

2009 In-Office Education Series Session Descriptions

* denotes a cinematic matinee with discussion following

Alzheimer's disease, Dementia and Developmental Disabilities – Alzheimer's disease has long been connected to the aged in society. There is however alarming new research connecting Alzheimer's disease and those with developmental disabilities, particularly Down Syndrome. This program defines Alzheimer's disease, dementia and its symptoms, discusses the connection to Down Syndrome as well as how these symptoms affect a person's functional ability. This program will describe some ways we can help to improve the quality of life for the person being cared for.

* ***Away From Her*** – This movie features Grant and Fiona, married for almost 50 years, who appear to have an unwavering commitment to each other. This serenity is broken by Fiona's increasingly evident memory loss. For awhile, the couple is able to casually dismiss these unwelcome changes. But when neither Fiona nor her husband can deny any longer that she is being consumed by her disease, the couple is forced to wrenchingly redefine the limits of their love and loyalty~ and face the complex, inevitable transition from lovers to strangers.

* ***Complaints Of A Dutiful Daughter*** – This popular video chronicles the various stages of a mother's Alzheimer's disease and the evolution of a daughter's response to the illness. Humor and acceptance are the ultimate elements most important to her journey.

* ***The Diary of Rozie Mock*** – In this video, Rozie addresses universal issues important to all patients and caregivers: family dynamics; problems of denial and guilt; legal and monetary issues; the need for humor. A worthwhile, emotionally honest and impacting video.

Enhancing Communication in Dementia Care – This session provides practical techniques for communicating with the person who has dementia. Verbal and non-verbal communication skills will be discussed, along with the decreased communication abilities that are part of both the aging and disease process.

* ***The Family Guide To Alzheimer's Disease: Daily Life*** – Come watch this DVD to learn more about the world of the person with memory loss, effective strategies for making the home environment safe, and how to create a daily routine that works for you and your loved one.

* ***The Family Guide to Alzheimer's Disease: Family Caregiving*** – This DVD will teach you how to handle the daily responsibilities of caring for your loved one, such as eating, dressing, grooming and bathing. Also, learn how to get help from family, friends and other community resources.

* ***The Family Guide to Alzheimer's Disease: Understanding Alzheimer's*** – Come watch this DVD to learn about the nature of Alzheimer's, its causes and the stages of the disease. You will also learn some of the typical symptoms, how to obtain a diagnosis and the current treatments. Finally, you'll learn how the disease affects our loved ones and alters the reality in which they live.

For The Person With Dementia: What You Should Know – This program focuses on the basics of dementia and provides helpful information for those in the early stage of dementia and their family. Topics covered are: diagnosis and treatment, planning for the future and community resources.

***The Forgetting: A Portrait of Alzheimer's** – This video takes a dramatic, compassionate, all-encompassing look at Alzheimer's and helps the viewer to better understand and cope with it's impact. This documentary weaves together the intense real-world experiences of Alzheimer's patients and caregivers, the history and biology of Alzheimer's and the ongoing struggle to end the disease.

How To For Caregivers –This program is for individuals who are caring for a loved one with memory loss. Topics to be discussed include providing personal care, mealtime, and communication skills.

If your Loved one is a Veteran – There are many services available for veterans with dementia through the Veterans Administration. This program will discuss those services as they relate to someone with dementia and will help you to access the appropriate service.

Keeping Busy: Activities for People with Dementia – This session provides instruction for creating easy, engaging activities for people with dementia. Caregivers will learn techniques for adapting interests and hobbies to create activities that can create positive outcomes for the person with dementia.

Making the Right Choices About Services – Join us for an informative and practical discussion about long-term planning focusing on increased care needs, insurance, financial and legal issues.

Managing Challenging Behaviors – This program takes an in-depth look at techniques and providing step-by-step instruction by coaching caregivers through challenging behaviors. Attendees will learn the triggers for potential behavior challenges and how to solve them.

Managing the Holiday Season & Enhancing the Quality of the Holidays – This session will provide you with practical techniques for communicating with the person who has dementia. Verbal and non-verbal communication skills will be discussed, along with the decreased communication abilities that are part of both the aging and disease process.

Understanding Alzheimer's Disease and Dementia – This program provides an in-depth look at dementia and Alzheimer's disease, including the symptoms, diagnostic process, and the stages. Tips for care providers will also be discussed.

Understanding the Role of Spirituality – This program gives the caregiver a better understanding of the critical role that spirituality can play for the person with dementia. Also discussed are ways to use spirituality to engage the person and provide comfort and connection for the person. This is a great program for those in a religious role with people that have dementia.