

More information on presenters found in Conference Speaker Biographies document.

Keynote (9:00am) - All attendees are automatically registered for the Keynote Address.

Advancing the Science: The Latest in Alzheimer's Research

Rebecca Edelmayer, Ph.D.
Alzheimer's Association
Director, Scientific Engagement

Alzheimer's disease is a global health problem with more than 5.8 million people living with the disease in the U.S. alone. The only way to solve that problem is through research. This talk will focus on the scientific advancements and progress in the field. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's disease, and these advances are leading to great strides in prevention, detection, diagnostics, and therapeutic interventions. The Alzheimer's Association is a global leader in research, mobilizing the government, public, and researchers in industry and academia to advance the mission of a world without Alzheimer's.

WORKSHOP SESSION DESCRIPTIONS 10:15 – 11:15

The following workshops are offered at 10:15AM. Please choose 1.

Debunking the Myths: Hot Topics and Research in the News

Rebecca Edelmayer, Ph.D.

What's the difference between "research" and "best practice"? Ever wonder how to be a savvy research consumer? Join Dr. Edelmayer for a discussion of the importance of data and scientific evidence, evidence behind current treatments, and recommendations for better lifestyle habits.

Discover the Power of Art and Music

Eileen Schwartz, M.Ed., CDP / Rose O'Toole, MT-BC, NMT

Art and music help increase expression and relaxation, foster positive relationships, elevate mood, improve focus, and promote a sense of belonging. In this workshop, participants will engage in hands-on art exercises and music experiences to improve the well-being of individuals with cognitive impairment as well as caregivers. Both music and art will be used separately and paired together to showcase the many different applications of these two disciplines. Together art and music can open up a whole new world!

Forget What's Lost. Focus on What Remains.

Angela Burrow, RN, CDP, CADDCT

Providing the most effective dementia care includes maximizing the opportunities people have to reconnect with a world they are losing access to. Grounded in the philosophy of person-centered care, Montessori-Based Dementia Programming is an approach applied to everyday pursuits, including self-care and social activities, that combines rehabilitation principles and educational techniques using the physical and cognitive abilities available to individuals. Based on the ideas and practices of Maria Montessori, it has been shown to increase levels of engagement and participation in daily activities by persons living across all levels of dementia. In this workshop, participants will be introduced to the work of psychologist Cameron Camp and social gerontologist Thomas Kitwood; learn the basic principles of a Montessori approach to care; and engage in activities to apply the Montessori method.

Managing a Hospitalization and Delirium

Dupal Patel, MD

Patients with dementia often can get disoriented and even more confused during an illness. This can be even more apparent if they are hospitalized or have an injury or unscheduled surgery. This is called delirium, and can be short lived or can last for some time after the illness. In this workshop, participants will learn some of behavioral strategies that caregivers can do to make sure their loved has the best opportunity for recovery.

One Family's Journey: Milestones and Help Along the Way

Kent Prewette, Narrator / John Potter, JD / Heather Rahrig, RN, BSN, CMC /
Donna Schaefer, BS, RRT, CSA, CDP / Amy Weatherup, MSW / Jay Buinicky

While every Alzheimer's and dementia journey is unique, there are some common milestones and decision points for individuals and their families. Through this narration and panel, experience the story of Joe and Nancy's journey in the face of Nancy's Alzheimer's diagnosis. Particular attention will be paid to initial diagnosis, how to support Joe, and preparing for the end of life. Participants will learn about services and providers applicable to these transition points as well as access and costs.

What's Faith Got to Do with It?

Kathy Garner, Facilitator / Carol Hassell, M.Div. / Rabbi Tracy Guren Klirs /
Chaplain Rebekah Ramsey, M.Div., BCC, ACPE / Pastor Kenneth Robinson

What is the role of faith and faith communities for caregivers and individuals with a dementia diagnosis? Join panelists representing a variety of faith settings as they share their roles, experiences, and learnings as they have provided spiritual care to individuals and families affected by dementia. Attendees will explore why their faith communities should care and how they are called to care.

WORKSHOP SESSION DESCRIPTIONS 11:30AM – 12:30PM

The following workshops are offered at 11:30AM. Please choose 1.

Diagnosis of the Dementias

Mark Pippenger, MD

Dementia is a clinical syndrome, not a disease, and is diagnosed when there are cognitive or behavioral symptoms that interfere with the ability to function, represent a decline from a previously higher level of function, and are not caused by delirium or a major psychiatric disorder. Participants will learn the currently recommended process for evaluating individuals with complaints of memory loss, how providers should assess if dementia is present and the cause. A brief overview of current treatments for Alzheimer's disease will be presented.

Engagement through Technology

Jessica Martin, CCC-SLP / Stacy Fleming, MHA, CMC / Libby Streitenberger, MPH

iN2L technology integrates hardware, software, media and various components necessary to allow virtually any person with any interest in using a computer — regardless of background, physical or intellectual abilities — to do so pleurably, engagingly, and without frustration. The system is built on a picture-based, touch-screen interface that allows users to simply “touch” their way to find engaging, educational, spiritual and personalized content. Tailored to an individual's cognitive stage, iN2L's unique and expansive programing helps individuals maintain and improve cognitive function. This workshop includes a hands-on demonstration of how one adult day center is using iN2L and the benefits to its members.

Financial Planning in the Face of Dementia

Richard Yercheck, MBA

Developing caregiving and financial strategies for someone affected by dementia is no small task. The financial details can be difficult to keep track of when your loved one's comfort is your first priority. This workshop focuses on the five key areas of assets, income and insurance, intentions, banking administration, and care management. It will prepare you for critical conversations you will have with your loved one and financial professionals.

Hear Me, I'm Hurting

Edward Shaw, MD, MA

This talk focuses on the importance of being an empathetic listener as a family care partner and a professional caregiver. Learners are first challenged with the observation that most people are not very good listeners. Common ways we “railroad” the conversation to focus on ourselves, not the person we're communicating with, are described. Basic counseling skills are then taught in a way that will transform a layperson or healthcare professional to become an empathetic and compassionate listener and communicator. Participants will learn the acknowledge-affirm-(re)direct strategy of communicating with those affected by Alzheimer's disease and other dementias.

It's Show Time! Learning and Healing through Theatre

Adrian Calabrese, Ph.D., Msc.D., MA, CH

It's often said theatre is therapeutic. In this interactive and participatory workshop, participants will learn how Hollywood and Broadway have given voice to and raised awareness about Alzheimer's and dementia. Participants will also experience theatre as an emotional release by reading aloud scenes from movies and plays. No acting experience is necessary. What is needed is just a willingness to try a creative artistic medium through which we may release and cope with some challenging feelings as we experience Alzheimer's and dementia diseases. Whether you are an individual living with dementia, a caregiver, a family member, or a professional, this workshop offers an opportunity for a fun, active, learning and healing experience.

Risk Factors for Alzheimer's and Dementia

Rebecca Edelmayer, Ph.D.

Dr. Edelmayer will discuss the role of genetics as a risk factor for Alzheimer's and dementia as well as prevalence in diverse populations and modifiable risk factors. She will clarify differences between dominantly inherited/familial, younger-onset, and late-onset Alzheimer's disease and will share recently released information from the 2019 Annual Alzheimer's Association International Research Conference [AAIC] taking place in Los Angeles, California in July 2019.

Your Pharmacy, the Forgotten Friend

Robert Byrd, Pharm.D.

Identifying who you need on your care team is an important step in early planning when facing a diagnosis of dementia or Alzheimer's. How often do we overlook our pharmacists? Who knows exactly what medications and how much we or our loved ones are on at any given moment? Who can most immediately look up insurance coverage and copay expenses? In this workshop, participants will explore the role of the pharmacy and pharmacists and resources they may or may not be able to provide.

WORKSHOP SESSION DESCRIPTIONS 1:45PM – 2:45PM

The following workshops are offered at 1:45PM. Please choose 1.

Advanced Directives

Melissa Williams, DNP, AGNP-BC, BSN

Early designation of a health care power of attorney/surrogate decision maker and care discussion is a crucial step for the older patient population. North Carolina has specific criteria for documenting these preferences. Participants will learn about the essential documents Living Will, Goldenrod, and MOST forms. Tools and resources, to facilitate completing these legal papers, within inpatient and outpatient settings will be discussed.

Behavioral and Psychological Symptoms of Dementia

Mark Pippenger, MD

Behavioral and psychological symptoms of dementia, often called BPSD, are non-cognitive symptoms of dementia and include, but are not limited to, apathy, anxiety, psychosis, and wandering, pacing, and fidgeting. 95% of persons with dementia will likely experience BPSD at some point. This workshop will explore the symptoms, current thinking about how to manage and respond to them, and research on the use of medications for behavior. Participants will also learn about resources to help manage behavioral issues.

Blogging about Caregiving: Does it help?

Ann Campanella, Facilitator / Richard Creighton / Anne F. Balcom

Join this panel of bloggers as they discuss the value of sharing their real-time caregiving journeys through this online medium. Topics that will be addressed include: Why blog? What to share and what not to share and the benefit of putting it all "out there." How real is this virtual community of support? Does it help? Are there safety issues? How do you protect yourself?

Brain Games to Tickle and Tone the Brain

Pat Battaglia

Exercising our brain is as important as exercising our heart and body and provides mental stimulation that promotes brain health and may contribute to minimizing our risk for cognitive impairment. Join Dr. Fun in an interactive and engaging workshop solving amusing brain teasers with surprising answers. The games can be enjoyed at home or in a group setting with individuals in the early stages of Alzheimer's and dementia and for anyone looking for a fun and engaging way to keep mentally sharp.

Siblings Surviving Alzheimer's Together

Barbara Ivey

Siblings can be our greatest roadblock or our greatest support during a loved-one's Alzheimer's. Alzheimer's – especially early to mid-stage - is a great time to strengthen sibling cooperation and communication. In this session we will dive into pivotal sibling moments for relationship improvement. Benefits of a collaborative sibling relationship are having someone to turn to in our grief and when we need to be reminded of how our loved one used to be. Most important, collaborative relationships will focus us all on providing the most love and the best care for our parent living with Alzheimer's (and their care partner). Participants will learn 6 unique ways only siblings can support one another during Alzheimer's; 3 things that adult children should do every day when a parent has Alzheimer's; Decisions-making roles & responsibilities (there's plenty to go around); and How to support the care partner while staying in your lane.

Therapy: Friend or Foe?

Alison Starkey PT, MBA/MHA, CAPS, CDP / Kimberley Terry, OT, OTR/L, MOST, CAPS / Jenise Berning OTR/L

We are accustomed to hearing about physical therapy after an injury or orthopedic surgery. But, do we really understand the potential value and benefit of therapy for individuals across the progression of Alzheimer's and dementia diseases? In this presentation, participants will learn the differences in scope of practice among Physical, Occupational, and Speech Therapy and will understand when and how each therapy or a combination may be beneficial (or not.) for an individual living with dementia. Accessing therapy referrals, therapists and costs of services will be discussed.

Working with First Responders for Positive Outcomes

Detective Lee Tuttle / Detective Joshua Gaskin

Most of us will call 911 at some point in our lives but especially as caregivers for our loved ones with dementia - it might be a fall, wandering, a medical emergency, or a behavioral disturbance. Come learn how we can prepare in advance for placing a call to 911, what information should we have readily on hand, and what can we expect when first responders arrive. Officers from the Charlotte- Mecklenburg Police Department Missing Persons Unit will also share what resources police departments typically have available, what Crisis Intervention is, and overall safety concerns, firearms in the home for example, and resources for addressing those concerns.

Closing Address (3:00PM) - All attendees are automatically registered for the Closing Address.

It's a Purple Issue: Alzheimer's Policy Goes Public

Scott Herrick, MA, North Carolina Director of Public Policy, Alzheimer's Association | Marie Glapiak, Advocacy & Operations Manager, Alzheimer's Association – Western Carolina Chapter

82% of seniors say it's important to have their thinking or memory checked, but only 16% report they receive regular cognitive assessments. Through regular cognitive testing, early and accurate diagnosis of Alzheimer's and other dementia can save the United States an estimated \$7.9 trillion dollars in medical and care costs. North Carolina alone sees a 20.2% dementia patient hospital readmission rate. A public health approach to this national crisis strives to promote healthy brain initiatives, care planning, and increased education to under-served populations. This Closing Address will share recent policy successes for the Nation and State and the proposed public health approach including opportunities for individual engagement.