

# Caregiving Summit

## SUMMIT AGENDA

**APRIL 25, 2026**  
**9:00 AM TO 3:00 PM**  
**CONCORD CHURCH | DALLAS, TEXAS**

A day of education, encouragement, and connection for family caregivers.

### 8:30-9:00AM

#### REGISTRATION & CONTINENTAL BREAKFAST

- Conference check-in
- Resource tables open
- Pick up program materials

### 9:00-9:15AM

#### WELCOME & OPENING REMARKS

- Welcome from Concord Church
- Conference overview
- How breakout sessions will work
- Housekeeping announcements

### 9:15-10:00AM

#### MORNING KEYNOTE PRESENTATION

##### The Family Caregiver Journey: Where Do I Start?

An empowering introduction to caregiving that explores understanding your role, building a care team, recognizing caregiver stress, and knowing when and where to ask for help.

### BREAKOUT SESSION BLOCK 1

### 10:00-11:00AM

#### 1. Understanding Alzheimer's & Dementia

Signs, stages, and practical caregiving strategies.

#### 2. Navigating Community Resources

How to find, access, and advocate for community-based services and supports.

#### 3. Exploring Long-Term Care Options

In-home care, adult day programs, assisted living, and nursing care—what caregivers need to know.

#### 4. Caregiver Stress & Burnout

Identifying warning signs and learning tools to protect your emotional and physical well-being.

#### 5. Communicating with Healthcare Providers

Tips for advocating, asking the right questions, and staying organized.

#### 6. Legal & Financial Planning for Caregivers

An overview of essential legal documents, financial considerations, advance care planning, and steps caregivers can take to prepare for the future.

### 11:00-12:00PM

#### RESOURCE FAIR & NETWORKING TIME

- Visit community partner tables
- Connect with service providers
- Informal Q&A with presenters

### 12:00-1:00PM

#### LUNCH & KEYNOTE PANEL DISCUSSION

##### Voices of Strength: A Panel of Male Caregivers

A moderated discussion featuring male caregivers sharing their personal caregiving journeys, challenges, cultural perspectives, and sources of resilience, followed by audience questions.

### BREAKOUT SESSION BLOCK 2

### 1:10-2:00PM

#### 1. Understanding Alzheimer's & Dementia

#### 2. Navigating Community Resources

#### 3. Exploring Long-Term Care Options

#### 4. Caregiver Stress & Burnout

#### 5. Communicating with Healthcare Providers

#### 6. Legal and Financial Planning for Caregivers

### 2:50-3:00PM

#### CLOSING REMARKS & EVALUATIONS

- Final announcements
- Conference evaluations
- Resource tables conclude

**THANK YOU FOR ATTENDING!**

