



THE BRAINS BEHIND SAVING YOURS®

2017 Dementia Education Symposium Asheville, NC

10:15 AM & 1:00 PM BREAKOUT SESSIONS

CREATING MUSIC AND ART EXPERIENCES

Carol Howell, Executive Director, Senior Life Journeys and Certified Dementia Specialist

Explore why art and music are important in the life of someone with dementia. Participants will learn ways to interact with their loved one through hands on demonstrations of singing, hand bells, drums, and scarves. Attendees will experience how music, prayer and poetry can improve the life of persons with dementia and their caregivers.

PLANNING FOR THE FUTURE

Dylan Babb, Community Outreach Manager, CarePartners

Laura Baker-Seseika, Family Services, CarePartners PACE

Andrew Atherton, Elder Law Expert, McGuire, Wood & Bissette, P.A.

Learn how to navigate the complicated and confusing world of health care and long term care. Find out what options are available to help in your home and community. Discover what to expect from home care, adult day services, PACE, and other community care settings. Learn what questions to ask and how to make sure the care you and your loved one receive is the best fit for you and your family.

MANAGING DEMENTIA RELATED BEHAVIORS

Dr. Lisa Verges, MD., Geriatric Psychiatrist at MemoryCare

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. This program will help caregivers decipher behaviors and determine how best to respond while exploring the wise use of medications and knowing when to avoid them altogether.

ROLES AND TOLLS: THE MENTAL HEALTH FACETS OF CAREGIVING

P.J. Dillingham, R.N., Mission Health

This session is geared heavily toward the informal caregiver or those who have loved ones affected by dementia. It will delve into the aspects of relationship versus role conflicts and explore concepts such as dysfunctional grieving, the isolation of dementia, capacity, and depression. A primary aim is to provide insight and strategies to aid caregivers in coping with the emotional dimensions attached to progressive disease and loss through a clear focus on recognizing and reducing caregiver stress and guilt burden. Professional caregivers will also benefit from this session which provides additional helpful tips on self-care, de-escalation, and ways to engage.

PLENARY SESSIONS

9:00 am Plenary

Let's Talk Dementia with a Splash of Humor

Carol Howell, Executive Director, Senior Life Journeys and Certified Dementia Specialist

This presentation will include information on the different types of dementia with their signs and symptoms, how to improve communication with the person who has dementia, and why it's important to keep your sense of humor when serving as a caregiver.



Carol Howell is a Certified Dementia Specialist and Endorsed Life Coach with an emphasis on Creative Music Experiences. She is Executive Director of Senior Life Journeys, a not for profit organization, and she is actively involved in the lives of individuals who are caregiving for a loved-one with dementia as she helps them develop caregiving techniques. Carol's latest book, *Let's Talk Dementia-A Caregiver's Guide*, is an Amazon #1 Best Seller, and it is an easy to read guide for caregivers of individuals with dementia. It is scattered with humor to help bring smiles back into the lives of overworked caregivers.

12:15 Lunch Presenter

An Alzheimer's Research Update: Where Have We Been and Where Are We Going?

Dean Hartley, PhD., Director of Science Initiatives, Alzheimer's Association



The race is on. Alzheimer's and related dementias research is a dynamic field and momentum builds each year. This site is for professional researchers and anyone interested in following the progress in research. The Alzheimer's Association has been involved in every major advancement of Alzheimer's and related dementias research since the 1980's and is a leader in the global fight for a world without Alzheimer's. Find out where research has been and trends for the future.

2:15 pm Plenary

Clinical Trials: What They Are and What They Mean for You

Christina E. Hugenschmidt, Ph.D., Assistant Professor, Section on Gerontology and Geriatric Medicine, Wake Forest School of Medicine

This talk will discuss what clinical trials are (and are not), and what unique information they give the medical and scientific community. Information will include commonly used methods in Alzheimer's research, how to interpret outcomes of trials, and how to become involved in clinical trials and research

studies taking place in North Carolina. This will be an interactive session where questions are encouraged.



Christina Hugenschmidt, Ph.D., is an assistant professor of Gerontology and Geriatric Medicine at Wake Forest School of Medicine in the Sticht Center on Healthy Aging and Alzheimer's Prevention. She is a member of both the Pepper Older Americans Independence Center and Alzheimer's Disease Core Center at Wake Forest, and is a member of the board of the Western North Carolina Chapter of the Alzheimer's Association. She is a neuroscientist who investigates how age-related changes in movement and metabolism interact with the brain

and cognition, and the potential of behavioral interventions to support healthy brain and body function in aging. In addition to her research, she has co-facilitated caregiver support groups and arts-based enrichment groups for people with dementia over the past 4 years.