

## About us...

The Alzheimer's Association Delaware Valley Chapter, serving [Southeastern Pennsylvania](#), [South Jersey](#) and [Delaware](#), is the local chapter of the National Alzheimer's Disease and Related Disorders Association. We are an alliance of family members and professionals dedicated to helping people with Alzheimer's disease and their families through [education](#), [advocacy](#), and [support](#).

Of the estimated 5.2 million people nationwide coping with this progressive and devastating disease, there are an estimated 300,000 in our tri-state service region. It is our goal to provide leadership and to enhance the care and support services for individuals with dementia and their families, while supporting the elimination of Alzheimer's disease through the advancement of [research](#). Our programs and services include:

- Public Policy/Advocacy Initiatives
- Special Events
- Quarterly Newsletter
- Learning Academy
  - Community Education
  - Professional Education
    - Julie H.C. Bailey Training Center*
  - Dementia Care Conferences
  - *Maintain Your Brain®*
  - *Partnering with Your Doctor*
  - Speakers' Bureau
- Lending Library
- Support Groups
- Resource Centers
- Lending Library
- Multicultural Outreach
- Care Consultation
- MedicAlert® + Safe Return®
- Contact Center/Helpline (800.272.3900)
- [www.alz.org/desjsepa](http://www.alz.org/desjsepa) (local website)

Trainings are also available in Spanish

100 S. Main Street, Suite 211  
Smyrna, DE 19977  
302.514.6510 P  
302.514.6516 F  
800.272.3900 (24/7 Helpline)  
[www.alz.org/desjsepa](http://www.alz.org/desjsepa)

alzheimer's association  
julie h. c. bailey  
training center  
for excellence in dementia care!

alzheimer's association®

## dementia caregiving: search for the right way



This 7-hour interactive workshop provides direct care staff with a basic understanding of the changes in memory, communication, function and behavior that occur as a result of cognitive disease and the appropriate intervention strategies to enhance the care they provide to individuals with Alzheimer's and related dementias.

**Dates:** February 23, 2009

March 16, 2009

April 27, 2009

May 8, 2009

**Time:** 9:00 am—4:00 pm

(registration starting at 8:30 am)

**Location** Alzheimer's Association

*Julie H. C. Bailey Training Center*  
100 S. Main Street, Suite 211  
Smyrna, DE 19977

Each workshop includes the following modules, interactive activities to increase learning acquisition, a certificate of completion, and comprehensive reference manual.

**Overview of Alzheimer's disease**

**Communication**

**Activities of Daily Living**

**Common Behavior Problems**

**The Caregiver Experience**

**A Team Approach to Care**



**Upon completion of the training, participants will be able to:**

- ◆ Describe the difference between normal forgetfulness, senility, dementia, and Alzheimer's disease.
- ◆ Identify two changes that occur in the brain as a result of dementia that alter behavior, communication, cognition, and personality.
- ◆ List the six areas of the brain that are affected by Alzheimer's disease and explain the role of each area.
- ◆ Demonstrate the most effective techniques for approaching a resident.
- ◆ Define aphasia and describe how the expressive and receptive forms can impact communication.
- ◆ Explain the role of the hippocampus in wandering, repetitive questions, and short-term memory loss.
- ◆ Describe the role of the amygdala in aggressive behaviors and provide five effective behavior management approaches.
- ◆ Develop an individualized activity program based on cognitive ability, past interests, the person's "essence," and available resources.
- ◆ List ten signs of caregiver stress and identify five effective coping strategies for reducing stress.
- ◆ Define "teamwork" and identify strategies for improving cross-training support, caregiver stress, and overall morale.

*What trainees are saying...*

**"The interactive nature of the program, combined with the games and activities, made this training fun and informative."**



**\*Continental breakfast and lunch provided.**

**Sign Up Today!**

Name: \_\_\_\_\_  
 Title (for professionals): \_\_\_\_\_  
 License #: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

**Please check desired date.**



- 02/23/09
- 03/16/09
- 04/27/09
- 05/8/09

**PAYMENT Type (check one):**

\_\_\_\_\_ Professionals \$ 189.00  
 (approved by the NASW for 6 CEUs for social workers)

\_\_\_\_\_ Non-CEU professionals \$ 99.00

\_\_\_\_\_ Same day (onsite) payment (add \$5.00) \$ \_\_\_\_\_

TOTAL Enclosed: \$ \_\_\_\_\_

**PAYMENT Options (check one):**

\_\_\_\_\_ Check made payable to: **Alzheimer's Association Delaware Valley Chapter**  
 Mail this form along with check to:  
 Julie H.C. Bailey Training Center  
 100 S. Main Street, Suite 211  
 Smyrna, DE 19977  
 Attn: Regional Program Assistant  
 (Please put Regional Professional Training in subject line)

\_\_\_\_\_ Credit Card Payment:  
 (please check one)

- Visa
- MasterCard

Name as it appears on card: \_\_\_\_\_  
 \_\_\_\_\_  
 Account #: \_\_\_\_\_  
 Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Fax to: 302.514.6516 \*Payments are non-refundable.**

**\*Call in registration** also available at 302.514.6510, ext. 451.



Have your credit card information ready. Registration fees for cancellations are non-refundable.