

## Caregiving with Confidence

Registration Form  
(Register by January 13<sup>th</sup> 2017)

Enclose registration form and fee payable by cheque or money order to “Rupert’s Land Caregiver Services” and return to:

**Caregiving with Confidence**  
168 Wilton Street  
Winnipeg, MB R3M 3C3

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone number \_\_\_\_\_

E-mail \_\_\_\_\_

Indicate your first and second choice for the afternoon concurrent sessions:

A\_\_\_ B\_\_\_ C\_\_\_ D\_\_\_ E\_\_\_ F\_\_\_

Family caregiver (fee \$30.00) \_\_\_\_\_

Student (fee \$30.00) \_\_\_\_\_

Professional (fee \$75.00) \_\_\_\_\_

\*Optional donation amount \_\_\_\_\_

Total amount enclosed \_\_\_\_\_

\*Donations will be used to sponsor caregivers who are unable to pay the registration fee. Tax receipts will be issued for donations (not for registration)

Lunch and refreshments are included in the fee.  
*If you have any dietary restrictions please advise.*

\_\_\_\_\_

Register early as spaces may fill up

## Caregiving with Confidence Presents: Self-Care for Caregivers

### A Conference for Family Caregivers and other stakeholders

Victoria Inn  
1808 Wellington Avenue  
If you have any questions please contact:  
204-452-9491 or  
info@caregivingwithconfidence.org

### Schedule

Thursday, January 19, 2017

9:30 a.m. Registration

10:00 Welcome & Opening Remarks

10:10 Let’s Get to Know Each  
Other

*Presenter – David Knapp-Fisher*

10:30 Opening Plenary  
Self-Compassion

*Presenter – Miriam Duff*

During this multimodal, experience-based presentation, participants will learn what self-compassion is, why it is important, how it works and how to cultivate it. A review of the evidence regarding benefits for the general public and for caregivers in particular will be presented. Participants will have the opportunity to reflect upon their own self-care approaches and to learn and try out some simple self-compassion focused activities that they can use in their day-to-day lives.

11:30 Lunch

12:30 p.m. Concurrent Sessions  
Choose one of the following 6 sessions (A-F)

**A Caregiving is a Roller Coaster**  
*Presenters: Diana Rasmussen & Danya Dziedzic*

Caregiving is a challenging and unique experience. People living with ALS/MND and neuromuscular disorders approach life limiting disease in a multiple of ways and therefore the caregiving experience can be rewarding, destressing, hopeful and a roller coaster. We will discuss strategies to prevent a caregiver from becoming client or care recipient.

**Facilitated by the ALS Society and Muscular Dystrophy Canada**



**B Stepping from Ambiguous Loss to Resilience**

*Presenter: Norma Kirkby*

Family members of people with dementia may experience ambiguous loss, grief and resilience during their caregiving journey. Learn more about steps you can take to journey toward emotional wellbeing while caring for a person with dementia. Describe and discuss ambiguous loss and responses caregivers may have to it. Learn thinking that assists caregivers to work through ambiguous loss toward emotional well-being; Identify resources that can assist on this journey

**Facilitated by the Alzheimer Society of MB**



**C Find the Yin for Your Yang**

*Presenter: Bonnie Hopps*

Join Bonnie Hopps, an internationally certified instructor, in Tai Chi for Health, a special form of Tai Chi developed by Dr. Paul Lam of Australia in 1997. Trained by Dr. Lam Bonnie will lead you through six to twelve steps of Tai Chi which you can incorporate into your day to assist you to relieve stress. It can be done standing or seated.

**Facilitated by Parkinson Canada**

**D The Impact of MS on Families**  
*Presenter – Dayna Robinson*  
**Life Changes and Transitions for  
Caregivers of persons living with MS**  
*Presenter – Eveline Delorme*

Multiple Sclerosis has been described as an unwelcome visitor in your home. This visitor's arrival disrupts the family dynamics and schedule. In addition, each person in the family will have different ways of relating and coping with this unwelcome change. We will discuss a variety of ways to communicate and dialogue with your family members either with your diagnosis of MS or other chronic diseases.

**Facilitated by the MS Society of Canada**



**E Self-Care for the Griever: How  
Caregiver's cope after loss**  
*Presenter: Mike Goldberg*

How you as a caregiver can look after people who are grieving or approaching end-of-life. How to practice self-care both during the caring period and after the role has shifted.

**Facilitated by Palliative Manitoba**



**F Time to Care: Caring for Caregivers;  
Caring for Patients**  
*Presenter: Patricia Frain*

We can all articulate the basics of self-care strategies but how do we go beyond these and actually live compassion? This session will focus on practical ways to live compassion at work, and in our lives. This session will encourage healthcare professionals and family caregivers to recognize the importance of compassion and its role in self-care and in providing a healing environment for patients and families and colleagues. Learn that taking "time to care" for self and others actually doesn't need to take more time, and contributes to creating a healing environment for everyone. Understand the importance of self-compassion and what that means in our particular circumstances. Identify tools and resources for compassion for self and others

**1:30 p.m. Nutrition Break**

**2:00 p.m. Closing Plenary**  
**Helping Caregivers Care for  
Themselves**  
*Presenter: David Knapp-Fisher*

Whether we are family members or professional caregivers, much of our time is spent taking care of both the emotional and physical needs of others. Because of this, many caregivers often neglect to focus any time on their own needs, which can leave them feeling lonely, tired and unfulfilled.

In this insightful and interactive talk, David (a caregiver himself) facilitates a discussion on ways we as caregivers can take better care of ourselves by finding simple, yet meaningful ways to "fill our cups" during the times we aren't looking after our loved ones and clients.

**3:00 p.m. CLOSING REMARKS**

**For this conference we are proud to be  
working together with the following  
organizations:**

**ALS Society of Manitoba  
Alzheimer Society of Manitoba  
MS Society of Canada  
Muscular Dystrophy Canada  
Palliative Manitoba  
Parkinson Canada**



*Presents:*

***Self-Care for the Caregiver***

**A Conference for Caregivers  
And other Stakeholders**

Thursday  
January 19, 2017

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1808 Wellington Avenue  
Winnipeg

**SPONSORED  
BY**

