

24th Annual Alzheimer's Association Education Conference

Make the most of your conference! Each session is labeled with the audience for which it is designed:

CG Caregiver (unpaid) **CP** Care Partner of a Person w/ Early Memory Loss **P** Professionals **ES** Early Stage Person(s)

7:30 am REGISTRATION OPENS – CONTINENTAL BREAKFAST

8:45 am WELCOMING REMARKS

9:00 am KEYNOTE SPEAKER



“The Alzheimer's Association and Research: Moving Science Forward”

Keith N Fargo, PhD

Director of Scientific Programs & Outreach Medical & Scientific Relations
Alzheimer's Association

The race is on. Alzheimer's and related dementias research is a dynamic field and momentum builds each year. The Alzheimer's Association has been involved in every major advancement in Alzheimer's and related dementias research since the 1980's and is a leader in the global fight for a world without Alzheimer's.

Learn about our commitment to Alzheimer's research and science including Alzheimer's, dementia and brain research, treatment updates and the latest information for anyone interested in following progress.

10:00 am BREAK

10:15 am BREAKOUT SESSION 1

11:00 am BREAK

11:15 am BREAKOUT SESSION 2

12:00 pm LUNCH

1:15 pm BREAK

1:30 pm BREAKOUT SESSION 3

2:15 pm BREAK

2:30 pm BREAKOUT SESSION 4

3:15 pm DESSERT BAR

3:45 pm CLOSING SPEAKER



“Good News for People with Dementia: Comfort is the Priority!”

Tena Alonzo, MA

Director of Research
Beatitudes

Comfort is essential to overall wellbeing and quality of life. This session will identify and discuss the “good news” that comfort brings people with dementia and how we can help make comfort a reality for people who have trouble thinking.

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10:15 am BREAKOUT SESSION 1

Understanding Alzheimer's Disease

Helle Brand, PA *Physician Assistant – Banner Alzheimer's Institute*

Learn about diagnosis, progression, stages, treatments, and risk factors for Alzheimer's disease.

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Fact vs Fiction in Dementia

Richard Caselli, MD *Neurologist – Mayo Clinic*

Clarifying and explaining some of the most common myths about dementia, medications, and treatment.

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Legal and Financial Planning

Lora Johnson, JD *Elder Law Attorney – Johnson & Associates, PLLC*

Learn about critical legal issues of dementia including trusts, power of attorney, and living wills.

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Nutrition, Dysphagia and Dementia

Laura Michael *Owner – Dysphagia Supplies Direct, LLC*

Learn the basics of good nutrition for both the person with dementia and the caregiver. Learn how to identify, manage and seek treatment for eating and swallowing problems (Dysphagia).

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Meaningful Purpose: Activities for Individuals with Dementia

Diane Mockbee, BS, AC-BC, ACC *Director of Activities/Dementia Trainer – Palm Valley Rehab & Care Center*

How to plan, provide, and engage individuals with memory loss in meaningful activities.

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Different from Alzheimer's: Lewy Body Dementia

Holly Shill, MD *Dir, Thomas H. Christopher Center for Parkinson Research – Banner Sun Health Research Institute*

What Lewy Body dementia is, the behaviors associated with it, and how it is different from Alzheimer's disease and related dementias.

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Bridging the Gap: Caregiver Techniques for Behaviors & Communication

Heather Mulder *Outreach Program Manager – Banner Alzheimer's Institute*

How to handle your loved one's challenging behaviors and strategies for communicating that can reduce frustration.

CG

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Early Stage Panel: Ask the Experts – Part I

Brett Petersen, MSW *Alzheimer's Association*

Anna Burke, MD *Banner Alzheimer's Inst*

Jan Dougherty, MS, RN, FAAN *Banner Alzheimer's Inst*

Susy Favaro, LCSW *Banner Alzheimer's Inst*

Giving persons with early stage memory loss an opportunity to ask questions to a panel of dementia experts.

ES

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11:15 am BREAKOUT SESSION 2

Navigating the Journey: Planning for the Cost of Long-Term Care

Richard White, JD *Elder Law Attorney – Jackson White Attorneys At Law*

Learn about Arizona's Long Term Care System including what it provides, requirements, and qualification.

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Up Close & Personal: Approaches that Work

Mary Edwards, RN, CHPN *Clinical Educator – Hospice of the Valley*

Providing personal care can be challenging. Learn best practices for performing care related to incontinence, bathing, grooming, changing clothes, and adaptations to personal care tasks.

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More Than A Mouthful: Oral Care Simplified

Ann Ross, RDH, BS *Preventive Care Specialist – Mobile Dentistry of Arizona, LLC*

The importance of quality oral care in persons with dementia, and approaches that work.

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Before the Fall: Prevention Strategies

Jeffrey L. Alexander, PhD, FAACVPR, ACSM-CES[®]

Associate Professor, Dr of Health Sciences, Chair - ATSU Aging Studies Project Advisory Committee

Learn strategies for fall prevention and methods for reducing risk.

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Managing Behavior in Long-Term Care: 3 Essential Principles

Gary Martin, PhD *Clinical Psychologist, Director of Clinical Programs – InteGer Behavioral Health Associates, PA*

LTC facilities often rely on medications to manage dementia behaviors. In response, CMS has mandated cutbacks but has done little to fill the treatment void. LTC professionals will learn 3 essential principles for preventing and managing behaviors without relying on medications.

P

Bridging the Gap: Caregiver Techniques for Behaviors and Communication

Heather Mulder *Outreach Program Manager – Banner Alzheimer's Institute*

How to handle your loved one's challenging behaviors and strategies for communicating that can reduce frustration.

CG

CP

Building Your Care Team

Mary Lou Hernandez, LCSW *Social Worker – Banner Alzheimer's Institute*

How to talk to doctors and other professionals involved in care. Why a good PCP is important in addition to a Neurologist.

CG

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Early Stage Panel: Ask the Experts – Part II

Brett Petersen, MSW *Alzheimer's Association*

Anna Burke, MD *Banner Alzheimer's Inst*

Jan Dougherty, MS, RN, FAAN *Banner Alzheimer's Inst*

Susy Favaro, LCSW *Banner Alzheimer's Inst*

Giving persons with early stage memory loss an opportunity to ask questions to a panel of dementia experts.

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1:30 pm BREAKOUT SESSION 3

Financial Exploitation of Persons with Dementia

Karen Stegenga *Crime Prevention Officer – Mesa Police Department*

Vulnerable adults are often the targets for financial exploitation and fraud by strangers and people they know. Learn the types of exploitation and fraud, how to prevent it, and what to do if it happens.

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Dementia and Psychosis: What You Need to Know

William Burke, MD *Director, Stead Family Memory Center Geriatric Psychiatrist – Banner Alzheimer's Institute*

Geri Hall, PhD, ARNP, GCNS-BC, FAAN *Clinical Nurse Specialist – Banner Alzheimer's Institute*

Strategies and treatment options for people with dementia experiencing hallucinations, delusions, and paranoia.

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Meeting the Spiritual Needs of People with Dementia

Reverend Peggy Roberts, M Div *Director of Spiritual Life – Beatitudes*

The spiritual needs of people with dementia are sometimes overlooked by the medical and social needs. Learn ways to bring a spiritual focus into dementia care.

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Help for Veterans: VA Benefits

Martha Alderman *Central Region Manager – Arizona Department of Veteran's Services*

Learn about benefits that may be available to veterans and their spouses.

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A Calming Approach in Dementia Care

Jane Shallberg, MEd, MT-BC *Consultant – Private Practice*

Tibetan Singing Bowls Therapy has been shown to increase relaxation & reduce anxiety and depression for both people with dementia and caregivers. Attendees will learn about and experience this calming practice.

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Understanding your Respite Options

Whitney Lynch, MSW *Intake Social Worker – Foundation for Senior Living*

Learn about respite options in the community including adult day care, home care, and facility respite. Which option is best for you and your loved one?

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Innovations in Dementia Comfort Care

Christie Kramer, LMSW *Dementia Program Social Worker – Hospice of the Valley*

Learn about comfort focused end of life care for loved ones with dementia, and resources for caregivers.

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Living Well With Alzheimer's – Part I

Brett Petersen, MSW *Early Stage Coordinator – Alzheimer's Association*

Explore research based wellness strategies that may help people with early stage memory loss live their best.

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2:30 pm BREAKOUT SESSION 4

Unusual Behaviors in Dementia: Triggers, Interventions and Coping Skills

Lori Nisson, MSW, LCSW *Clinical Social Worker – Banner Sun Health Research Institute*

Obsessive, repetitive and destructive behaviors are sometime seen in dementia. Learn about understanding triggers for these behaviors and strategies for coping with these challenges.

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Medicare vs Medicaid: What's the Difference?

Glen Spencer *Benefits Assistance Program Director – Area Agency on Aging, Region One*

Medicare and Medicaid are separate federal programs that provide different benefits. Learn about what these programs provide, what they don't, and eligibility criteria.

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Technology Based Activities for People With Dementia

Jonathan Tang, CTRS *Certified Therapeutic Recreation Specialist – Arizona Veteran's Home*

Using technology including tablets, apps, and websites to engage people with memory loss in meaningful activity.

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When is it Time - Driving and Memory Loss

Jill Sclease CTRS, CDRS *Certified Driving Rehabilitation Specialist – Driving To Independence, LLC*

This session will look at changes that may require adjustments to driving or the potential for driving retirement. Tips for safe driving, restriction options, communication about driving, and community resources will be discussed.

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A Road Map: Navigating Alternative Choices to Psychotropic Medication

Tena Alonzo, MA *Director of Research – Beatitudes*

Explore alternative methods for addressing dementia-related behavior while reducing reliance on psychotropic medication. Learn what to expect as people progress through the dementia process and an easy to use tool to help participants reduce the need for psychotropic medications.

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Choosing to Care: A Caregiving Journey

Amy Goyer *AARP's Family & Caregiving Expert – AARP*

Learn about finding strength and resiliency along the caregiving journey; and ways to appreciate the humorous and joyful moments along the way.

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Bouncing Back from Burnout: Stress Management for Caregivers

David W. Coon, PhD *Associate Vice Provost and Professor, ASU College of Nursing – ASU*

How caregivers can reduce stress and enhance well-being along the continuum of memory loss.

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Living Well With Alzheimer's – Part II

Brett Petersen, MSW *Early Stage Coordinator – Alzheimer's Association*

Explore research based wellness strategies that may help people with early stage memory loss live their best.

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CONFERENCE REGISTRATION

Early Bird Pricing

(before Feb 6, 2015)

- individual attendee (\$50)
- professional, includes CEUs (\$70)

Pricing

(after Feb 6, 2015)

- individual attendee (\$55)
- professional, includes CEUs (\$75)

\$ total enclosed

Notes:

- Conference attendance is limited. Register with payment early to secure your space. No spaces will be held without payment except for purchase orders. Purchase orders must be submitted at least one week prior to the conference.
- CEU recipients must attend Professional (P) sessions the entire day to receive CEUs.
- All conference materials are on a disc, provided free with paid registration.
- 5 CEU credits have been requested from each of the following:
 - National Association of Activity Professionals Credentialing Center
 - National Association of Social Workers, AZ Chapter
 - AZ Board of Nursing Care Institution Administrators and Assisted Living Managers

Breakout Sessions

Please check your first choice for each session below. This is for room space planning purposes only. Workshops will be available on the day of the event on a first-come basis and will be closed when rooms have reach capacity.

Breakout Session 1

- | | |
|--|--|
| <input type="checkbox"/> Understanding Alzheimer's | <input type="checkbox"/> Activities for Individuals w Dementia |
| <input type="checkbox"/> Fact vs Fiction in Dementia | <input type="checkbox"/> Lewy Body Dementia |
| <input type="checkbox"/> Legal & Financial Planning | <input type="checkbox"/> Behaviors & Communications |
| <input type="checkbox"/> Nutrition, Dysphagia & Dementia | |

Breakout Session 2

- | | |
|---|---|
| <input type="checkbox"/> Planning for the Cost of LTC | <input type="checkbox"/> Managing Behavior in LTC |
| <input type="checkbox"/> Up Close & Personal | <input type="checkbox"/> Behaviors & Communications |
| <input type="checkbox"/> Oral Care Simplified | <input type="checkbox"/> Building Your Care Team |
| <input type="checkbox"/> Fall Prevention Strategies | |

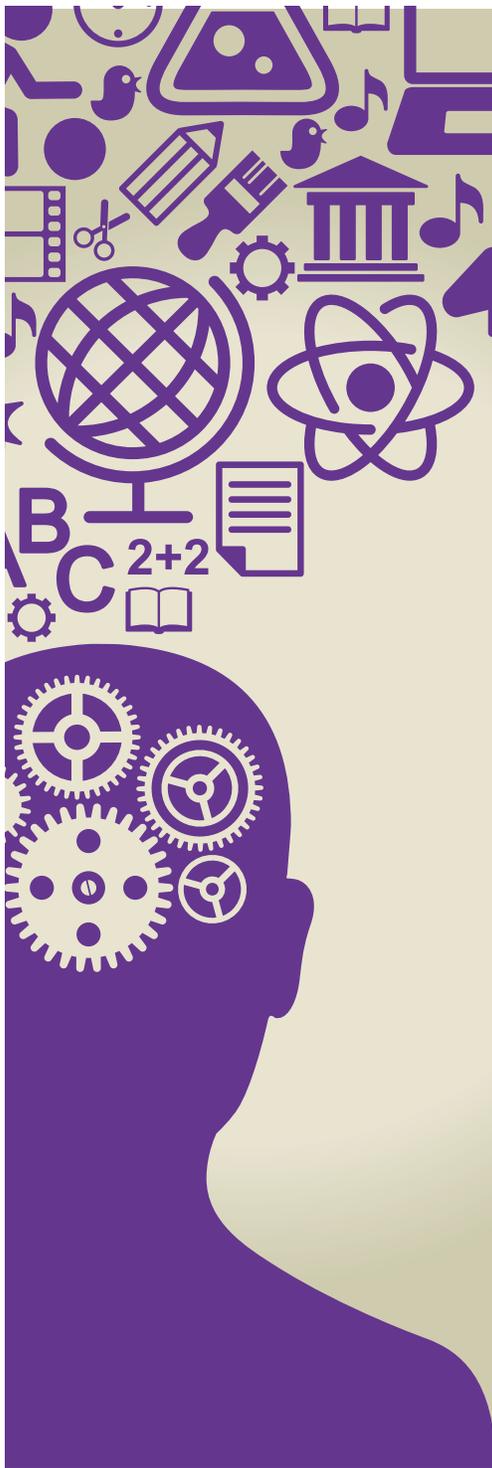
Breakout Session 3

- | | |
|--|--|
| <input type="checkbox"/> Financial Exploitation | <input type="checkbox"/> A Calming Approach |
| <input type="checkbox"/> Dementia & Psychosis | <input type="checkbox"/> Respite Options |
| <input type="checkbox"/> Meeting the Spiritual Needs | <input type="checkbox"/> Innovations in Comfort Care |
| <input type="checkbox"/> Help for Veterans | |

Breakout Session 4

- | | |
|--|--|
| <input type="checkbox"/> Unusual Behaviors in Dementia | <input type="checkbox"/> Alternatives to Psychotropic Meds |
| <input type="checkbox"/> Medicare vs Medicaid | <input type="checkbox"/> A Caregiving Journey |
| <input type="checkbox"/> Technology Based Activities | <input type="checkbox"/> Stress Management for Caregivers |
| <input type="checkbox"/> Driving & Memory Loss | |

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Attendee Information

Please note, an email confirmation will be sent to each individual successfully registered. If you do not receive an email confirmation within two weeks of your registration, please contact Mindy at 602.528.0545 or mwakefield@alz.org.

I am attending as: (choose one)

- professional person with early memory loss
 caregiver/care partner other _____

attendee name(s) _____ vegetarian lunch? yes

organization (if applicable) _____

address _____ city _____ zip _____

daytime phone _____

email (registration confirmations will be emailed) _____ do not have email

BY MAIL

Mail this entire form with payment to: Alzheimer's Association
1028 E McDowell Road
Phoenix, AZ 85006

BY EMAIL

Fill out PDF or scan completed form and email to: mwakefield@alz.org

ONLINE

Go online and complete the registration form: www.AEC2015.eventbrite.com

Payment Information

- visa american express check
 mastercard discover purchase order

credit card number _____ security code _____ expiration date _____

exact name on card (please print) _____

signature _____ date _____

Cancellation Policy

Full refunds are granted if a request is made in writing by mail or email to the Alzheimer's Association 1 week prior to the event. Refunds requested within 48 hours are granted for emergencies only. No refunds for no-shows.

Questions? Contact Mindy at mwakefield@alz.org or 602.528.0545

February 27, 2015

East Valley Institute of Technology
1601 West Main Street
Mesa, AZ 85201

*On Main St,
between Dobson and Alma School*

OUR PLEDGE TO YOU:

We promise to never share, trade, sell or rent your personal information to any third parties outside of the Association without your expressed consent. We value your privacy!