**Idaho Caregiver Alliance**

**November 2, 2017; 1:00 – 4:00**

**Idaho Commission on Aging**

**341 West Washington Street, 2nd floor conference room**

***. . . advancing the well-being of caregivers by promoting collaboration***

***that improves access to quality support and resources across the lifespan.***

**Agenda**

1:00 p.m. **Introductions**

1:20 p.m. **Highlights and Insights from National Respite (ARCH) Conference**

Pam Oliason

Innovations in lifespan respite

1:45 p.m. **Lifespan Respite Funding for Idaho!**

Pam Oliason

Engaging in the work, proposed goals and objectives (attached)

2:30 pm **Break**

2:40 **Legislative Updates**

Franciose Cleveland - AARP Idaho Family Care Act (see attached for sample statute from Wyoming)

Steve Milward – Proposed Hourly Adult Care rule for Certified Family Home (see attached)

Marilyn Sword – Idaho Family Caregiver Month Proclamation and Legislative Update

3:00 **Statewide Updates (~ 8 minutes)**

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| --- | --- |
| Caregiver Integration Project – Marilyn Sword  | Idaho Assistive Technology, Krista Kramer |
| Idaho Parents Unlimited – Angela Lindig | Behavioral Health Planning Council and YES |
| Other |  |

3:45 p.m. **Next Steps**

4:00 p.m. **Adjourn**

**Next Coalition Meeting: Thursday, February 22, 2018 (1-4 pm)**

**Announcements/Upcoming Events:**

**Lifespan Respite Project Coordinator Position**. See attached for position description and details

**National Survey on Rural-Urban Caregiving.** Participation in national survey examining rural-urban differences in caregiving. Phone survey, conducted by [Rural Health Research Center](http://rhrc.umn.edu/) at the [University of Minnesota School of Public Health](http://www.sph.umn.edu/), will take approximately 15-20 minutes. If you live in a rural area and are interested in participating, please contact Pam Oliason, Pam.Oliason@aging.idaho.gov, for details.

**2018 Caregiver Conference, Boise Idaho; Saturday, February 17, 2018.** Contact Mary Holden, mholden@boisestate.edu for more information.

**MULTIPLE SCLEROSIS Boise and Nampa Support Groups. For more information, contact Pam Page,** **peetee83686@aol.com**

**Classes Sponsored by the YMCA**

**Treasure Valley YMCA Healthy Living Center**
[**419 N. 11th Street**](https://maps.google.com/?q=419+N.+11th+Street+%0D+%0D+Boise,+ID+83702&entry=gmail&source=g)[**Boise, ID 83702**](https://maps.google.com/?q=419+N.+11th+Street+Boise,+ID+83702&entry=gmail&source=g)

Registration is required. Contact Mary Biddle-Newberry at 208-344-5502 ext. 276 or by email mary.biddle@ymcatvidaho.org

**Chair Yoga**

Classes are held on Mondays & Wednesdays from 1:00 pm - 2:00 pm

Small group class for people recovering from and living with neurological injuries such as stroke, brain injury, spinal cord injury, Parkinson’s disease or other related conditions. Taught by a licensed physical therapist.

**Cost:**Monthly Cost is $30 for YMCA members; $55 non-members (financial assistance may be available)

**Parkinson’s Program, Delay the Disease**

This evidence-based fitness program, led by a certified Delay the Disease instructor, is designed to empower people with Parkinson’s disease and other neurological disorders as well as their caregivers and spouses. This class optimizes physical function while utilizing humor, enthusiasm and optimism to help motivate participants. Participation may lead to increased self-confidence and independence, decreased risk of falls, minimized fatigue, reduced rigidity and improved mobility.
**When:** This is an ongoing program and monthly dates vary- please call or email for schedule

**Cost:**Monthly Cost is $30 for YMCA members; $55 non-members (financial assistance may be available)

**Moving for Better Balance**A fall-prevention program that helps adults improve their balance, coordination and functional abilities. The class curriculum has been acknowledged as an evidence-based, successful program by the Center for Disease Control and the National Center for Injury Prevention and Control. The program is based on the principles and movements of Yang-style Tai chi and is taught by certified instructors.

**When:** This is an ongoing program and monthly dates vary- please call for schedule
**Cost:**Cost is free for YMCA members; $55 non-members (financial assistance may be available)