventFRNImpact
Contact Jacqui Moskowitz at 732-262-8020 ext. 220



NATIONAL
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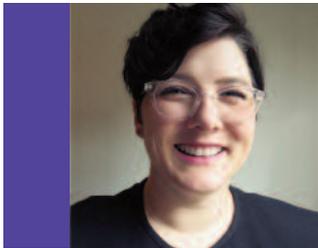
HEALTH, TECHNOLOGY AND THE FAMILY CAREGIVER

CONFERENCE PRESENTERS

The National Caregivers Conference is renowned for its national level speakers, workshops and exhibitors who address both individual and national issues facing the caregiver community.

WELCOMING REMARKS 9:15AM - 9:30AM

DIAMOND BALLROOM



C. Grace Whiting, JD

President & CEO, National Alliance for Caregiving

C. Grace Whiting, J.D., is the President and Chief Executive Officer at the National Alliance for Caregiving, where she continues her tenure after serving in various roles, including Chief Operating Officer and the Director of Strategic Partnerships. In addition to her work at the Alliance, Ms. Whiting has served as the Advocacy and Communications Director at Leaders Engaged on Alzheimer's Disease (LEAD Coalition), as the Director of Strategic Initiatives & Communications, and as the Special Assistant to the Executive Director at the Alliance for Home Health Quality and Innovation in Washington, D.C. Named an "Outstanding Law Student" by the National Association of Women Lawyers, Ms. Whiting earned her law degree from the University of Memphis School of Law and her undergraduate

degree with honors in Communication Studies from Louisiana State University. She is currently a licensed attorney with the District of Columbia Bar and a member of the American Society on Aging and the American Society of Association Executives.

KEYNOTE ADDRESS 9:30AM - 10:15AM

DIAMOND BALLROOM



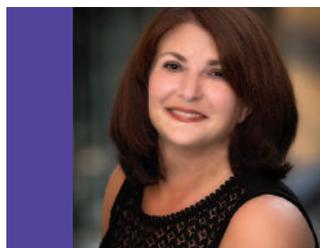
Sherri Snelling

Founder/CEO of Caregiving Club

Sherri Snelling is founder/CEO of Caregiving Club, a strategic consulting, communications, connections and content company focused on supporting the nation's 65 million family caregivers. She is the author of *A Cast of Caregivers-Celebrity Stories to Help You Prepare to Care*, and is a contributing columnist on caregiving for PBS Next Avenue, Forbes.com, Huffington Post and USA Today. Ms. Snelling has

done work for AARP, Keck Medicine of USC, UnitedHealthcare, LifeCare, CareLinx, grandPad, First Republic, Wells Fargo and QVC. She was the chairman of the National Alliance for Caregiving and is currently a board member of the Alzheimer's Association – Orange County chapter. She also serves as ambassador for the Caregiver Monday campaign and is a nationally-sought speaker.

CALL TO ACTION PANEL 10:45AM - 12PM
SILVER HALL



Donna Meltzer
CEO, National Association of Councils On Developmental Disabilities

Donna Meltzer is CEO of the National Association of Councils on Developmental Disabilities (NACDD), a national non-profit organization that supports the nation's 56 governor-appointed Developmental Disabilities Councils that work within state government to promote independence, productivity, and integration of people with disabilities through systems change activities. In this capacity, Ms. Meltzer oversees the organization's public policy and advocacy agenda, as well as technical assistance to the member Councils. She joined the NACDD in October 2012. Previously, she was the Senior Director of Government Relations for the Epilepsy Foundation. She rejoined the Epilepsy Foundation in July 2005, after having previously worked for the Foundation from 1987-1993. She also served as Director of Legislative Affairs for the Association of University Centers on Disabilities (AUCD) from 1995-2005. Ms. Meltzer began her career on Capitol Hill working for the Honorable Tony Coelho (D-CA), a former Congressman who is the father of the Americans with Disabilities Act (ADA) and a person with epilepsy. Meltzer also spent two years as the Government Affairs Director for the National Health Council where she directed the advocacy agenda for the Council's Voluntary Health Agency (VHA) members.

She is a graduate of the University of Maryland's School of Journalism. She also participates in several key coalitions, including serving as President of the Board of Directors of the Coalition for Health Funding. She is a past Chair of the Consortium for Citizens with Disabilities (CCD) where she continues as a co-chair of the CCD's Fiscal Policy Task Force.

CALL TO ACTION PANEL 10:45AM - 12PM
SILVER HALL



Connie Siskowski, RN, PhD
President & Founder, American Association of Caregiving Youth

Connie Siskowski, RN, PhD was educated at Johns Hopkins, Montclair State and New York University. She obtained her PhD in 2004 from Lynn University. She never expected her doctoral research to uncover the high prevalence of family health situations and concomitant caregiving with detrimental academic effects upon children in Palm Beach County. Her broad background in healthcare and dedication to diminishing caregiver struggles led to the 1998 establishment of a nonprofit organization which has transformed itself to become what is now the American Association for Caregiving Youth (AACY), headquartered in Boca Raton, FL. Dr. Siskowski has contributed to multiple journal articles about youth caregivers as well as a book, *I'm a Teen Caregiver. Now What?* Included among the several awards she has received are the lifetime Ashoka Fellowship, Purpose Prize, Distinguished Alumna Award from Johns Hopkins University, Top Ten CNN Hero for 2012, the Listen, Learn and Care Award from the Office Depot Foundation and a star on Boca Raton's Walk of Recognition.

CALL TO ACTION PANEL 10:45AM – 12PM
SILVER HALL



Crystal McDonald

Associate State Director of Advocacy, AARP New Jersey

Crystal McDonald is the Associate State Director of Advocacy for AARP New Jersey where she helps to plan and execute campaigns to support family caregivers, improve health care access and affordability, promote retirement security and ensure access to affordable utilities. Ms. McDonald brings over ten years of experience in community organizing, health policy, and coalition building. Prior to her role at AARP, she worked on health care policy and advocacy for NJ Health Care Quality Institute, Faith in New Jersey, and NJ Citizen Action.

**CAREGIVING IS BAD FOR YOUR HEALTH!
LET'S GIVE THEM A BREAK!** 10:45AM – 12PM

SAPPHIRE HALL



Lois Sheaffer

National Director, REST

Lois Sheaffer has a passion for making a positive difference in the lives of caregivers and REST Companions who discover the joy of connecting with care receivers. Her experience spans more than 30 years, working as a respite worker, program manager and worker trainer. Ms. Sheaffer is the author of the REST (Respite Education & Support Tools) program, an evidence-based respite-training program that delivers education and support to those offering a break for caregivers. Since the early 1980s, she has enjoyed a rewarding career with Marklund, which serves individuals with profound developmental dis-

abilities. As the director of children's services and, more recently, as director of government relations and community support, Ms. Sheaffer has worked collaboratively with state agencies and not-for-profit organizations to expand the Lifespan Respite program in Illinois. She has conducted numerous workshops for the Illinois Respite Coalition, Improvement thru Curriculum Awareness and Networking (ICAN), and Illinois Healthcare Association, ARCH, NY State Caregiving and Respite Coalition.

**USING TELEMEDICINE TO REDUCE
EMERGENCY DEPARTMENT UTILIZATION
FOR IDD PATIENTS** 10:45AM – 12PM

RUBY HALL



Matthew Kaufman, MD, FACEP

CEO, Station MD

Dr. Matthew Kaufman received his medical degree from SUNY-Downstate College of Medicine and completed his residency in emergency medicine at Long Island Jewish Medical Center, Albert Einstein College of Medicine, where he was chief resident. Since completing his training, he has practiced and served as an administrator in NYC area emergency departments. He is currently medical director of an emergency department in the greater New York area. Prior to practicing emergency medicine, Dr. Kaufman underwent training in internal medicine and hematology-oncology. Before beginning his training in emergency medicine, he was considered a key opinion leader in research and clinical practice treating chronic lymphocytic leukemia. He has more than 40 publications, including a series of seven medical training books. Dr. Kaufman has board certifications in internal medicine, emergency medicine, hematology and oncology. In his spare time, he directs a disaster-preparedness training program in Latin America.

A man's profile is shown in a three-quarter view, looking towards the right. The interior of his head is filled with a dense, dark cityscape of skyscrapers, suggesting a complex and active mind. The background is a deep blue, starry space. The text "Because there's still work to be done" is written in white, sans-serif font across the middle of the image, following the curve of the man's head.

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MYPREF APP FOR CHILDREN WITH AUTISM

10:45AM - 12PM

GOLD HALL



Euric V. Guerrero, BCBA, MA

Assistant Clinical Director, The COR Behavioral Group

Euric Guerrero is a licensed behavior analyst, board-certified behavioral analyst (BCBA), and school psychologist and is currently the Assistant Clinical Director at The COR Behavioral Group. Having earned his MA in School Psychology, he served as a school psychologist for many years, and while doing so earned his certification in behavior analysis. This enabled him to more effectively provide services and develop his interest in working with people with autism. Mr. Guerrero is currently licensed to provide behavior analysis services in New York, and is available for school consultation and behavioral training/consultation with families. He currently provides BCBA supervision on an individual/group basis, as well as clinical services to families in New York and New Jersey. Mr. Guerrero is involved in creating adaptive/inclusive fitness and wellness opportunities for clients with intellectual, developmental, physical, and emotional disabilities. Mr. Guerrero is the Chief Creative Officer of KV Adaptive, which is dedicated to creating and prompting training and technologies to people with developmental disabilities and the caring individuals who provide support to them.

HEALTH CONNECTIONS PANEL

1:45PM - 3PM

GOLD HALL



Aviva Woog

Advocacy Manager, WellCare Health Plans New Jersey

Aviva Woog is Manager of CommUnity Connections, a CommUnity Impact program at WellCare Health Plans

of New Jersey. She is responsible for developing and implementing partnerships focused on creating opportunities to sustain the social safety net and invest in community programs that affect social determinants of health and overall health outcomes of vulnerable populations throughout New Jersey. With over ten years' experience in government-sponsored managed care industry that services vulnerable populations, Woog has been committed to focusing on programming and advocating, so the needs and services of the family caregivers are included in the model of care that benefits the members served by WellCare. Before returning to WellCare, Ms. Woog held positions within Community Relations at Amerigroup Community Care, WellCare and Healthfirst NJ. During that time, she received awards and honors from the YWCA of Essex and West Hudson, Mutual of America Foundation, Concerned Black Nurses Organization, Black Infant Mortality Reduction Resource Center, and the March of Dimes. She has also participated in roundtable discussions on Caucus NJ with Steve Adubato, and on public programming for Cablevision. She serves on the Board of Directors for the Raritan Bay Area YMCA in Perth Amboy. She resides in West Orange, NJ with her son Joshua Barak Irvin.

HEALTH CONNECTIONS PANEL

1:45PM - 3PM

GOLD HALL



Kyllian Warman

Specialist, Fitness and Endurance Programs, St. Jude Memphis Marathon, ALSAC /St. Jude Children's Research Hospital

Kyllian Warman's journey in his field began far before her first job offer. She began her career, working for Caregivers of New Jersey, where she advocated for the 1.3 Million children in the U.S who can be seen as Youth Caregivers and served much-needed areas for family caregiving leading Coalition Groups. Ms. Warman has been recognized with numerous awards for her work – the AARP Portrait of Care, St. Jude Hero Among Us Award, and the Human Spirit Champion Award for outstanding service and extraordinary commitment to the bet-

terment of humanity. While chasing her academic objectives as a student at the University of Memphis, she ran 17 marathons, raising funds for St. Jude Children's Research Hospital, became a part of the ACE Task Force, joined Junior League of Memphis, and became a member of the Leadership Memphis class. Her commitment to making a change for people in need has paved the way for her career. As the Specialist of Fitness and Endurance Programs for ALSAC / St. Jude Children's Research Hospital, Ms. Warman is responsible for developing and implementing strategy for the St. Jude Heroes program, which produced the single largest one-day fundraising event for St. Jude, raising a record breaking 10.3 Million Dollars, with over 25,000 runners this past December in Memphis, TN.

HEALTH CONNECTIONS PANEL 1:45PM - 3PM

GOLD HALL



Lisa Lewis, MBA, MPH

Caregiver, Alzheimers Association

Lisa T. Lewis is a caregiver and wears several hats as a parent of three wonderful children, an active member and officer of Alpha Kappa Alpha Sorority, Inc., a community service organization and a mentor to young professionals. Being a caregiver is daunting and can be stressful while also holding a fast-paced full-time job where work-life balance is a challenge. Ms. Lewis volunteers with the health advocacy team of the Delaware Valley Chapter of Alzheimer's Association where her focus is disease education and prevention. She has worked in the healthcare industry for over 18 years and is currently a sales and operations manager at a global pharmaceutical company. Ms. Lewis' passion is healthcare education, specifically related to reducing health disparities. Her passion is deeply rooted from personal tragedies of loved one's passing away from preventable diseases due to lack of knowledge, education and access to healthcare. Her presentation comments will focus on how to find "The Moments" and what you can do to maintain your personal health and experience your moments to prevent or delay the onset of Alzheimer's disease.

MOTIVATIONAL INTERVIEWING: A TOOL FOR SUPPORTING HEALTH CHANGE 1:45PM - 3PM

RUBY HALL



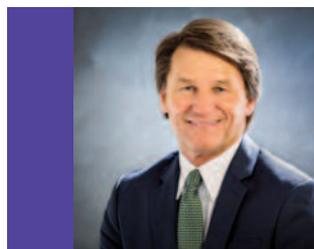
Lazara Paz-Gonzalez

Program Coordinator, Healthcare Quality Strategies Inc (HQSI)

Lazara Paz-Gonzalez currently works at Healthcare Quality Strategies Inc., the CMS-funded NJ Quality Improvement agency for Medicare services in NJ. There she coordinates efforts to support healthcare and clinical quality improvement initiatives for Medicare beneficiaries throughout the state. Her past work experience has focused on administrative management and program development at the federal, state and local level to support building strong infrastructures and sustainable healthcare community models. She has additionally had the opportunity to provide nationwide strategic and technical advisory for the development, recruitment, improvement and maintenance of health programs at community-based organizations.

ALTERNATIVE CONNECTIONS PANEL 1:45PM - 3PM

SILVER HALL



Thomas M. Chamberlain, PharmD

Founder & CEO, EdLogics

Thomas M. Chamberlain, PharmD, Founder and CEO of EdLogics, an education-based consumer engagement company that provides innovative health education and learning management solutions to employers, health plans, healthcare providers, and government entities. With more than thirty years of experience designing innovative educational pro-

grams and population health initiatives for the healthcare industry, Dr. Chamberlain brings a wealth of knowledge and insight to the design and development of highly effective consumer engagement and health literacy improvement solutions. Through interactive game-based learning, multimedia educational programs, innovative gamification strategies, and rewards for educational achievement, EdLogics is transforming the way consumers learn about health. Prior to founding EdLogics, Dr. Chamberlain founded and served as the CEO of several healthcare organizations including the Center for Health Information, Managed Market Resources, The Benefit Design Institute, and The Center for Long Term Care Research and Education. He received his Bachelor of Science in Pharmacy from the University of Rhode Island, and his Doctor of Pharmacy degree from the Medical University of South Carolina. He also completed advanced clinical residency programs at Thomas Jefferson University Hospital and The Medical College of Virginia.

ALTERNATIVE CONNECTIONS PANEL 1:45PM - 3PM
SILVER HALL



David S. Duplay
Founder & CEO, Healtheo360

David Duplay is a business and technology strategist for the pharmaceutical and healthcare industry. Specializing in healthcare marketing, communications and technology, Mr. Duplay has worked with pharmaceutical companies, the medical profession, research organizations and patient groups for over 20 years, completing various types of marketing and strategy projects across almost all disease areas. As an advocate for the healthcare industry and a passionate believer that aligning the goals and aspirations of all stakeholders in healthcare is key to improving outcomes for patients, Mr. Duplay is frequently invited to comment on the positive aspects of working with the pharmaceutical and managed care industry and is a recognized author and speaker on healthcare marketing strategies, physician, patient

and caregiver strategies, as well as the pharmaceutical industries' role in delivering quality care. In 2010, Mr. Duplay founded MedTera, a New York City-based integrated marketing solutions company focused on the transformation of pharmaceutical, healthcare and life science marketing. In 2003, he founded New Colony Partners. Prior to that, he served as general manager for three pharmaceutical marketing services companies: Clark-O'Neill, Physician Desk Reference and Phoenix Marketing Group. David is also the founder of eHealthScience.com.

ALTERNATIVE CONNECTIONS PANEL 1:45PM - 3PM
SILVER HALL



Paula Muller
Founder, Sociavi Company

Paula Muller, Founder of Sociavi, has a lifelong passion for technology applied to healthcare, starting with her M.S. in Biomedical Engineering in Chile working with blind people, then her work in Switzerland analyzing EEGs to prevent epileptic attacks, followed by her Ph.D. and Post-doc work at Rutgers with Parkinson patients, and most recently at Authentidate with Telehealth products and services. Ms. Muller has a vast experience in technology and software development through her engineering positions at several companies like Sirius|XM satellite radio, Net-Scale Technologies and Authentidate, among others, and she has extensive management experience through senior positions at Net-Scale Technologies and Authentidate. The business idea for Sociavi evolved from her professional background as well as her strong commitment to family relations and lifetime connections. Thus SOCIAVI, coming from the latin word "share" and "unite", was born with the goal of keeping seniors and their families closer together.



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LIVING AND AGING IN PLACE: CAN YOUR HOME HANDLE IT?

1:45PM - 3PM

SAPPHIRE HALL



Micheal Lozinski, M.A.T., ATP

Assistive Technology Specialist, Advancing Opportunities

Michael Lozinski is an assistive technology specialist serving the central New Jersey and shore regions. Before joining Advancing Opportunities, he worked as a computer technology teacher for grades K-8. He holds a Bachelor's degree in Philosophy from The College of New Jersey and a Master's degree in teaching from Monmouth University. He is a Jaws Certified Specialist. At Advancing Opportunities, he provides assistive technology evaluations and training to children and adults of all disabilities, so they can be successful in school, work and at home.

LIVING AND AGING IN PLACE: CAN YOUR HOME HANDLE IT?

1:45PM - 3PM

SAPPHIRE HALL



Garth Heid, ATP

Assistant Director Of Assistive Technology Services, Advancing Opportunities

Garth Heid has over 30 years of experience, working in the field of assistive technology and direct client services. He has provided services encompassing all aspects of technology designed for people with disabilities at home, school, and in the work place. Mr. Heid currently specializes in providing home accessibility evaluation services for a multitude of funders throughout New Jersey. Mr. Heid was one of the first Advancing Opportunities (Cerebral Palsy of New Jersey) staff certified as an Assistive Technology Professional (ATP) by the Rehabilitation Engineering Society of North America.

Did you know?

Epilepsy Services of New Jersey, an affiliate of The Family Resource Network, is a state-wide, non-profit charitable agency dedicated to helping to improve the quality of life for people affected by epilepsy and their loved ones.

Epilepsy is not a rare condition. At least 3.4 million people in the United States live with seizures, including 470,000 children. Epilepsy Services of New Jersey continues to fight every day to improve the lives of residents impacted by epilepsy and their family caregivers.

The Epilepsy Services of New Jersey will ensure that people with seizures are able to participate in all life experiences; and will prevent, control and cure epilepsy through services, education, advocacy and research.

We provide comprehensive support, personalized services and advocacy for individuals and their families in order to maximize their participation in society.

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www.epilepsyservicesnj.org

Did you know?

The Family Support Center is a clearinghouse of up-to-date information on a national, state and local family support programs, services and disabilities. The Center offers a "One-Stop-Shopping" approach to individuals seeking information on disabilities and services by providing them with easy access to a comprehensive array of services. FSCNJ responds to the needs of families who are experiencing emotional distress and feelings of isolation, lack of information surrounding their child's development and the services available to them.

Family support is a flexible and varied network of supports that can change with individual family needs. With more than 50 programs and services available for New Jersey residents living with epilepsy, autism, developmental disabilities and chronic illness, FRN and its affiliates have been affecting lives of thousands of families across New Jersey since 1970.



www.fscnj.org



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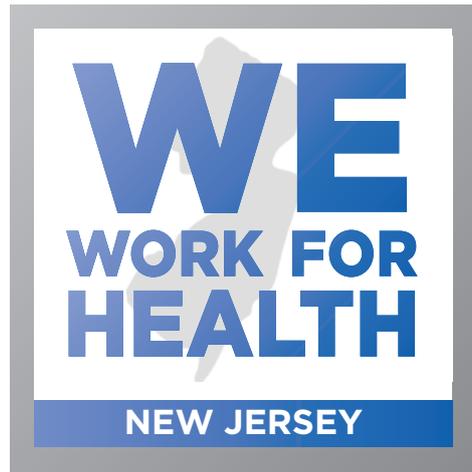
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While everything in the world seems
to be moving too fast, one term
comes to mind:



RESPIRE

BY ADEOLA SONAIKE, PHD, MPH, CHES

THERE ARE STEPS TO ASSIST YOU WITH SELECTING A LOCAL RESPITE PROVIDER THAT MEETS YOUR FAMILY'S NEEDS. RESPITE IS YOUR TIME AS A CAREGIVER FOR SELF-CARE, YOUR TIME TO RESPECT YOURSELF AND YOUR ROLE AS A CAREGIVER

Respite, which originates from the Latin word 'respectus', literally means consideration, the act of looking back (or often) at oneself. It is also no coincidence that 'respectus' is the Latin origin for the term, respect. For some, the idea of looking back with consideration and taking respite may not require any particular effort. To the 39.8 million family caregivers in the US, however, respite has become a lifeline. An opportunity for reflection and rest, respite services are available to the caregivers of individuals with support needs across the lifespan. This short-term break, which can either be planned or on an emergency basis, allows family caregivers to take intermittent breaks from their caregiving responsibilities. Respite can be provided in a variety of settings, including but not limited to: one's own home, the home of a respite provider, a group home, a supervised apartment, day care centers, adult day programs, and camps.

The idea of having to search for respite providers may sound like a daunting task, however, including respite care into your families' schedule can actually restore stability within your home. Caregivers often report returning to their caregiving responsibilities renewed and with a new pep in their step as a result of just a couple of hours of respite per week. "I feel closer to my son... because I have time to do my own thing and it helps me refill my cup with patience," says a family caregiver. Respite care tends to be much more effective when combined with other services and supports, and is recommended during all forms of person-centered planning.

Trained respite providers deliver professional, safe, respectful and culturally competent care that continuously assesses and effectively responds to the needs of your loved one in a person-centered and empowering manner. Each state maintains a diverse pool of respite providers who have the skillset to

SEVEN STEPS TO ASSIST YOU WITH SELECTING A LOCAL RESPITE PROVIDER:

1. DETERMINE HOW MUCH RESPITE YOU NEED.

A great tool for this is the 'Caregiver Self-Assessment Questionnaire' which was developed by the American Medical Association

2. HAVE A DISCUSSION WITH YOUR LOVED ONE,

your care team and additional family members to jointly identify the type of respite care that will best suit your loved one:

- a. In-home respite models include; home-based respite, sitter companion respite, and consumer directed respite
- b. Out-of-home respite models include; host-family respite, respite-center based care, respite in foster or group homes, parent/family caregiver cooperative respite, hotel respite (respitality), hospital-based respite, camp respite, and adult day center respite

3. IDENTIFY AND CONTACT YOUR STATE LIFESPAN RESPITE PROGRAM

or State Respite Coalition. The ARCH National Respite Network has a comprehensive State Respite Registry

4. DETERMINE A SUITABLE PAYMENT MODEL

for respite care by contacting your State Lifespan Respite Program or State Respite Coalition. Multiple payment models may exist in your state for respite including:

- a. Medicaid Waiver
- b. Medicaid State Health Insurance Plan
- c. Medicare Hospice Benefit
- d. Area Agency on Aging (AAA)
- e. State funding through Family Caregiver Support Programs
- f. Veterans' Health Administration
- g. TRICARE's Extended Care Health Option (ECHO) or the Military Exceptional Family Member Program (EFMP)
- h. Long Term Care Insurance

5. CHOOSE/HIRE A RESPITE PROVIDER.

Contact your State Lifespan Respite Program or State Respite Coalition to determine the training and licensing requirements for respite providers. There are two options for selecting your respite provider:

- a. Hiring a respite provider on your own
- b. Matching with an agency to hire and train a respite provider for you

6. PREPARE YOUR LOVED ONE FOR RESPITE.

Consider scheduling an orientation and initial supervised sessions with your respite provider so that your loved one may familiarize themselves with a new provider

7. PLAN TO MAKE THE MOST OF YOUR RESPITE.

When was the last time you as a caregiver went to see your (not your loved ones) physician for a Wellness Visit? We've all experienced those times when before we know it, two to three years have passed and we haven't completed an annual physical.

Taking a healthy respite presents a great opportunity for you to put your health and wellness first for a change so that you may continue to provide care and support for your loved one.



meet the needs of the families. Irrespective of this, each family retains the right to select, hire and train their own preferred respite provider.

For some, healthy respite may include an hour of meditation and self-reflection. In an age where the practice of Mindfulness is recognized as a key tool to help people reduce anxiety, enjoy life in the moment, discover genuine joy, and to generally be present in mind, body, and spirit; it should come as no surprise why services such as respite care are so critical for caregivers today. Mindfulness teaches us to be present in the moment and self-aware. Acknowledging and accepting the roles we play in the lives of our loved ones, mindfulness teaches us to be aware of the impact that our presence or absence of self-awareness can have on those around us and on the daily choices we make. Respite creates a space in time where the quest for self-awareness as a caregiver is acceptable and encouraged.

Ninety-four percent of family caregivers have found respite to be a helpful resource, reporting improved physical health, improved emotional health and reduced stress when they have access to respite. During respite, you may find yourself getting some much-needed rest and relaxation, caring for personal needs, running errands, or engaging in social activities for enjoyment and enrichment. Respite is your time as a caregiver to put yourself first. Family caregiver: *"The respite provides us with the relief not to get burned out, so that we can continue to care for (our loved one) in our home where we would like him to be."*

People are generally living longer lives, and the rates of seniors with multiple chronic conditions, disabilities and/or mental health conditions are continuing to rise. Today, more people than ever before are providing 24/7 direct care and support to a loved one. In many instances, an individual may find themselves playing the role of a caregiver during multiple phases of their lives, an example of this is becoming a caregiver for a parent who is part of the baby boomer generation, and then later in life becoming a caregiver for an aging spouse, a family member who is a veteran, or a child/grandchild who has a special need.

This dramatic rise in the number of unpaid family caregivers nationwide has prompted an increased recognition among pol-

icymakers (many of whom are very familiar with the daily roles of a caregiver) of the need for services and supports for caregivers. In September, the Senate passed the bipartisan Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act of 2017 (S.1028/HR.3759). The RAISE Act would require the Secretary of Health and Human Services to develop, maintain and update a national strategy to recognize and support family caregivers. The Act which will also encourage public input and participation, is now awaiting passage through the House of Representatives.

Similar activities have occurred at the state level, as the New Jersey Caregiver Taskforce Bill (NJ S2877/ A1463) which aims to evaluate caregiver support services in the State and provide recommendations for the improvement and expansion of such services, sailed through the Senate in June and is awaiting passage through the Assembly. The ultimate goal of each of these policies is to ensure that family caregivers are effectively supported in their critical role in the livelihood of a loved one. On October 11, 2018, The Family Resource Network will be putting such ideals to action by inviting health providers, innovators, and family caregivers to the National Caregivers Conference in Iselin, New Jersey. This conference creates a platform for you, the family caregiver, to speak directly to innovators in the health and technology fields as we work together to find solutions to the daily challenges faced by you and your loved ones. History has shown us that the continued commitment to the plight of all caregivers can truly result in the transformation of how we envision care. In 2006, Congress passed the Lifespan Respite Care Act which established coordinated systems of accessible, community-based respite care services for family caregivers of children and adults of all ages with special needs. These systems and support services are now accessed by millions of caregivers nationwide who recognize the importance of respite.

Respite is your time as a caregiver for self-care, your time to respect yourself and your role as a caregiver, your time to place your physical and emotional well-being first, your time for rest and, most important, it's your time to reclaim. When you take the time to reconnect with self, you will find that the transformation in your energy signature will result in a greater sense of peace, compassion, empathy and love in action for you and your loved one. •

ABOUT THE AUTHOR:

Adeola Sonaïke, PhD, MPH, CHES is the Senior Vice President of Health at The Family Resource Network, where she works to advance the health of people with special needs, chronic conditions, and family caregivers. Dr. Sonaïke attended Rutgers University where she attained a Bachelor's in Biology, and Walden University where she attained a Master's in Public Health and a PhD in Public Health- Epidemiology. Dr. Sonaïke is also a Robert Wood Johnson Foundation Culture of Health Leader.

The Family Resource Network (FRN) is a comprehensive, family-focused, organization designed to meet the growing need for community based programs and services for individuals and their families with continuing needs. For almost 50 years, FRN has helped thousands of New Jersey families with a variety of disabilities and chronic conditions connect with resources and support services they need to live full and happy lives. FRN's network agencies are: Autism Family Services of NJ, Caregivers of NJ, Epilepsy Foundation of NJ and the Family Support Center of NJ. Please visit www.familyresourcenetwork.org for more information or call (800) 376-2345.

For more information on EP Magazine, visit www.ep-magazine.com



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TIME FOR REST AND,
MOST IMPORTANT,
IT'S YOUR TIME TO
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CAREGIVER SHARK TANK

Calling all innovators! The National Caregivers Conference has invited inventors, innovators, and researchers to showcase their transformative ideas, products and concepts.

AFTERNOON PANEL 3:45PM - 5PM • DIAMOND BALLROOM

Innovation is everywhere! The National Caregivers Conference is inviting innovators, inventors, researchers and thought leaders to share their new ideas, products, technologies, or therapeutic concepts that aim to transform the health and role of family caregivers. We are aware that innovators throughout the world are developing new programs and products that aim to empower and positively impact activities of daily living for people with the greatest health needs and their loved ones who care for them. The

Caregivers Shark Tank will present a platform to share these ideas with the Sharks who have the capacity to bring new models to the forefront of caregiving practice.

Caregivers Shark Tank finalists will be invited to present their new ideas, products, technologies, or therapeutic concepts during the Afternoon Panel on October 11, 2018 in front of the panel of judges (Sharks), venture capitalists, leading industry investors, healthcare providers and caregivers.



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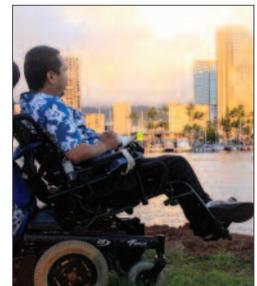
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