



CAREGIVER CONFERENCE



Practical Tools to Navigate Caregiving

Caring for an aging loved one is complicated and stressful. Gain knowledge, strategies and practical information that will enlarge your tool set as a caregiver, helping you to care more effectively for your loved one and for yourself.

Educational Sessions:

- **The Importance of the Medicare Annual Wellness Visit** presented by Dr. Fred Kobylarz, MD, MPH, Geriatrician, Rutgers Health, Center for Healthy Aging at Monroe
- **Home Safety Tips and Fall Prevention**, presented by John Dulos, Occupational Therapist (OTR), Parker Rehabilitation Center
- **Legal Issues: Long Term Care Planning** presented by Jason Alguram, Esq.

Plus: Community resources, caregiver support groups

Parker at Monroe
Adult Day Center
200 Overlook Drive
Monroe Township

Saturday, April 13th

8:30 am – 12:30 pm
Check-in begins at 8:00 am

FREE. Registration required.

Call Rachel Kallish at
609-655-6853 or email
RKallish@parkerlife.org

For more information visit
Parkerlife.org

Representatives, samples & give-aways from participating providers and organizations



Monroe Township Senior Center



RUTGERS HEALTH
Center for Healthy Aging at Monroe



MIDDLESEX
COUNTY • NJ
Office of Aging & Disabled Services

THE IMPORTANCE OF THE MEDICARE ANNUAL WELLNESS VISIT

As people age, their health care needs become more varied and complex. This presentation will focus on the importance of geriatric care for older adults to address evolving challenges and comprehensive geriatric assessment, including Alzheimer's disease, dementia and memory loss. Discussion will address disease prevention and proactive management of multiple chronic conditions with special focus on dementia care.

DR. FRED KOBYLARZ, MD, MPH, Geriatrician, Rutgers Health, Center for Healthy Aging at Monroe

Dr. Kobylarz is an Associate Professor in the Department of Family Medicine and Community Health at the Rutgers Robert Wood Johnson Medical School where he is also Director of the Department's Center for Healthy Aging and Co-Director of the Geriatric Fellowship Program. He is board certified in Family Medicine and has a Certificate of Added Qualifications in Geriatrics.

Dr. Kobylarz received his medical education in Mexico. He completed a residency in Family Medicine, a fellowship in Geriatrics and a Master's in Public Health at the Robert Wood Johnson Medical School and Rutgers University. Prior to this, he was a founding faculty member of the Florida State University College

of Medicine, Department of Geriatrics. He was recipient of the first cohort of Geriatric Academic Career Awards (GACA) from HRSA (Health Resources and Services Administration). His areas of research have included Alzheimer's clinical trials drug studies, elder abuse, and health literacy. Dr. Kobylarz provides care for older adults in a variety of settings and has authored various publications on cross-cultural communication and health literacy.

Dr. Kobylarz served on the board of directors of the Alzheimer's Association, New Jersey Chapter and New Jersey Alzheimer's Disease Study Commission where he coauthored the New Jersey Alzheimer's Disease State Plan. He completed an Atlantic Philanthropies Health and Aging Policy Fellowship at the Center for Medicare and Medicaid Service (CMS) where he provided geriatric expertise on the Medicare Annual Wellness Visit. In addition, he currently serves as a member of the Medicare Evidence Development & Coverage Advisory Committee (MEDCAC). He is a member of the American Geriatrics Society and has been recognized nationally for his service on various committees.



HOME SAFETY TIPS AND FALL PREVENTION

Aging adults are at an increased risk for many types of injuries. Injuries among this group can have devastating consequences leading in some cases to disability, loss of independence, or death. Caregivers will leave this lecture with an understanding of the top risks aging adults face at home and tools for creating a safer home environment.

JOHN DULOG, OTR, Parker Rehabilitation Services John Dulog earned his his master's degree in occupational therapy from New York University and began his career in brain injury and stroke rehabilitation. He has been in practice for 20 years, working primarily with adult/geriatric populations in sub-acute and long term care settings. John currently works at Parker Rehabilitation Services.

LEGAL ISSUES

An informative session on the importance of basic estate planning and measures that empower elders and their families to take control at this vulnerable time of life, including Last Will and Testament, Power of Attorney, Advanced Directive and Health Care Proxy. Proper planning allows families to put in place the instructions that will control a health care crisis or end of life decisions.

JASON ALGURAM, ESQ

is an attorney specializing in elder law and estate planning who has been assisting seniors with estate planning, long term care and Medicaid planning since 2010. Services include helping families protect their assets from crushing long term care and nursing home expenses, creating comprehensive estate planning and elder law documents, guardianships, special needs planning, Medicaid applications, probate and estate administration.