General Session | 9:15-10:45 a.m.

More Than Medications: Lifestyle and Behavioral Interventions in Alzheimer’s Disease and Related Dementias
Kristoffer Rhoads, PhD
Neuropsychologist/Associate Professor, Department of Neurology, Harborview Medical Center/University of Washington School of Medicine

Wondering what you can do to decrease your risk of developing dementia or other memory problems? Join Dr. Rhoads for a review of the latest evidence around non-medication approaches to prevention and treatment of memory disorders and dementia, including the role of exercise, cognitive activation, and the importance of sleep, diet and staying engaged. The presentation will also discuss resources, programs, supports and services to help maintain brain health.

General Session | 11 a.m.-12 p.m.

What’s New in Alzheimer’s Research?
Joel Loiacono, MPA
Regional Director, Eastern Washington and North Idaho and Pacific Northwest Regional Research Champion, Alzheimer’s Association Washington State Chapter

Learn about the latest developments in Alzheimer’s and dementia research from the Alzheimer’s Association International Conference 2021. This presentation will provide an overview of current research and trends, discuss recent findings and identify future directions in Alzheimer’s and dementia science.
Breakout Session A | 1-2 p.m.
Track: Family Caregivers

Medicare-Medicaid: Paying for In-Home and Long-Term Care
Robert Taylor-Manning, Elder Law Attorney
Northwest Elder Law Center

Attorney Robert Taylor Manning will address considerations when you or your loved one need long-term care, including:
- Choices in long-term care, including in-home and other settings
- How will you pay for long-term care?
- Can you protect your assets, your spouse and your family?
- Special considerations if you have a spouse
- Other sources of help and benefits

Breakout Session A | 1-2 p.m.
Track: Professional Caregivers

Staff and Family Relationships
Joel Loiacono, MPA
Regional Director, Eastern Washington and North Idaho and Pacific Northwest Regional Research Champion, Alzheimer’s Association Washington State Chapter

Direct care providers and families play a vital role in the provision of person-centered care. It takes teamwork to meet the many physical and emotional needs of persons living with dementia (PLWD). Relationships with the family and with the PLWD are key to successfully providing care. This session will provide you with strategies for developing a care team in a facility or in the PLWD’s home.

Breakout Session B | 2:15-3:15 p.m.
Track: Family Caregivers

Understanding and Responding to Dementia-Related Behaviors

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.
Breakout Session B | 2:15-3:15 p.m.
Track: Professional Caregivers

What You Need to Know About Alzheimer’s Disease and Medications
Brian J Gates, Pharm.D, BCGP
Clinical Professor, Washington State University College of Pharmacy and Pharmaceutical Sciences

This session will assist you in understanding what medications are used with Alzheimer’s and other dementias, as well as when and how to use them. Dr. Gates will also help you to avoid potential pitfalls in the use of medications.