

# Caregiver Summit

9.19.16 | Portland, OR

## AGENDA



8:00 - 9:00 am	Breakfast and Registration
9:00 - 9:05 am	Welcome
9:05 - 9:20 am	Building Blocks for Creative Caregiving <a href="#">Susan Imke, FNP, GNP-C, Kane Hall Barry Neurology (Bedford, TX)</a>
9:20 - 10:00 am	Maintaining Dignity and Identity <a href="#">Susan Hedlund, MSW, LCSW, Oregon Health &amp; Science University (Portland, OR)</a>
10:00 - 10:40 am	Caregiving: The Emotional Rollercoaster <a href="#">Jan Seale, poet and caregiver advocate (McAllen, TX)</a>
10:40 - 10:50 am	Coping Strategy: Yoga & Stretching <a href="#">Kaitlyn Roland, PhD, University of Victoria (British Columbia, Canada)</a>
10:50 - 11:05 am	Break
11:05 - 12:00 pm	Breakout 1 ( <i>choose from session options below</i> )
12:00 - 12:50 pm	Lunch
12:50 - 1:05 pm	Tools for Family Caregivers: CareMAP and <i>Caring &amp; Coping</i> <a href="#">Vaughn Edelson, National Parkinson Foundation (Miami, FL)</a>
1:05 - 1:15 pm	Break
1:15 - 2:10 pm	Breakout 2 ( <i>choose from session options below</i> )
2:10 - 2:20 pm	Break
2:20 - 2:30 pm	Coping Strategy: Mindfulness <a href="#">Paula Wiener, MSW, LCSW, National Parkinson Foundation (Chicago, IL)</a>
2:30 - 3:30 pm	Embracing the Challenge: A Panel Discussion Moderator: <a href="#">Tony Borcich, LCSW, Parkinson's Resources of Oregon (Portland, OR)</a> <a href="#">Julie Beck, spouse of person with young-onset Parkinson's (Chicago, IL)</a> <a href="#">Rick Bentley, adult child of person with Parkinson's (San Francisco, CA)</a> <a href="#">Pat Smith, spouse of person with Parkinson's (Canandaigua, NY)</a>
3:30 - 4:00 pm	Keynote: Strategic Steps for Moving Forward <a href="#">Susan Imke, FNP, GNP-C, Kane Hall Barry Neurology (Bedford, TX)</a>

### Breakout Sessions

- Transitions in Care: How Do I Know When It's Time?  
[Lissa Kapust, LICSW, Beth Israel Deaconess Medical Center \(Boston, MA\)](#)  
[Karen Anderson, caregiver advocate \(Tigard, OR\)](#)
- The PD You Can't See: Dealing with Non-Motor Symptoms  
[Kaitlyn Roland, PhD, University of Victoria \(British Columbia, Canada\)](#)  
[Marcia Gliss, caregiver advocate \(Buffalo, NY\)](#)
- The Caregiver Experience  
[Susan Gangsei, caregiver advocate \(Minneapolis, MN\)](#)

Learn more and  
register at  
[parkinson.org/summit](http://parkinson.org/summit)