

alzheimer's  association®

Annual Delaware Dementia Conference

Wednesday, November 15, 2017



EQUIPPING COMMUNITIES TO CARE

FEATURING NATIONAL, REGIONAL & LOCAL EXPERTS SPECIALIZING IN:

Living Well, Community-Based Interventions, Changing the Conversation, Equipping Faith Communities, When It's Not Alzheimer's, Mindfulness, Caregiver Resilience, Behaviors, Legal Issues, Traveling and more!

Jan Dougherty, RN, MS, FAAN

Nurse leader, innovator, author and noted dementia care expert

Diana M. Law, J.D., and Kerry R. Peck, Esq.

Co-author of *Alzheimer's and the Law*, published by the American Bar Association

Tabassum Majid, Ph.D.,

Researcher, educator and member of the Maryland Governor's Council on ADRD

Jane Meier Hamilton, MSN, RN

National caregiving expert, educator and author

Dover Downs Hotel & Conference Center ~ Dover, DE
8:00 AM—4:30 PM

SCHEDULE AT A GLANCE

2017 SPONSORS & PARTNERS

8:00—8:45 AM	Check-In / Registration, Continental Breakfast & Exhibits
8:45—9:00 AM	Welcome & Opening Remarks
9:00—10:15 AM	Keynote Session: Words Matter: Changing the Conversation About Alzheimer's <i>Jan Dougherty, RN, MS, FAAN</i>
10:15—10:30 AM	Break / Exhibits
10:30—12:00 PM	Morning Breakout Sessions (SELECT ONE)
12:00—12:15 PM	Exhibits
12:15—1:15 PM	Lunch (Included)
1:15—2:45 PM	Afternoon Breakout Sessions (SELECT ONE)
2:45—3:00 PM	Break / Exhibits
3:00—4:15 PM	Plenary Session: Burnout or Bonfire: How to Keep Your "Caregiving Light" Alive <i>Jane Meier Hamilton, MSN, RN</i>
4:15—4:30 PM	Evaluation & Name Tag Submission, Professional CE Credit Check-Out



For more information, call our 24/7 Helpline 800.272.3900

PROGRAMS & SERVICES

**24/7 Helpline
800.272.3900**

**Care Consultation
Consumer Education
Diversity & Inclusion**

**Early Stage Initiatives
Public Policy
Professional Education
Safety Services
Support Groups
TrialMatch®**

For more information on Alzheimer's Association Delaware Valley Chapter programs & services, please call our 24/7 Helpline at 800.272.3900 or find us on the web: alz.org/delval.

FEATURED SPEAKERS



Jan Dougherty, RN, MS, FAAN, nurse leader, innovator, author and noted dementia care expert

Ms. Dougherty will present ***Words Matter: Changing the Conversation about Alzheimer's*** as the keynote address and an afternoon breakout session on ***Traveling Well with a Person with Dementia***. Additionally, she is a panelist in the morning breakout session on Living Well with Alzheimer's. Ms. Dougherty is a Special Projects Consultant at Banner Alzheimer's Institute in Phoenix, Arizona. She is a known expert and leader in crafting innovative programs to support people living with dementia and their family caregivers. Ms.

Dougherty has pioneered unique dementia programs being used in Arizona, nationally and internationally.

These programs include Dementia Care Paths and Best Practices for Dementia Care Management; Hospice Care for Dementia; and Palliative Care for Advanced Dementia. Most recently, Ms. Dougherty is leading the efforts in helping Tempe, Arizona to become the first "Dementia Friendly Community" in the state. These innovations have resulted in major changes in care practices.

Tabassum Majid, Ph.D., researcher, educator and former caregiver



Dr. Majid has both a personal and professional passion in caregiver-care recipient dyads in Alzheimer's disease and related dementias since she was a caregiver for her grandparents as a teenager. A native Marylander, Dr. Majid received her Bachelor of Science degree from the University of Maryland, Baltimore County concentrating in an interdisciplinary approach to Neurodegenerative Disorders of the Aged. She then gained expertise in the pathology, imaging and biology of dementia from both pre-clinical and clinical perspectives in Houston, TX, where she earned her Ph.D. from Baylor College of Medicine. She then returned to Maryland to complete a fellowship at the University of Maryland, School of Pharmacy researching care management decisions with caregivers and individuals with dementia. Dr. Majid also is a member of the Maryland Governor's Council on Alzheimer's Disease and Related Disorders and contributes to the development and implementation of the Maryland State Plan.



Jane Meier Hamilton, MSN, RN, educator, author, advocate and national caregiving expert

Ms. Hamilton will present ***Burnout or Bonfire: How to keep your "caregiver light" alive***, as the plenary session and an afternoon breakout session on ***How Faith Communities Can Care for Caregivers***. Ms.

Hamilton has been a nurse for 40 years and a family caregiver for 20. She is Founder of *Partners on the Path* (PartnersonthePath.com), which provides caregiver support programs to businesses that employ, and non-profit organizations that support, caregivers. Jane is a content expert on managing caregiver stress, building resilience and preventing compassion fatigue. Her book, *The Caregiver's Guide to Self-Care*, her educational programs and her support group model all provide practical tools to help caregivers preserve their health, well-being and capacity to care.

Diana M. Law, J.D. and Kerry R. Peck, Esq., co-author of *Alzheimer's and the Law*: published by the American Bar Association







Ms. Law is a graduate of the Northern Illinois University College of Law and was recognized in 2011 as its Young Alumna of the Year. Her clients seek her guidance for estate and asset protection planning. She is a sought-after speaker and has been a featured presenter for both the Illinois State Bar Association and the Kane County Bar Association. Ms. Law was named by Chicago Daily Law Bulletin as one of the "40 Illinois Lawyers Under 40" and selected as a "Rising Star Super Lawyer" and one of the top #10 elder law attorneys in Illinois by Leading Lawyer magazine.

Mr. Peck is the managing partner of the Chicago law firm Peck Ritchey, LLC. He is a member of the Board of Directors for the Center for Disability and Elder Law and a member of the Board of Directors for the Alzheimer's Association, Greater Illinois Chapter. Mr. Peck is the co-author of *Alzheimer's and the Law*, published by the American Bar Association, and is a frequent speaker at Continuing Legal Education Programs around the country. He has spoken for the American Bar Association, Chicago Bar Association and Illinois State Bar Association. Mr. Peck serves as chair of the Cook County State's Attorney's Elder Abuse Task Force and was retained by the City of Chicago Department of Aging to rewrite the State of Illinois *Elder Abuse and Neglect Act*.







BREAKOUT SESSIONS

Session space is limited. Please register early to ensure your session preference.



Please review the [SESSION KEY](#) to select the appropriate session for your experience level.


-  **Caregiver / General**—These sessions are more general and appropriate for family caregivers, care partners, friends and entry level professionals.
-  **Advanced Clinical Professional**—These sessions are appropriate for healthcare professionals with advanced clinical and practical knowledge. Medical terminology will be presented.
-  **Early Stage**—These sessions are appropriate for persons living with dementia in the early stages.
-  **Clergy/Faith Community**—These sessions are appropriate for clergy, faith community nurses and congregation leaders looking to build their knowledge to support family caregivers in their congregation / community.


MORNING SESSIONS (10:30 am—12:00 pm)



-  **[A] Living Well With Alzheimer's: Panel Session**
Jan Dougherty, RN, MS, FAAN (Banner's Alzheimer's Institute), **Phil Gutis** (Member of National Early Stage Advisory Group), **Rachel Wiley, MS, OTR/L** (Day by Day Home Therapy) and **Cheryl Gallagher, BA** (Modern Maturity Center Front Porch Program).
 This panel session will examine what it means to live with a diagnosis of cognitive impairment as well as challenges individuals face. Dimensions of wellness and strategies for supporting and engaging individuals living with cognitive impairment will be discussed. Testimony and perspectives will be heard from an individual living with cognitive impairment as well as from healthcare professionals in various fields.
-  **[B] Caregiver Decision Making & Preferences in Care**
Tabassum Majid, Ph.D. (Integrace Institute at Copper Ridge)
Caregivers face an overwhelming number of decisions when caring for a loved one with Alzheimer's disease. Hear about decision-making tools and the latest scientific research regarding what outcomes are most important to family caregivers making health care decisions. Learn how family priorities compare to the priorities of the health care community. This workshop is important for health care admissions staff, social workers, marketers and long-term care administrators.
-  **[C] Update on Community-Based Dementia Interventions**
Mary C. Deirdre Johnston, MB BCH, MRCPsych (Johns Hopkins University School of Medicine)
No cure for Alzheimer's disease exists yet, and an aging society means health care providers will see and treat increasing numbers of persons with dementia and its complications. This session reviews community-based interventions and strategies shown to help persons with dementia and their caregivers manage the illness and its associated challenges.
-  **[D] How Faith Communities Can Care for Caregivers**
Jane Meier Hamilton, MSN, RN (Partners on the Path, LLC)
Millions of Americans are family caregivers. Though they face a litany of health, financial, family and workplace challenges, caregivers seldom reach out for the support they often desperately need. Faith communities are perfectly positioned to care for caregivers in their midst. This session presents practical information and resources that clergy, faith community nurses and lay volunteers can use to care for caregivers.
-  **[E] Every Mile a Memory: Navigating through the Stages of Alzheimer's**
Cheryl Miller, LPN (Phoebe Ministries Center for Excellence in Dementia Care)
Using the analogy of a "road trip" this session will describe how to navigate through the stages of Alzheimer's. The session will describe how Alzheimer's disrupts the normal traffic patterns in the brain, causing traffic jams, the need to detour, and how to know when to take an alternate route. The role of the caregiver and how they can prepare for the journey will be discussed, including: how to pack, how to map out the course, what tools they can use for navigation and how to recognize when they are running low on fuel.
This session is not approved for nursing contact hours.


AFTERNOON SESSIONS (1:15 pm—2:45 pm)

 **[F] Traveling Well with a Person with Dementia**
Jan Dougherty, RN, MS, FAAN (*Banner's Alzheimer's Institute*)
 Americans love to travel, enjoying new adventures and visiting with family and friends. While a diagnosis of Alzheimer's disease/dementia may bring additional stress, with careful planning and creating realistic expectations, it is very feasible for many to travel. This session will review essential information and strategies to assist families in making travel both memorable and successful.

 **[G] Mild and Major Neurocognitive Disorders—More than Just Alzheimer's**
James M. Ellison, M.D., MPH (*Christiana Care Health System*)
 This presentation will focus on two specific areas: earlier recognition for neurocognitive disorders and differential diagnosis of the non-AD neurocognitive disorders. This will promote, for clinicians and caregivers, improved earlier detection of neurocognitive disorders and increased ability to fine-tune treatment for people with Alzheimer's and other important causes of dementia.

 **[H] Mindfulness and the Helping Relationship: Clinical Applications**
James M. Walsh, Ph.D., LPCMH (*Wilmington University*)
 Trait mindfulness, which can be increased with regular mindfulness meditation practices, has a strong association with a number of important outcome variables including subjective well-being, stress and burnout management, and empathic communication skills. The intention of this workshop is to define the construct of mindfulness, present findings from recent research concerning health and well-being variables and introduce participants to mindfulness resources they can easily utilize. The workshop will also include a brief mindfulness exercise.

 **[I] Navigating the Legal Realm of Alzheimer's Disease**
Kerry R. Peck, Esq. (*Peck Ritchey, LLC*) and **Diana M. Law, J.D.** (*Law ElderLaw, LLP*)
 This workshop will give participants an understanding of the importance of advance planning and the opportunity to involve the person with diminished capacity. Attendees will learn how to identify the steps to getting legal, financial and future care plans put in place and will become familiar with the specific legal issues, future care options and financial issues pertaining to diminished capacity.
This session is not approved for nursing contact hours.

 **[J] Understanding and Managing Challenging Behaviors**
Rachel Wiley, MS, OTR/L (*Day by Day Home Therapy*)
 Most individuals with dementia will experience at least one behavioral symptom throughout the progression of the disease, and this can often be one of the most difficult aspects of caregiving. This presentation will explore reasons why various behaviors occur and strategies needed to reduce and manage behavioral symptoms.

ENHANCE YOUR CONFERENCE EXPERIENCE!

- For information on session learning objectives or presenter disclosures, visit: <https://tinyurl.com/2017DEConference>
- Don't forget to **visit the exhibits** & learn about local resources.
- **Stay comfortable**—bring a sweater or jacket. Room temperatures can vary, so **come layered**.
- If you come with a team from your workplace, **split up**. Go to different sessions for a variety of information to share with your organization. Plan to network at lunch with other professionals and caregivers you don't know!

EVENT INFORMATION & POLICIES

- Have a question about the conference? **Call 800.272.3900 (M-F, 9-5pm)**
- **Payment is due at the time of registration.** Pre-registration is required, however day-of registration will be available at the door as space permits. A limited selection of breakout session may only be available at that time.
- **CANCELLATION POLICY:** Refunds will not be provided for any reason after October 18.
- All registrations include **continental breakfast** (available 8am-8:45am) & **lunch** (begins promptly at 12:15pm).
- **Breakout session space is LIMITED.** Please **register EARLY** to ensure your session preference, as we will be closing breakout sessions as they become full. Please be sure to mark a second choice for AM & PM and/or call 800.272.3900 (9am-5pm, M-F) to check session availability if registering by postal mail.
- General **non-ce certificates of participation** will be available the day of the event at 4:15pm in the registration area.
- **Power points** presentations will be available on the chapter website alz.org/delval **the day before the conference** and will remain up for 30 days. Print outs of the power points will not be provided at the conference.
- We would like to use **photographs** from our conferences in our promotional materials. By virtue of your attendance, we reserve the right to use your likeness in such materials.
- **EVENT LOCATION: Dover Downs Hotel & Conference Center: 1131 N. DuPont Hwy. ~ Dover, DE 19901**
doverdowns.com/how-to-find-us
- **DRIVING DIRECTIONS:**
 - From Philadelphia and Wilmington:** Take I-95 South from Philadelphia, through Wilmington, to Route 1 South. Follow Route 1 to Dover, Exit 104. Turn left onto Route 13. Dover Downs will be on the left.
 - From the South:** Take Route 1 North to Dover, Exit 104. Turn left onto Route 13. Dover Downs will be on the left.
 - *Dover Downs is wheelchair accessible* 800.711.5882 or 302.674.4600*
- **LODGING INFORMATION:** Are you traveling a long distance to the conference? **Book a room at a discounted rate of \$149 plus tax and fees using code "GALZR" for the night of November 14 at Dover Downs.** The reservation cut-off date is October 22. For reservations, call 888.711.5882.

PROFESSIONAL CONTACT HOURS AVAILABLE:

Please review the CE disciplines below before registering:

Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session. Participants must sign in at the beginning of the day and sign out at the appropriate CE table, and submit a completed evaluation form at the end of the program (4:15 pm). Partial credits will not be issued to participants arriving late or leaving early. **Note: Your certificate will be emailed to you within 30 days after the conference.**

Registered Nurses:

5.75 nursing contact hours are pending approval. This activity has been submitted to DE Nurses Association for approval to award contact hours. Delaware Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

CE recipients must register, check in/out at the appropriate registration table, complete an evaluation and attend the entire day to receive CE credit. Sessions E and I are not approved for nursing contact hours. Another selection must be made.

Social Workers:

This program is approved by the National Association of Social Workers (Approval # 886501740-9033) for 5.5 continuing education contact hours.

For information on session learning objectives or presenter disclosures, visit: <https://tinyurl.com/2017DEConference>

For questions, grievances or instructions for requesting accommodations for individuals with disabilities (ADA), contact 800.272.3900.

2017 DELAWARE CONFERENCE—REGISTRATION & PAYMENT INFORMATION

We strongly encourage attendees to **REGISTER ONLINE** by **Nov. 8** at <https://tinyurl.com/2017DEConference> with **credit card** payment.

Attendees who are unable to register online can call 800.272.3900 (M-F, 8-5pm) with a credit card, or can complete the below form and **MAIL it with check payment**. Please completed one form per registrant.

DEADLINE: Forms must be received by November 3.

Forms can be mailed with payment to: **Alzheimer's Association**
399 Market Street, Suite 102, Philadelphia, PA 19106 ATTN: DE CONFERENCE 2017

Payment by Check Check # _____ Amount \$ _____ **Payable to:** Alzheimer's Association

All registrations include continental breakfast (available 8:00am-8:45am) & lunch (begins promptly at 12:15pm).
We encourage you to read the event information and policies section on the opposite page.
Please call 800.272.3900 (M-F, 8am-5pm) for any issues or concerns regarding registration.

Name: _____

Phone: _____

Email: _____

Address: _____

This is a company address This is a personal / home address

If relevant, what company/organization do you work for: _____

How did you hear about the conference? Brochure mailed to home/work Email Friend/colleague

Website 24/7 Helpline Social media Newspaper Networking meeting Other: _____

Optional Demographic Information (This information helps us to expand our outreach efforts): **Age:** _____

Race/Ethnicity: Black/African-American White/Caucasian Asian Hispanic/Latino Other: _____

BREAKOUT SESSION SELECTIONS: Please select ONE workshop for each session time.

MORNING SESSION: 10:30 am—12:00 pm

Circle the letter of the session you want to attend

1st Choice: **A** **B** **C** **D** **E**

2nd choice (in case 1st choice is full): _____

AFTERNOON SESSION: 1:15 pm—2:45 pm

Circle the letter of the session you want to attend

1st Choice: **F** **G** **H** **I** **J**

2nd choice (in case 1st choice is full): _____

REGISTRATION TYPE

CE Professional (\$100) (includes CE hours*) Please review the CE information and approval agencies on the opposite page.

*Participants must sign in at the beginning of the day and sign out at the appropriate CE table, and submit a completed evaluation form at the end of the program (4:15 pm). Partial credits will not be issued to participants arriving late or leaving early. **Note: Certificates are emailed within 30 days after the conference to the email provided with the registration.**

_____ **Registered Nurses**

_____ **Social Workers**

Non-CE Professional (\$50) (General non-CE certificates of participation are provided at the event)

Help us understand who is attending. Which category best describes the registrant's profession:

Administrator / Management Owner / CEO Marketing Admissions / Office Support Volunteer

Certified Dementia Practitioner (CDP) Case Manager Counselor Social Worker *not requiring CE hours*

Nurse *not requiring CE hours* Registered Dieticians (RD) PT, OT or SLP Activity Professional / CTRS / ADC

Clergy / Faith Community Other: _____

Nursing Assistant or CNA (\$40)

Family Caregiver* (non-professional) (\$30) *A limited number of scholarships are available for family caregivers in need.

Call 800.272.3900 (M-F, 8am-5pm) and ask for Jen S. to inquire about availability.



Delaware Valley Chapter
399 Market Street, Suite 102
Philadelphia, PA 19106

Space is limited. Register ONLINE today: <https://tinyurl.com/2017DEConference>

alz.org/delval

800.272.3900

Delaware Valley Chapter

Annual Delaware Dementia Conference

EQUIPPING COMMUNITIES TO CARE

**Dover Downs Hotel
& Conference Center**
1131 North DuPont Highway
Dover, DE
8:00 am - 4:30 pm



Wednesday, November 15, 2017



#ENDALZ
JOIN THE CONVERSATION @alzdelval

alz.org/delval
800.272.3900