CAREGIVER'S JOURNEY

A conference for Alzheimer's Caregivers & Healthcare Professionals

alzheimer's association®

Rhode Island Chapter

Thursday, April 23, 2020
Crowne Plaza Hotel
Warwick, RI

is proud to be the Platinum Sponsor

Sponsored in part by the R.I. Office of Healthy Aging, R.I. Department of Human Services, and with funds from the U.S. Administration on Aging.
According to recent figures, there are more than 23,000 Rhode Islanders currently living with Alzheimer's disease and some 53,000 family caregivers. Similarly, there are hundreds of professional caregivers - those who work in assisted living facilities, nursing homes and hospitals, adult day services and community based-programs, and as private home health aides - who are on the front line in facing the challenges brought on by this disease.

This year's Conference is designed for the diversity of our caregivers. Our keynote speaker is Keith N. Fargo, Ph.D, who is Director of Scientific Programs and Outreach at the Alzheimer's Association. Also featured is Alex Zima, MS Ed., a grief counselor and mindfulness coach at HopeHealth, who will give a presentation on "Mindfulness Practices for Dementia Caregivers;" and the Office of Lieutenant Governor Dan McKee will provide an update on the Rhode Island State Plan on Alzheimer's Disease and Related Dementias.

In addition, we are offering a variety of workshops (including some in Spanish) presented by experts in the field of Alzheimer's care. The conference also provides an opportunity for you to share your story and to talk with others who are walking in your shoes.

I'd like to take this opportunity to thank the Caregiver's Journey Conference Planning Committee for their work in assembling a panel of engaging speakers and relevant workshops. Special thanks also to our 2020 sponsors in part: the Rhode Island Office of Healthy Aging and the Rhode Island Geriatric Education Center.

I'd also like to remind everyone that the the Alzheimer's Association Rhode Island Chapter is available as a resource throughout the year, from our 24/7 Helpline (800-272-3900) to free support groups and educational programs. And, we're always in need of volunteers to help us in the fight to end Alzheimer's.

I look forward to meeting you at the conference!

Sincerely,

Donna M. McGowan
Executive Director
Caregiver's Journey 2020 - Alzheimer's Association, Rhode Island Chapter

8:00AM-9:00AM  Registration and Breakfast / Visit Vendor Tables
9:00AM-9:15AM  Opening Remarks

9:15AM - 10:30AM  Keynote Address: Keith Fargo, Ph.D.
Director of Scientific Programs & Outreach at the Alzheimer's Association

10:30AM - 10:45AM  Break: Visit Vendor Tables

10:45AM - 12:00PM  Breakout Session A

A1: Walk In Their Shoes: Virtual Tour
Guides will take you through an experience to better create a positive environment for those with dementia. We will first talk about general challenges one faces with a dementia diagnosis. We will review U.S. statistics on topics such as depression, arthritis, visual impairment and information regarding our use of oxygen levels when we are stressed. We will then guide you through the challenges of compromised vision, hearing and dexterity which all affect cognition.

**Presenter:** Amber Evans, MA

A2: Creating Daily Moments of Success
For individuals living with dementia, planning a day can be confusing and overwhelming. This workshop will provide the participant with a general understanding of how to choose activities in ways that will most engage individuals with dementia and elicit a positive emotion for a more satisfying day.

**Presenter:** Patty O'Brian, BS, CDP

A3: Maximizing Mobility at Home: A Holistic Approach Designed for Those With Cognitive Deficits
This presentation will discuss important statistics and facts to warrant environmental considerations in order to facilitate safe aging in place, especially for those with cognitive deficits. How to identify and explore cognitive functional abilities including potential mobility issues related to diagnosed cognitive disabilities. How to seek out and collaborate with key healthcare providers intimately involved in the situation, identify problem areas within the home, and discuss specific funding sources and how to access them.

**Presenter:** Justin Oakley, MS

A4: Can Major Surgery Trigger Dementia?
Increasing numbers of older adults have concerns about how undergoing a major surgery might affect their future memory and thinking abilities. In this workshop, participants will gain a general understanding of the potential connections between major surgery with anesthesia and prolonged postoperative memory loss. The most common types of preoperative neurocognitive disorders will be discussed, as well as controversies regarding the role of major surgery as a potential risk factor for Alzheimer’s disease or other dementias. Current scientific evidence for the potential causes of memory loss following major surgery will be also be explored.

**Presenter:** Lori A. Daiello, PharmD, ScM

A5: Be An Empowered Caregiver
Do you know there are federal and state funded programs to provide financial assistance? Do you know how to access them? Do you think you may qualify? If you answered NO to any of these questions, then you need to attend this workshop.

**Presenters:** Kelly Lee, MS, Brenda Lee O’Hara, BA, Linnea Tuttle, BS, Maryam Attanpour, BA

A6: Conozca las 10 Señales de Advertencia - Recognize the 10 Warning Signs (In Spanish)
There is reluctance on the part of the general public to visit the doctor once they have observed warning signs or symptoms of dementia. This problem is due to fear and stigma, resulting in a delay for treatment that could relieve symptoms. The purpose of this workshop is to provide the general public a greater understanding of the difference between memory loss associated with advanced age and dementia. We also want to report what to do if someone experiences warning signs of Alzheimer’s disease.

**Presenter:** Alex Zima, MA
B1: A Walk In Their Shoes: Virtual Tour
Guides will take you through an experience to better create a positive environment for those with dementia. We will first talk about general challenges one faces with a dementia diagnosis. We will review U.S. statistics on topics such as depression, arthritis, visual impairment and information regarding our use of oxygen levels when we are stressed. We will then guide you through the challenges of compromised vision, hearing and dexterity which all affect cognition.
Presenter: Amber Evans, MA

B2: My family member has dementia: Helping kids maintain relationships with their loved ones
This session will provide family caregivers and direct care professionals with education on how dementia affects relationships between children/teens and their cognitively impaired loved ones. Discussion will include child and adolescent reactions to the decline, questions, activities, coping mechanisms, and resources.
Presenter: Sarah Cordeiro, MS

We all can get flustered, scared and excited during an emergency, but imagine how a person living with dementia feels when they can't find the words, or don't understand what is happening around them. For survival, we are ALL wired for "Fight or Flight". Today we will focus on the steps and information necessary to prepare for possible emergencies that may occur for those living with dementia. We will discuss the resources available and the actions necessary that can minimize injury and harmful outcomes to all involved.
Presenters: Laurie Mantz, OTR, CDP

B4: The Village Common of RI: A Community of Mutual Support
This workshop will provide information about the evidence and results of the not-for-profit Village movement on a national and local basis. A range of practical support services will be covered, including volunteer-provided transportation to medical appointments, help with minor repairs at home, contractor referrals, tech support, health and wellness support, social engagements, and similar opportunities. The focus will be on connecting participants to local community-based Village support that can increase confidence in the ability to live independently, promote better access to health care resources, and enhance quality of life.
Presenter: Jo Ellen Mistarz, MBA, Bonnie Ryviker, MS

B5: Clinical Trials 101: Hope in Alzheimer’s Research
Join a panel of experienced clinical research coordinators and participants as they discuss the importance of clinical trials in finding effective prevention and treatment for Alzheimer’s disease. Panelists will share important considerations when deciding if participation in Alzheimer’s research is right for you or your loved one and how to become involved.
Panel of Presenters: Catherine Taylor, BA, Terry Fogerty, BS, Anne Cerrullo, APRN, Tara Tang, BA

B6: Lo básico: la perdida de memoria, la demencia y la enfermedad de alzheimer
Understand what you need to know about Alzheimer’s disease and other dementia and how it’s different from normal aging (In Spanish)
Presenter: Leonor Buitrago, MA
C1: Changing Needs – Changing Goals: Teaching Ourselves to Think Differently
The person with an intellectual/developmental disability who is living with dementia may show symptoms that occur or change quickly as the dementia progresses. With those changes, goals of care change too and caregivers may need help in adjusting their expectations. We will provide and discuss some tips and strategies that caregivers can use, particularly some non-medication ideas that can help engage with your loved one in meaningful ways.
Presenter: Sandra L. Fournier, MSN, RN

C2: Occupational Therapy for the Cognitively Impaired Individual in the Home Care Setting
This workshop will focus on the occupational therapist perspective on working with clients with dementia in their home environment. Occupational therapists assess habitual activity and make small changes in routines to maximize function; active participation in their care results in improved quality of life.
Presenter: Linda Curry, OTD, MSOT

C3: Expressive Arts to Emphasize Nonpharmacological Approaches to Healthy Living with Dementia
This workshop will provide the participant with a deeper knowledge of expressive arts (music, dance/movement, tai chi, art, etc.) and evidence based approaches on how they can be implemented into a daily routine for folks living with dementia, to improve quality of life in a variety of facets. A range of interventions will be discussed and practiced, for the participant to walk away with an assortment of tools for implementation. The focus will be on how to support the individual living with dementia to access expressive arts to support cognition, mood, fine motor, balance, purpose, communication, reduction of anxiety, personal expression, spatial awareness, socialization, etc.
Presenter: Amber Evans, MA, Kelly McCarthy, BS

C4: Forget Me Nots for Caregivers
This workshop will introduce the participant to the fundamentals of estate and Medicaid Planning. Powers of attorney, wills, revocable trusts, irrevocable trusts, guardianships, probate and crisis medicaid planning and advanced medicaid planning will be discussed.
Presenters: Macrina G. Hjerpe, Esq.

C5: Be An Empowered Caregiver
Do you know there are federal and state funded programs to provide financial assistance? Do you know how to access them? Do you think you may qualify? If you answered NO to any of these questions, then you need to attend this workshop.
Presenters: Kelly Lee, MS, Brenda Lee O’Hara, BA, Linnea Tuttle, BS, Maryam Attanpour, BA

C6: New Insights into the Early Detection and Prevention of Alzheimer’s Disease
We will discuss recent evidence detailing the influence of mid life vascular health on risk for later-life Alzheimer’s disease.
Presenter: Jonathan Drake, MD
Please Print Legibly

Last Name: ________________________________  First Name: ________________________________

Street Address: __________________________  City: __________________ State: ______ Zip: ______

Phone: __________________________ Email: _______________________________________________

Registration and Payment

Registration includes keynote address, workshops, continental breakfast, lunch, and visiting vendor tables.

All attendees must register to attend.

There is no registration fee for family caregivers.

Professional attendees are required to pay a fee.

Respite care is available for persons with dementia and will be free of charge.

To register a person for respite care during the day of the conference the application enclosed must be submitted by mail to:

Alzheimer’s Association-RI Chapter
10th Annual Caregiver’s Journey Conference
245 Waterman Street, Suite 306
Providence, RI 02906

Early registration is encouraged. Space is limited. There are no same-day registrations.

Session Choices

*Select only ONE choice per session

Session A. 10:45AM - 12:00PM
Session Attending: ____________________

Session B. 12:45PM - 2:00PM
Session Attending: ____________________

Session C. 3:30PM - 4:45PM
Session Attending: ____________________

Registration and Payment Deadline: April 10, 2020

Registration and Payment is to be completed online or by mail

Online registration is strongly encouraged

Please visit alz.org/ri to complete registration

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- All attendees must register to attend.
- There is no registration fee for family caregivers.
- Professional attendees are required to pay a fee.
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- Early registration is encouraged. Space is limited. There are no same-day registrations.
Registration will not be accepted after Friday, April 10th, 2020. Registration is not completed unless payment is received. Please make checks payable to the Alzheimer's Association, RI Chapter. Payment available online with registration at alz.org/ri

Last Name: ___________________________ First Name: ___________________________

Conference Registration for Professionals

$150

CEU: (CHECK ONE)

___LPN  ___RN  ___Social Work  ___Other

Discipline: ___________________________ Credentials: ___________________________

Check off method of payment:

___Check  ___Visa  ___Mastercard  ___Discover Card

Card #:______________________________ CV#: ________ Exp. Date: ________
Signature: _________________________

All Professional attendees will receive a certificate of attendance

CEU Information

Continuing Education Units are available for each workshop. Please choose workshops based on your discipline to maximize the number of approved credits you can receive. Participants are required to sign-in, sign-out, and complete individual program evaluation forms for each approved workshop with corresponding CEU’s in order to receive credit for workshop attendance. To receive total number of approved credits you must attend the entire conference.

Nurses
This education activity is pending approval for Continuing Education hours by the Northeast Multi-State Division (NE-MSD), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Social Workers
This education activity is pending approval for Continuing Education hours for Social Work by the National Association of Social Work Rhode Island Chapter (NASW RI).
Additional Demographic Information Required to Complete Registration for All Conference Attendees (excludes respite care participants)

This questionnaire is available online during registration process

Year of Birth:________

(For questions below, circle answer.)

Gender: Female | Male

Race/Ethnicity:

<table>
<thead>
<tr>
<th>White/Caucasian</th>
<th>Black/African-American</th>
<th>Hispanic/Latino</th>
<th>Mexican/Mexican American</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cuban</td>
<td>Puerto Rican</td>
<td>Other Hispanic/Latino</td>
<td>Asian</td>
</tr>
<tr>
<td>Chinese</td>
<td>Japanese</td>
<td>Korean/Vietnamese</td>
<td>Other Asian</td>
</tr>
<tr>
<td>Native Hawaiian/Other Pacific Islander</td>
<td>American Indian/Alaskan Native</td>
<td>Two or more races</td>
<td>Other</td>
</tr>
</tbody>
</table>

Do you personally identify as Lesbian, Gay, Bisexual, or Transgender? Yes | No

Highest Level of Education:

<table>
<thead>
<tr>
<th>Less Than High School</th>
<th>Some High School</th>
<th>High School (diploma, GED)</th>
<th>Associates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bachelors</td>
<td>Masters</td>
<td>Doctorate</td>
<td>Medical Degree</td>
</tr>
</tbody>
</table>

Choose the one that best describes you. I am:

<table>
<thead>
<tr>
<th>Physician</th>
<th>Social Worker</th>
<th>Nurse</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allied Health Worker</td>
<td>Care Partner (Family/Friend)</td>
<td>Person with Alzheimer's or Related Dementia</td>
<td>Administrator</td>
</tr>
<tr>
<td>CNA</td>
<td>PCA (Personal Care Attendant)</td>
<td>Direct Support Professional</td>
<td>Other</td>
</tr>
</tbody>
</table>

Have you or the person you care for been diagnosed with:

Alzheimer's Disease | A related Dementia | Suspected, but no diagnosis | No Diagnosis

If you or the person you care for has been diagnosed with Alzheimer's disease or a related dementia, please list the approximate date of diagnosis:________

Age of Attendee: Under 60 | Age 60-74 | Age 75-84 | Age 85+

If you are a caregiver, please tell us who you are in relation to the person you care for. I am:

<table>
<thead>
<tr>
<th>Husband</th>
<th>Wife</th>
<th>Son/Son-in-law</th>
<th>Daughter/Daughter-in-law</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other Relative</td>
<td>Non-Relative</td>
<td>Not a Caregiver</td>
<td>Relationship Missing</td>
</tr>
</tbody>
</table>

Return this form with registration application
APPLICATION FOR RESPITE CARE

For persons with Diagnosed Memory Loss Available at Caregiver's Journey Conference.

Caregivers: Bring your loved one who is diagnosed with dementia for a full day of activities with our dementia trained personnel. While you attend the conference, they will enjoy a day of learning, activities and fun.

Participant's Name: ___________________________________________ Participant's Date of Birth: __/__/__________

Participant's Diagnosis: ___________________________________________ Approximate Date: ______________________

Does the participant need assistance with ambulating? Yes or No

Do they use an assisted device? Cane___ Walker___ Wheelchair___

Does the participant have a special diet or require assistance with eating? __________ If so, please explain:

Allergies to food or medications? If so, please list:

Visual Impairments? _____ Hearing loss? _____ Communication difficulties? If so, please explain:

Does the participant require bathroom assistance? _____ Reminder? _____ Physical Assistance?

Is there any additional medical information you would like to share that can impact the care we provide?

Please list the participant’s hobbies & interests past and present:

Is there anything your loved one would find upsetting?

In the event that your loved one becomes anxious or upset, what do you find helps to comfort them?

Is there additional information you would like to share to help us make their day a good experience?

Participant’s Gender: __________

Does participant personally identify as LGBTQ? Yes | No

Please Circle Participant’s Highest Level of Education:

<table>
<thead>
<tr>
<th>Less Than High School</th>
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<td>Other</td>
</tr>
</tbody>
</table>

Caregiver’s Name: ___________________________________________ Caregiver’s Relationship to Participant: __________________________

Caregiver’s Day of Conference Contact #: __________________________

Please Identify the Sessions that you will be attending: Session A: _________ Session B: _________ Session C: _________

Assumption of Risk, Release, Permission

In consideration of being allowed to participate in respite, I hereby expressly assume all risks of personal injury, death or property loss arising for my loved one’s participation. I represent that my loved one is physically fit and able to participate in this event. I hereby release and agree not to sue Alzheimer's Association, its chapters, their respective officers, directors, volunteers, employees, sponsors and agents, from or in connection with any and all liability and claims arising out of my loved one’s attendance in this event. I grant full permission to the organization of this event to use and publish my loved one’s name and image as a participant in photographs, video, online, or other media or recordings.

Signature __________________________ Date __________ I am the spouse and/or responsible party of Participant, and I hereby consent to his/her attendance. I have read the foregoing agreement and I hereby agree on behalf of my loved one and myself to its terms.
24/7 Helpline
For more information call
1-800-272-3900
or visit www.alz.org/ri

Current Resident Or:

Sign up today at www.alz.org/ri/walk

SAVE THE DATE - 2020 WALK TO END ALZHEIMER'S

Saturday, September 12, 2020 Misquamicut State Beach, Westerly, RI
Sunday, September 13, 2020 Fort Adams State Park, Newport, RI
Saturday, September 26, 2020 Fred Benson Town Beach, Block Island, RI
Sunday, October 4, 2020 Roger Williams Park, Providence, RI

10TH ANNUAL "CAREGIVER'S JOURNEY"

A CONFERENCE FOR ALZHEIMER'S CAREGIVERS & HEALTHCARE PROFESSIONALS

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SAVE THE DATE - 2020 THE LONGEST DAY

June 20, 2020
Sign up at alz.org/thelongestday

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