

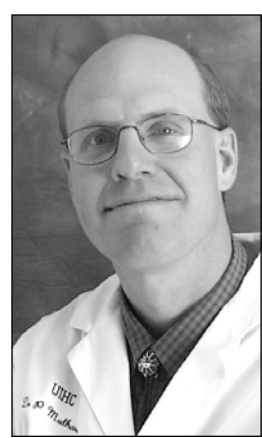
14th Annual Alzheimer's Disease and Dementia Education Conference

Please join us for the 14th Annual Alzheimer's Association Alzheimer's Disease and Dementia Education Conference on Thursday, August 14th at the Cedar Rapids Marriott. The conference will begin with a day session targeted at professional and paraprofessional caregivers and will offer CEUs professionals. The conference registration fee is \$65, or \$80 if registration is received after July 31, 2008. A separate evening session will be offered for care partners, family and friends.



Karen Stobbe

en Stobbe, author of "Sometimes Ya Gotta Laugh," is a nationally recognized speaker and innovative trainer in dementia care. With a background in improvisation, Karen has written and performed the show "Sometimes Ya Gotta Laugh". She also developed "In the Moment", a 6-week training program that uses creativity and theatre as training tools.



Paul Mulhausen, MD

Paul Mulhausen, MD, is a Clinical Associate Professor at the University of Iowa's Department of Internal Medicine. His clinical and research interests include infection control in long-term care facilities, advance directive use, and primary care in the geriatric patient. His current projects include provision



of geriatric training programs and web-based training of nursing assistant and long-term care personnel.

If you have any questions, would like to register, or need further information on other professional education opportunities, please contact the Alzheimer's Association East Central Iowa Chapter at 319.294.9699.

To receive Early Bird registration you must register with full payment by July 30.

We would like to thank the following sponsors:

Presenting Sponsor:



Keynote Sponsor:



Event Sponsors:

Hiawatha Care Center



McNabb Neurological



Vision Sponsors:

Aging Services, Inc.
Amenity Hospice
Bickford Cottage
CarePro Home Medical
Cedar Valley Hospice
Comfort Keepers

Eisai, Inc.
Forest Pharmaceuticals, Inc.
Heritage Area Agency on Aging
Highland Ridge Senior Retirement Community
Home Choice Senior Care

Keystone Cedars
ManorCare of Cedar Rapids
St. Luke's Hospice
West Ridge Care Center
Windmill Manor

Patron Sponsors:

North Star Community Services/Newel Post Adult Day & Respite Services
Valenta Plumbing & Heating, Inc.

Memory loss library additions

New Videos/DVD's:

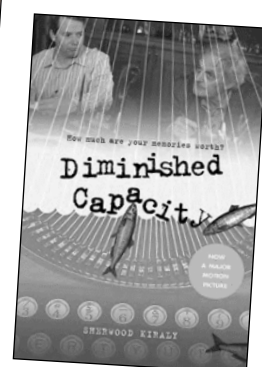
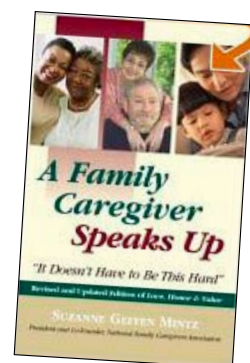
S24 Demolition Derby: when a mind loses its license to drive. A unique, multi-media, dance-theater performance that will take you on a journey into the heart, mind, and soul of a son as dementia consumes his parents. Created by choreographer Erik Stern and inspired by his experiences caring for both parents.

New Books:

A Family Caregiver Speaks Up "It Doesn't Have to Be This Hard"
Diminished Capacity, How Much Are Your Memories Worth?

New Audio Tapes/CD's:

DIALZ – Dealing with Challenging Behaviors & Communication
DIALZ – Caregiver Stress & NH Placement Considerations



10 ways to be a healthy caregiver

Are you so overwhelmed by taking care of someone else that you have neglected your own, physical, mental and emotional well-being? If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk.

1. Understand what's going on as early as possible

Symptoms of Alzheimer's may appear gradually. It can be easy to explain away unusual behavior when a loved one seems physically healthy. Instead, consult a doctor when you see changes in memory, mood or behavior. Don't delay; some symptoms are treatable.

2. Know what community resources are available

Contact your local chapter of the Alzheimer's Association. They can help you find Alzheimer care resources in your community. Adult day care, in-home assistance, visiting nurses and Meals-on-Wheels are just some of the services that can help.

3. Become an educated caregiver

As the disease progresses, new caregiving skills are necessary. We can help you better understand and cope with the behaviors and

personality changes that often accompany Alzheimer's.

4. Get help

Trying to do everything by yourself will leave you exhausted. Seek the support of family, friends, and community resources. Tell others exactly what they can do to help. The Alzheimer's Association 24/7 Helpline and local support groups are good sources of comfort and reassurance. If stress becomes overwhelming, seek professional help.

5. Take care of yourself

Watch your diet, exercise and get plenty of rest. Making sure that you stay healthy will help you be the better caregiver and more able to manage your own stress levels.

6. Manage your level of stress

Stress can cause physical problems and changes in behavior. Note your symptoms. Use relaxation techniques that work for you, and talk to your doctor.

7. Accept changes as they occur

People with Alzheimer's change and so do their needs. They may require care beyond what you can provide on your own. A thor-

ough investigation of community resources, from home care services to residential care, should make transition easier; so will the support and assistance of those around you.

8. Make legal and financial plans

Plan ahead. Consult a lawyer to discuss legal and financial issues including advance directives, wills, estate planning, housing issues and long-term health insurance. Involve the person with Alzheimer's and other family members whenever possible.

9. Give yourself credit, not guilt

Know that the care you provide does make a difference and you are doing the best you can. You may feel guilty because you can't do more, but individual care needs change as Alzheimer's progresses. You can't promise how care will be delivered, but you are making sure that the person with Alzheimer's is well care for and safe.

10. Visit your doctor regularly

Take time to get regular checkups, and be aware of what your body is telling you. Pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

Association honored for caregiving resources

The Alzheimer's Association has earned the 2008 Caregiver Friendly Awards for Senior Housing Finder and Coach Broyles' Playbook for Alzheimer's Caregivers.

Presented by Today's Caregiver magazine, the Caregiver Friendly Awards celebrate outstanding books, media, products and services designed in the best interests of the family caregiver and their loved one.

The Alzheimer's Association Senior Housing FinderSM, powered by SNAPfor

Seniors™, is an online tool to help find care that meets the needs of individuals with dementia. It's free and provides detailed listings of licensed residences throughout the United States that offer services for residents with dementia.

Coach Broyles' Playbook helps caregivers

Coping strategies for angry or agitated behavior

It is important to recognize that angry or agitated behaviors are symptoms of dementia and are not deliberate responses. The way in which caregivers approach people with dementia is a critical part of avoiding these behaviors. The following strategies may help you in times of need or when dealing with difficult behaviors.

- Begin with medical evaluation to rule out physical and/or medication problems.
- Discuss possible adverse side effects of current medications with a physician.
- Have vision and hearing checked.
- Alternate quiet times with more active periods.
- Plan outings and activities when person with dementia is rested.
- Make sure person is comfortable- ie: clothes are not tight; temperate is not too hot or too cold.
- Simplify environment by reducing noise, number of people, or clutter.

tackle the challenges of providing care for a loved one. Written by Frank Broyles, former football coach and athletic director of the University of Arkansas, the Playbook is a how-to guide written for those who care for someone with Alzheimer's. It is available for free while supplies last at www.alz.org.

- Keep daily routine as consistent as possible.
- Avoid changes or surprises.
- Keep furniture and objects in the same place at all times.
- Make sure the person is protected from hurting him/herself. Remove sharp utensils, tools, and objects from environment.
- Remove person from stressful situation, person(s), or place. Gently guide the person from environment while speaking in a calm and reassuring voice.
- Distract person with favorite food or activity. Distraction and avoidance are often the most useful approaches to handling angry or agitated behaviors.
- Exercise regularly, such as walking or dancing, to help reduce stress.
- Try music, massage, or quiet readings as a way to calm person.
- Use gentle touch to calm person. Holding hands and hugging may be comforting for some dementia victims, but perceived as restraining by others.

2008 Facts & Figures

In Iowa alone there were 95,733 caregivers, providing over 82.6 million hours of unpaid care for a loved one with Alzheimer's or another dementia.

Unpaid care in Iowa in 2007 was valued at over \$874 million.