

2016 Dementia Education Conference

LEARN! RENEW!

10:00 am WORKSHOP SESSIONS

~~Best Care Practices for CNAs, LPNs, and RNs~~ -FULL

Heather Serfass/Denise Young

This session provides an overview of Alzheimer's disease and related dementias. We will examine what is and what is not normal aging and how Alzheimer's is not just a memory disease. Participants will learn basic communication techniques, review behavior challenges, and learn techniques for assisting with activities of daily living. This session is particularly relevant for healthcare providers in the home or residential care setting.

Care and Costs in the Long Term Care Setting

Cindy Englert, CDP

This presentation will focus Care in the Long Term. Look at the differences in care options (in home, Memory Care unit in AL, SNF) and the costs associated with care needs, including Medicare, Medicaid, long term care, other private or supplemental insurance - what they do and do not cover. This will be an overview of the Long Term Care System with a focus on the needs of those dealing with dementia.

~~Creating Meaningful and Engaging Programs that Fulfill the Six Dimensions of an Optimum Life~~ FULL

Samantha Duncan, ADQ

Research indicates that to achieve an optimum life as we age, individuals must be engaged through the six dimensions of the physical, emotional, spiritual, purposeful, intellectual, and social. In this session, participants will explore how to create meaningful quality of life programming through the development and inclusion of activities utilizing the six dimensions. This session is particularly relevant for professionals in the long-term care residential setting.

Creative Care Planning Beyond the Basics - At home and elsewhere

Lyndall Hare, Ph.D.

In this presentation we will review the basics of caregiving for someone with dementia and then go over some fundamental tips to communication with someone living with dementia. We will then work in small groups in interactive ways to create care plans beyond the basics that will include *plans for those living at home as well as in assisted living and memory care*. The Creative Care Plan will require participants to think beyond the obvious and delve into their individual creativity to expand their thinking through a series of guiding questions. Participants will leave the session with a number of tangible tools to incorporate in existing care plan tools.

Home and Environmental Safety Tips

Alison Starkey, PT

The presentation will give an overview of common home hazards and how to avoid them. We will also review driving safety, fall prevention and triggers for seeking help for your loved ones. Questions will be encouraged. Older adults, caregivers, family members dealing with dementia, other in home service providers & younger adults who are interested in completing renovations that will allow them to “Age in Place” are all invited.

~~Huntersville Cares and Creating Dementia Friendly Communities, Panel Session FULL~~

Michele Cook, Facilitator

Huntersville Cares [Community Alzheimer’s Resources and Education] was created in January 2015 by a team of individuals in the Huntersville area personally and professionally affected by Alzheimer’s and related dementias. In this session, participants will learn about the national movement to create and certify communities at-large as dementia friendly communities. Panelists will share the history and current state of our local Huntersville Cares initiative. Panelists and participants will engage in discussions about the impact of creating dementia friendly communities, how North Carolina is progressing, and the relevance of this movement as our population ages and the number of individuals living with or affected by Alzheimer’s and related dementia grows.

Legal and Medical Documentation:

What you need, When you need it, and How it works together

Connie Vetter, JD, and Beth Martin, NP

Medical and legal decision-making can overwhelm even the most informed of us. Where to get needed information and how to get started is confusing. Not to mention in what order to tackle the necessary documentation! Join this session to learn easy, step by step methods you can use now.

Meet Me Where I Am – Innovative Strategies for Successful Care

Mary Ann Drummond, RN

An informative, interactive and uplifting session designed to present ways to help persons with dementia live their best each day, highlight ways to best communicate effectively, and review methods to decrease the daily challenges commonly associated with dementia care. Participants will learn how information should be presented to persons with dementia in order to increase the opportunity for successful communication and receptiveness of the “message;” to identify at least two methods of intervention to use when the person with dementia is demonstrating inappropriate behavior to avoid the need for medication intervention; and to identify measures that can be implemented in the daily care environment to enhance opportunities for successful daily interactions.

Muscle Memory: Alzheimer’s-Friendly Exercises for Keeping Fit and Having Fun

Jen Sexton

Led by AFAA Certified Golden Hearts™ Senior Fitness Trainer Jen Sexton, this exercise program will demonstrate how to modify and teach exercises when working with older adults living with Alzheimer’s disease or other dementias. Participants will learn how to apply appropriate adjustments in exercise programming to ensure safe and effective training. Come prepared for a reasonable amount of movement and an unreasonable amount of fun!

Music Therapy: The Power of Music to Improve Quality of Life

Rose O’Toole

Discover the power of music through joining our interactive music therapy session. Music therapy is the use of music to reach nonmusical goals. Whether it's helping someone to recall past memories, helping someone decrease their anxiety, assisting them to relearn how to speak, or a number of other desired outcomes, the music is used as a tool in reaching these goals. Come see how music can not only lift our spirits and fill our hearts, but how it can help us speak, move, and learn.

Sexuality & Alzheimer's Disease: 50 Shades of Gray

Melissa Stefanski, B.S., M.A.

This class will examine caregivers' biases when it comes to sexuality in older adults and how this influences treatment. We will explore some of the challenges in long-term care communities with residents' sexual expression, and practical behavior management techniques will be given. As time allows, there will be discussion around other pertinent areas, such as STD's, LGBT, etc.

Warning: this session contains sexually explicit material.

Understanding Responsive Behaviors

Macie Smith, Ed.D., LSW, SW-G, C-SWCM

Identifying and responding to dementia-related behaviors can be both confusing and challenging. Research supports that what we consider challenging behaviors are responsive behaviors. Responsive behaviors occur in response to stimuli. Displaying behaviors is a form of communicating needs, wants, desires, and status. As a result of attending this workshop, participants will learn how to appropriately respond to behaviors that may create a challenging environment.

11:15 am WORKSHOP SESSIONS

Best Care Practices for CNAs, LPNs, and RNs

Heather Serfass/Denise Young

This session provides an overview of Alzheimer's disease and related dementias. We will examine what is and what is not normal aging and how Alzheimer's is not just a memory disease. Participants will learn basic communication techniques, review behavior challenges, and learn techniques for assisting with activities of daily living. This session is particularly relevant for healthcare providers in the home or residential care setting.

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Considering All Options: The WHY, WHEN, and HOW to Choosing a Quality Residential Community

Donna Schaefer, CSA

This session will address how to navigate the process of determining when and whether a move to a residential care community is appropriate. Participants will learn how to examine the services provided, pay rates and structure, and questions to ask when touring a community. Especially important for this journey is understanding how to enlist and create a team of people to help you make the best decision including clergy members, doctors, social workers, and senior care advisors.

~~Creative Care Planning Beyond the Basics – At home and elsewhere FULL~~

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then work in small groups in interactive ways to create care plans beyond the basics that will include *plans for those living at home as well as in assisted living and memory care*. The Creative Care Plan will require participants to think beyond the obvious and delve into their individual creativity to expand their thinking through a series of guiding questions. Participants will leave the session with a number of tangible tools to incorporate in existing care plan tools.

Effective Communication Strategies

Michelle Webb, OTR/L, RAC-CT, CAPS

This program explores how communication takes place when someone has Alzheimer's disease. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Participants will learn communication skills and techniques and how to adjust as an individual progresses through the various stages of Alzheimer's and related dementia and their capacities for communicating and understanding changes.

Legal and Medical Documentation:

What you need, When you need it, and How it works together.

Connie Vetter, JD, and Beth Martin, NP

Medical and legal decision-making can overwhelm even the most informed of us. Where to get needed information and how to get started is confusing. Not to mention in what order to tackle the necessary documentation! Join this session to learn easy, step by step methods you can use now.

Less sugar, More Action: Strategies to Prevent or Delay Alzheimer's Disease

Timothy Hughes, MPH, Ph.D.

Strategies aimed at preventing or delaying the onset of Alzheimer's disease must focus on the modifiable risk factors for Alzheimer's disease and related dementias. Correcting high blood pressure and pre-diabetes are arguably the most important targets for preventing Alzheimer's disease before it starts. Recent research shows that vascular and metabolic abnormalities contribute to brain abnormalities that affect thinking and memory that may combine with Alzheimer's disease pathologies to accelerate dementia progression. Lifestyle interventions targeting correcting metabolic and vascular disease have positive effects on the brain. Ongoing

research in our lab and others will soon tell whether diet and exercise can help prevent and reverse cognitive impairment and ultimately prevent Alzheimer's disease.

Living with Alzheimer's: Empower Your Voice, A Panel Session

Ashley Stevens, MSW, CDP, Facilitator

A diagnosis of Alzheimer's disease or related dementia is a life-changing experience. Learning as much as you can and utilizing available resources early on helps to assure a higher quality of life. In this session, panelists will share their experiences of the diagnosis and early stages of the diseases. Panelists and participants will engage in dialogue about strategies and resources to help individuals and their care partners and families prepare for the future as well as live in the present.

Museum Memories

Mykell Gates, Lacy Nance, and Christopher Lawing

The Bechtler Museum of Modern Art is preparing to launch its newest community outreach initiative – 'Museum Memories' that includes tours and art classes specially designed for adults with early-stage to late-stage dementia and their care partners. Based on the highly esteemed 'Meet Me at MOMA' program in New York City, the Bechtler has planned a well-vetted program with substantiated positive results. Participants studied reported elevated mood as well as increased self-esteem consistent with research suggesting that visual art stimulates the whole brain and improves attention and cognition. Bechtler staff will discuss the methodology and benefits of the art classes and tours, as well as engage conference participants in a meaningful, intellectual activity. Using 'Visual Thinking Strategies' to examine works of art, participants will create narratives, reignite forgotten memories and create new ones.

Music Therapy: The Power of Music to Improve Quality of Life

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2:00 pm WORKSHOP SESSIONS

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~~Creating Meaningful and Engaging Programs that Fulfill the Six Dimensions of an Optimum Life FULL~~

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~~Cultural Competencies in Healthcare, Panel Session FULL~~

Nancy Culp and Mark Bumgarner, MSSL, Facilitators

In this session panelists and participants will explore what 'cultural competency' means for providers, patients, and caregivers. In particular, panelists will consider the healthcare context for members of the LGBT community and their care partners, givers, and providers. Some questions will include changing challenges across generations. Participants will learn about tools and resources that are available as well as challenges in accessing and providing consistent training for providers.

~~Home and Environmental Safety Tips FULL~~

Alison Starkey, PT

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~~Talking with Tweens and Teens about Alzheimer's and Related Dementias~~ FULL

Karen Owens, MSW, LCSW

Alzheimer's disease and related dementias affect all family members including children and grandchildren. This program will help prepare participants to communicate with younger people about the disease and will examine various settings (home, school, and community) where communication takes place and ways tweens and teens can help each other.

Understanding Responsive Behaviors

Macie Smith, Ed.D., LSW, SW-G, C-SWCM

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What's So Special about Residents' Rights and Special Care?

Lindsay Tice, MA, CIRS-A/D

So how do I treat my residents with respect, dignity, and give them individualized care?

Memory Care units, also called licensed Special Care Units in long term care, specialize in the care and treatment of those with Alzheimer's disease and other related dementias. As so many informal and professional caregivers know, caring for folks with dementia is not a one-size-fits-all formula. In this session, we will discuss the role of residents' rights in long term care and how to care for our residents with dementia with an individual care plan.