2017 Dementia Education Conference

Plenary Session:

Global and National Progress in Alzheimer’s Research
James Hendrix, Ph.D.
Over 47 million people are living with dementia worldwide. Alzheimer’s disease and related dementias are global issues requiring an international response. This talk will provide an international view of Alzheimer’s and dementia research including a review of highlights from the 2017 Alzheimer’s Association International Conference (AAIC) taking place in London in July 2017.

10:45 – 11:45 WORKSHOP SESSIONS

Cognitive Staging: A step by step guide for taking care of YOUR loved one from a functional and every day point of view using the Allen Tool
Alison Starkey, PT, MBA/MHA CAPS, CDP
Successfully caring for our loved ones home at home requires an understanding of how their environmental needs shift during the progression of the disease and ability to make changes relevant to their disease stage for their safety and comfort. This workshop will provide an overview of cognitive staging and how environmental changes can help individuals and caregivers with everyday tasks, avoid difficult behaviors, and anticipate and plan for future needs.
This workshop repeats at 2:30pm.

Connecting to the Right Resources to Thrive
Beata Skudlarska, MD, CMD, AGSF; Renee Rizzuti, FABC, MHA, LNHA; Janet LeClair, BS
Where do you start when you receive a diagnosis of Alzheimer’s disease or a related dementia? How are you sure that in fact the diagnosis is correct? Panelists will talk about the importance of understanding your specific diagnosis within the umbrella of dementia and how to match resources to your specific needs. They will examine various models with the spectrum of holistic care and resources.
Creative Music and Exercise Experiences
Carol Howell
Using songs, handbells, drumming, and ukulele music, Carol will engage participants in hands-on music and movement experiences. Participants will learn music and movement activities to use in care-giving and understand the significance of music and dance for individuals living with Alzheimer's and dementia. This workshop repeats at 2:30pm.

Dementia is not inevitable. Learn the facts.
Macie Smith, Ed.D., LSW, C-SWCM, SW-G
If you are not familiar with Alzheimer's and related dementias or are looking for a refresher, this is your workshop! Participants will receive an overview of Alzheimer's and related dementias and learn characteristics, treatments, and approaches to individuals living with Alzheimer's or a related dementia.

Alzheimer’s disease in the workplace
Eric Bass, JD, MBA, BBA
In this session, Eric Bass will describe under what circumstances an individual with Alzheimer’s may be considered disabled under Federal and State Law, what accommodations must be provided, and when those accommodations may be categorized an “undue hardship” for employers. Participants will discuss examples and cases that have occurred, penalties that employers have faced, and options for employees to get assistance. Mr. Bass will discuss possible future legislation that may impact current laws and what alternative options are available for employers and employees to proactively address issues.

Fading While They Fade Away: The Grief Journey of Dementia Caregivers
Larry Dawalt, M.Div., CT, CTSS
The diagnosis comes and the journey begins. Each journey is unique. Walking this journey can be challenging as demands are often strenuous and overwhelming and not necessarily equally shared across family members - if there are family members at all to walk with on the journey. In the midst of all this, someone we love is fading away. What is actually going on here? Who is feeling what? How do we cope? This session will raise questions but also provide answers and encouragement for caregivers. Participants will learn the differences between adult-child caregivers and spousal caregivers, be able to describe the three dimensions of anticipatory grief, and identify the support needs of caregivers, the necessity of respite, and the importance of staying connected. This workshop repeats at 1:15pm.
Progress and Strides in Alzheimer’s Research
James Hendrix, Ph.D.
Over 5 million Americans have Alzheimer’s disease [AD] and this number is likely to triple by 2050 without new treatments. Research is needed in order to find new diagnostic tools and improve current treatments. In this session, Dr. Hendrix will review what we understand now about the role of genetics in AD, early on-set, gender differences, various types of dementia, and the latest progress in new drug development.

Toolkit for Caregivers: Simple and Practical Strategies for Connecting
Stacy Fleming, MHA, LRT/CTRS; Carol Hassell, MDiv; Amelia Huff, EP-C; and Rose O’Toole, MT-BC, NMT
Participants will experience four stations first hand and then learn how to use the practical and simple tools, approaches, and techniques to engage an individual with cognitive impairment. Stations emphasize music, movement, spirituality, and communication techniques. All are welcome to attend. Home-based caregivers are strongly encouraged to attend. Participants will receive their own toolkits.
*This session repeats at 2:30pm.*

Basics of Medicaid, Special Assistance, and VA Aid and Attendance
Daniel A. Jenkins, J.D., LL. M (Tax)
Long-term care frequently involves Medicaid, Special Assistance, and/or Veteran’s benefits and is often confusing and challenging to navigate. This session will provide an overview so that participants will understand each program’s rules and the circumstances under which individuals are eligible and the program an appropriate fit.

BrainFit Games
Chanel Jackson, MA
The six dimensions of Optimum Life Physical, Emotional, Purposeful, Social, Spiritual, and Intellectual are the framework for brain health. This interactive workshop incorporates lessons on BrainFit and activities. Participants will learn the definition of brain health, basic facts about the brain, and ways to keep our brains engaged.
*This workshop repeats at 2:30pm.*
Clinical Trials: What They Are and What They Mean for You
Christina E. Hugenschmidt, Ph.D.
This session will address 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.

Dining with Dignity for Dementia
Maureen Connolley
Creating a high quality dining experience and meeting nutritional needs isn’t always easy! In this workshop, participants will experience hands-on how dining needs change and how to meet those needs. Be prepared to try meals, including modified textures, at different stages of Alzheimer’s.
This session repeats at 2:30pm.

Do you speak dementia? Learn how!
Macie Smith, Ed.D., LSW, C-SWCM, SW-G
This workshop provides an overview of verbal and non-verbal communications expressed by persons living with Alzheimer's. Participants will learn about changes and strategies for communicating and responding verbally and non-verbally with persons living with Alzheimer's and related dementias.

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Finding Hope after Receiving a Diagnosis
Brian Kursonis and Teresa Bortner
Panelists Brian and Teresa will share their experiences of receiving a diagnosis of Alzheimer’s Disease and Mild Cognitive Impairment. They will discuss the process and explore resources and strategies for caregivers that have and have not been helpful as a source of support for themselves.

Hello: Using an Innovative Game to Help Families Start Conversations with Loved Ones about Living and Dying Well
David Hainline, MA, MS, RHIA, CPHQ, CSSGB
Because it is so hard to start conversations about end-of-life, it is tragically commonplace for families to not understand their loved one’s wishes for end-of-life care at the point when difficult choices must be made. Utilizing the concept of psychological safety, the “Hello” conversation game is an easy, non-threatening way to start an end-of-life care conversation. “Hello” can positively impact the lives of patients and families by inspiring, educating, and empowering people to both talk about and document advanced care plans before a health status change makes it too late. Participants will participate in an abbreviated version of the “Hello” game and receive a take-away game.

Person Centered Care Continues to Seek Its Champions.....Leaders with Power, Passion, and Purpose who are invited to take a 'tour' of the famous Dementia Village "Hogewey"
C. Angela Burrow, CADDCT, RN, SCM (UK)
An interactive session revisiting person centered philosophy and practices using a slide show, exercises and discussion, enhanced by a report back of Angela's recent visit to Holland's 'Dementia Village'. We will introduce some proven best practices grounded in person centered care with handy tools and skills effective in good memory care support. This session will suggest interventions that mirror some of the approaches at Hogewey. This is a renewed approach with the challenge and question, "Do you know what the underlying Person Centered 'thinking' means to you, your residents, your staff and your families?"
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A Different Reality: True Confessions from Caregivers
Charles Elligson, Barbara Ivey, and Chris Jones
In this panel setting, caregivers will share their experiences in caring for spouses and parents affected by Alzheimer’s and related dementias. Charles, Barbara, and Chris will talk about tools, tips, and resources that helped them, what healthcare professionals really need to know, and about the barriers they faced and shame and stigma they battled.
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**I am not my behaviors. Learn the meaning behind dementia-related responses.**
Macie Smith, Ed.D., LSW, C-SWCM, SW-G
Participants will explore the world of behaviors. What are common responsive behaviors that may cause challenges? How can we track and identify causes of behaviors? How can we identify possible solutions to reduce challenging behaviors?

**NC State Alzheimer’s Plan – A Year of Accomplishments**
Mark Hensley, MA, and Scott Herrick, MA
Alzheimer’s disease and related dementias significantly impacts families, caregivers, those with the disease, employers and the community at large. In March 2016, the NC State Alzheimer’s Task Force published the State’s first plan addressing Alzheimer’s titled “Dementia-Capable NC.” In this workshop, participants will review the Plan’s highlights and learn about accomplishments to-date including successful legislation and efforts towards creating a “Dementia Capable North Carolina” made up of communities that are informed, safe for and respectful of individuals with dementia and their families, and that provide supportive options and foster quality of life.

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