



CAREGIVER SYMPOSIUM

Courage to Care

Friday, June 20th

9:00 a.m. - 12:30 p.m.

St. Dominic Chancery & Virtual via Zoom

DIGITAL PROGRAM



CAREGIVER SYMPOSIUM **COURAGE TO CARE** PROGRAM AGENDA

9:00 AM **Welcome Remarks**

9:15 AM **Keynote Presentation**

Tools for Caregivers: Supporting Individuals with Dementia

Ali Abbas Asghar-Ali, MD

Associate Professor and Geriatric Psychiatry Fellowship Director with Baylor College of Medicine, Staff Psychiatrist with Michael E. DeBakey VA Medical Center, Associate Director of Education for South Central Mental Illness Research, Education, Clinical Center

10:15 AM **Break & Visit Sponsors**

10:30 AM **Breakout Sessions**

Frontotemporal Dementia (FTD)

What Is FTD, Unique Challenges of FTD, Recognizing and Managing Behavioral Changes & Caregiving Strategies

Belen Pascual, Ph.D.

Director, Frontotemporal Dementia Unit, Nantz National Alzheimer Center, Co-Director, Neuroimaging Lab, Houston Methodist Research Institute, Associate Professor of Neurology, Weill Cornell Medicine

Parkinson's Disease Dementia (PDD) & Lewy Body Dementia (LBD)

How PDD and LBD Overlap and Differ, Unique Challenges of PDD and LBD, the Impact of Symptoms on Caregiving & Care Planning for Future Stages

Dr. Steven Bellows, MD

Assistant Professor of Neurology, Movement Disorders Fellowship Program Director, Neurology Medical Director, Parkinson's Disease Center and Movement Disorders Clinic, Baylor College of Medicine Department of Neurology

Mixed Dementia

(Combination of Alzheimer's and Vascular Dementia or Other Types)

How Dementias Interact, Risk Factors and Prevention, Cognitive & Behavioral Management Strategies, and Caregiver Support Techniques

Jonathan D. Sober, Ph.D.

Clinical Neuropsychologist and Assistant Professor, Department of Neurology at Baylor College of Medicine

CAREGIVER SYMPOSIUM **COURAGE TO CARE** **PROGRAM AGENDA** CONTINUED

11:30 AM Break & Visit Sponsors

11:45 AM Panel Discussion

Navigating the Dementia Journey | Practical Tools and Guidance on Self-Care and Resilience, Building a Support Network, Advocating for Your Loved One & Understanding When to Seek Additional Help

Panelists

Rafael Samper-Ternent MD, Ph.D.

Associate Professor, School of Public Health, Director Clinical Research and Innovations
Core Institute on Aging

Kathleen Crist, LMSW

Executive Director, Houston Area Parkinson's Society

Susan Eissler

Caregiver and FTD Advocate

12:20 PM Closing Remarks

12:30 PM Mingle, Visit Sponsors

Collect lunch on the way out!

CAREGIVER SYMPOSIUM **COURAGE TO CARE** **SPEAKER BIOGRAPHIES**

Ali Abbas Asghar-Ali, MD

Associate Professor and Geriatric Psychiatry Fellowship Director with Baylor College of Medicine, Staff Psychiatrist with Michael E. DeBakey VA Medical Center, Associate Director of Education for South Central Mental Illness Research, Education, Clinical Center

Dr. Ali Abbas Asghar-Ali is an associate professor and the geriatric psychiatry fellowship director at Baylor College of Medicine. His training includes medical school at Wake Forest University School of Medicine, a psychiatry residency at Baylor College of Medicine, and a geriatric psychiatry fellowship at UCLA.

He is a staff psychiatrist at the Michael E. DeBakey VA Medical Center in Houston, Texas where he is the director of ECT. He is the associate director of education for the VISN 16 South Central MIRECC (Mental Illness Research, Education, Clinical Center). His scholarly interests focus on geriatric psychiatry, cultural humility, and improving access in academic medicine and clinical practice.

Dr. Steven Bellows, MD

Assistant Professor of Neurology, Movement Disorders Fellowship Program Director, Neurology Medical Director, Parkinson's Disease Center and Movement Disorders Clinic, Baylor College of Medicine Department of Neurology

Dr. Steven Bellows completed his medical school, neurology residency training, and movement disorders fellowship training at Baylor College of Medicine. He currently works as an assistant professor at the Parkinson's Disease Center and Movement Disorders clinic, where he treats a wide variety of hypo/hyperkinetic movement disorders, including Parkinson's disease and dementia with Lewy bodies.

He has served as the site principal investigator on several clinical research trials and engages in research on smaller, investigator-driven projects as well. He additionally serves as the Medical Director for Neurology for Baylor Medicine, and he has educational roles in both undergraduate and graduate medical education, including program director for the movement disorders fellowship.

CAREGIVER SYMPOSIUM **COURAGE TO CARE** **SPEAKER BIOGRAPHIES**

Kathleen Crist, LMSW

Executive Director, Houston Area Parkinson's Society

Kathleen Crist, LMSW is the Executive Director of Houston Area Parkinson Society. Kathleen graduated with a bachelor's in social work from University of Iowa and a master's in social work from University of Houston.

Kathleen has more than 24 years of experience in the field of social work working exclusively with the Parkinson's community. Her primary focus has been direct client practice and program development with experience in establishing partnerships with local and national organizations to enhance Houston-area based programs and patient-oriented services, including a partnership with Houston Methodist as a Lewy Body Dementia Association Research Center of Excellence.

Throughout her experience, she has provided case management and one-on-one consultation to individuals with Parkinson's and family members; managed agency outreach and advocacy projects; been responsible for client and community education opportunities throughout the Houston area; and has established, coordinated, facilitated and/or supervised 19 monthly support groups.

Kathleen is a member of several local, national, and international professional groups; participates on local research recruitment and advisory committees; and the co-author of several publications including 'The Self-Administered Screening Questionnaire for Parkinson's Disease-Associated Psychosis (SASPAP)'.

Susan Eissler

Caregiver and FTD Advocate

Susan Eissler is a former caregiver to her husband and her oldest son who both had frontotemporal degeneration (FTD), as well as to her mother who had Parkinson's.

She has been a support group leader in the past for caregivers of people with FTD and is currently a support group leader for 6 week groups for people who have primary progressive aphasia (PPA). She has been a volunteer with the Association of Frontotemporal Degeneration (AFTD) for 15 years in various roles.

CAREGIVER SYMPOSIUM **COURAGE TO CARE** **SPEAKER BIOGRAPHIES**

Belen Pascual, Ph.D.

Director, Frontotemporal Dementia Unit, Nantz National Alzheimer Center, Co-Director, Neuroimaging Lab, Houston Methodist Research Institute, Associate Professor of Neurology, Weill Cornell Medicine

Belen Pascual, PhD is Director of the Frontotemporal Degeneration Unit and Co-Director of the Neuroimaging Lab at Houston Methodist Hospital. She also serves as Associate Professor of Neuropsychology in Neurology at Cornell University. Dr. Pascual completed her training at the Frontotemporal Dementia Unit at Massachusetts General Hospital.

She has authored 63 peer-reviewed publications and has over 18 years of experience in the neuropsychological assessment of dementia. Her research focuses on the integration of neuroimaging and cognitive evaluation to better understand neurodegenerative diseases.

She uses MRI and positron emission tomography (PET), particularly multimodal PET imaging, to quantify neuronal loss and identify molecular biomarkers relevant to neurodegeneration. Her current work emphasizes uncovering inflammatory mechanisms that could lead to more effective therapies for individuals living with dementia.

Rafael Samper-Ternent, MD, PhD

Associate Professor, Department of Management, Policy & Community Health

Rafael Samper-Ternent attended medical school at Pontificia Universidad Javeriana in Bogota, Colombia, where he also did his Residency in Internal Medicine and a Fellowship in Geriatrics. He completed his PhD in Health Services Research at The University of Texas Medical Branch (UTMB) in Galveston. He is an Associate Professor in The School of Public Health, Director of the Clinical Research and Innovation Core of the Institute on Aging, and Adjunct Associate Professor in the Joan and Stanford Alexander Division of Geriatric and Palliative Medicine at the University of Texas Health Science Center in Houston (UTHealth Houston).

(Bio continued on Next Page)

CAREGIVER SYMPOSIUM **COURAGE TO CARE** **SPEAKER BIOGRAPHIES**

Rafael Samper-Ternent Biography cont.

He is Co-PI for a pilot study funded by the NIA IMPACT Collaboratory to adapt the Patient Priorities Care (PPC) Approach for Hispanics with multiple chronic conditions and dementia and Co-Investigator in another pilot funded by the NIA IMPACT Collaboratory to test the feasibility of implementing PPC in three different healthcare systems with patients with ADRD.

He is also Co-Investigator in the DCARE Study, a pragmatic clinical trial designed to compared models of care for persons with dementia and their caregivers, and in the Mexican Health and Aging Study a nationally representative longitudinal study that has followed adults over 50 in Mexico to understand their aging process since 2001.

He is first author, senior author or co-author in more than 60 peer-reviewed manuscripts. His main areas of interest are improving outcomes for underrepresented older adults with multimorbidity and dementia and supporting their family caregivers.

Jonathan D. Sober, Ph.D.

Clinical Neuropsychologist and Assistant Professor, Department of Neurology, Baylor College of Medicine

Jonathan D. Sober, Ph.D., is a Clinical Neuropsychologist and Assistant Professor in the Department of Neurology at Baylor College of Medicine.

His clinical and research interests include Alzheimer's disease and related dementias, with a particular interest in early detection of cognitive decline and modifiable dementia risk factors. His clinical interests also include supporting individuals living with chronic or life-limiting illnesses and developing strategies to improve quality of life through personalized interventions.

CAREGIVER SYMPOSIUM **COURAGE TO CARE** ADDITIONAL RESOURCES

WE ARE HERE TO HELP!



Looking for a community of support? Attend one of our virtual or in-person support groups.
View a full list at alz.org/crf.



Finding it hard to make time to educate yourself?
Check out the full range of on-demand education programs at training.alz.org or take a look through our interactive programs at bit.ly/alz-ed.



Are you a professional looking to learn more? Visit alz.org/professionals to discover additional professional training opportunities.



When Alzheimer's touches your life, we are here for you.
Any time day or night, call our free 24/7 Helpline at 800-272-3900 to speak to one of our dementia specialists or care consultants.



Looking for fun activities for individuals with Early-Stage Alzheimer's and a care partner or friend? Check out our Early-Stage engagement programs at alz.org/crf.

CAREGIVER SYMPOSIUM **COURAGE TO CARE** ADDITIONAL RESOURCES

YOU CAN GIVE BACK!



Participate in research.

Learn more at alz.org/trialmatch.



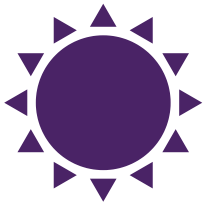
Volunteer to make a difference.

Check out alz.org/texas/volunteer.



Advocate for people with dementia and care partners.

Visit alz.org/advocate.



Participate in The Longest Day

Register at alz.org/tld.



Join the Walk to End Alzheimer's.

Register at alztex.org/walk.



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Region 7



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Challenges of Dementia & Alzheimer's.
Advancing Brain Health for All.



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