



Caregiver Summit Cumbre Para Cuidadores

December 1, 2018



8-8:10 PST /
9-9:10 MST /
10-10:10 CST /
11-11:10 EST

Welcome and Opening Remarks

John L. Lehr

President and Chief Executive Officer
Parkinson's Foundation

8:10-8:20 PST /
9:10-9:20 MST /
10:10-10:20 CST /
11:10-11:20 EST

Introduction to Collaborative Care

Speaker: Doug Zabor

Self-care and caregiving do not need to be mutually exclusive. The day Doug switched from solo to tandem biking with his wife, he learned that collaborative care was better for both of them. Collaborative care helped Doug recover more quickly from surgery while slowing down his wife's disease progression and bound them closer together as partners. By sharing his story, Doug hopes to stimulate caregivers' desires to start exploring their own approach to collaborative care with their partners.

8:20-9:20 PST /
9:20-10:20 MST /
10:20-11:20 CST /
11:20-12:20 EST

Intimacy and PD

Speaker: Sheila Silver, MA, DHS, ACS

Living with Parkinson's disease (PD) challenges patients and their partners to talk about sexuality with each other in ways they may never have needed to before. This presentation will offer practical tools to help with these conversations. It will help those affected by PD to broaden the way they think about sex. The talk will also offer tools to increase both physical and emotional intimacy when the health of a partner impacts their sexuality.

9:20-10:20 PST /
10:20-10:30 MST /
11:20-11:30 CST /
12:20-12:30 EST

Collaborative Caregiving: Expanding the Team

Speaker: Annie Wallis, MSW

Caregiving is a team sport. Attendees will leave this segment with a practical plan to engage more of their friends and family members in helping their loved one with Parkinson's disease in a way that works for everyone.

10 Minute Break



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**9:40-10:40 PST /
10:40-11:40 MST /
11:40-12:40 CST /
12:40-1:40 EST**

Building Stronger Caregiving Partnerships Through Better Communication

Speaker: [Angela Roberts, PhD](#)

Conversation is the primary mechanism by which humans create and maintain relationships. Yet, in the context of Parkinson's disease (and in normal aging) changes in speech, cognition, and hearing negatively affect meaningful conversations between individuals with PD and their partners. These changes significantly impact the perceived burden (social, emotional, physical) and practical aspects of caregiving. Dr. Roberts' talk will focus on the multidimensional nature of conversational difficulties in the context of living with Parkinson's disease and will discuss strategies for optimizing communication partnerships.

**10:40-11:40 PST /
11:40-12:40 MST /
12:40-1:40 CST /
1:40-2:40 EST**

Collaborative Caregiving in Action

Moderator: Caryn Balaban

Panelists: [L. Addison Diehl](#), [Leslie Peters](#), [Lisa Seghetti](#),
[Dean Clarke Taylor](#)

This panel discussion will focus on the challenges of Collaborative Caregiving including personal caregiver experiences coping with role reversals, navigating the health and social systems, and the road from denial and isolation to acceptance and inclusion. Panelists will also discuss the communication challenges in PD, its impact on the care partner/caregiver, and how, by becoming aware of certain communication habits, we can work on ways to improve communication techniques.