A Map Through the Maze
Conference for Alzheimer Care Professionals

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Syllabus
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Keynote: Alzheimer’s Disease and Related Disorders: The Importance of Making an Early Diagnosis

Faculty: Brad Dickerson, MD, MMSc

Objective: At the completion of this session participants will be able to:
1. Analyze the reasons for the development of new diagnostic criteria for many dementias in the past 6 years.
2. Discuss the changes in the diagnostic criteria for diseases causing dementia.
3. Review the implications of early diagnosis of diseases causing dementia and cognitive impairment.

Synopsis:
A tremendous amount of research effort over the past decade has been devoted to the development of methods to make a confident, early diagnosis of Alzheimer’s disease and related disorders, culminating in new diagnostic criteria for many forms of neurodegenerative dementia. Keynote discussion will include the importance of research including clinical trials of new potential treatments, and how these advances are being translated into clinical practice.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #1: Memory Systems in Dementia

Faculty: Andrew E. Budson, MD

Objective: At the completion of this session participants will be able to:
1. Identify the signs and symptoms of disruption of the episodic memory system
2. Identify how Alzheimer’s disrupts this and other memory systems
3. Describe the impact of other neurologic diseases on memory.

Synopsis:
Changes in memory are often the symptoms first noticed in someone with Alzheimer’s. This session will use recent developments in the field of cognitive neuroscience to explain the different memory systems in the brain and how these systems are disrupted by different dementias using case-based examples. Episodic memory—the memory system used for remembering episodes of our life—will be highlighted.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #2: Hope, Love, & Memories: A Pathway to Early Detection, Treatment, & Cure

Faculty: Paul Solomon, PhD, Elizabeth Vassey, PsyD, William Ingraham, Yoma Ingraham

Objective: At the completion of the session participants will be able to:
1. Detect the early signs and symptoms of MCI and early AD
2. Identify the NIA-AA requirements of a diagnostic evaluation
3. Identify new and emerging diagnostic techniques and disease modifying treatments

Synopsis:
This interactive workshop will focus on the Ingrahams journey, highlighting early detection, diagnosis, treatment, and care for MCI, AD and other dementias. Discussion will include PET amyloid scans for early diagnosis, brief cognitive screening tests and questionnaires to detect subtle cognitive deficits, vaccines to remove amyloid from the brain and new drugs to help agitation and other behavioral symptoms.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #3: At the Intersection of Mental and Cognitive Health: A Case-Based Discussion Focusing on Caring for a Patient with Both Depression and Dementia in the Outpatient Setting

Faculty: Elizabeth LaSalvia, MD

Objective: At the completion of the session participants will be able to:
1. Identify symptoms of depression in a patient with cognitive impairment.
2. Describe both pharmacological and non-pharmacological approaches to treating depression.
3. Discuss potential safety concerns in a significantly depressed patient.

Synopsis:
This interactive workshop will focus on the Ingrahams journey, highlighting early detection, diagnosis, treatment, and care for MCI, AD and other dementias. Discussion will include PET amyloid scans for early diagnosis, brief cognitive screening tests and questionnaires to detect subtle cognitive deficits, vaccines to remove amyloid from the brain and new drugs to help agitation and other behavioral symptoms.

Teaching method: Lecture & Discussion

Bibliography:


**Workshop #4: An Overview of Frontotemporal Disorders: An Interdisciplinary Approach to Holistic Care for Patient and Caregivers**

**Faculty:** Katie Brandt, MM, Joyce Shapiro Gordon, MS, CCC-SLP, Megan Quimby, MS, CCC-SLP

**Objective:** At the completion of the session participants will be able to:
1. Illustrate a basic understanding of Frontotemporal Disorders
2. Identify the benefits of an interdisciplinary team approach to provide the highest quality of care for patients and caregivers
3. Describe a holistic approach to care planning that involves community-based support and the care partner as a central member of the care team.

**Synopsis:**
This workshop will provide an overview of Frontotemporal Disorders (FTD), including Primary Progressive Aphasia with an emphasis on an interdisciplinary approach to clinical care. Participants will learn strategies for working with professionals across disciplines to improve continuity of care for patients with an emphasis on engaging caregivers in all aspects of care management.

**Teaching method:** Lecture & Discussion

**Bibliography:**


Workshop #5: Person-Centered Care for People with Dementia: Moving Concept to Practice

Faculty: Patrick Doyle, PhD

Objective: At the completion of this session the learner will be able to:
1. Identify the most current definitions of person-centered dementia care.
2. Describe common challenges that exist when applying this concept to practice.
3. Identify various approaches to practice person-centered care.

Synopsis:
This workshop will provide the participant with a general understanding of the theoretical and empirical work that has shaped the current concept of person-centered dementia care. This session will include a critical examination of the applications of this concept in various dementia care environments. The focus will be on the common barriers to implementing person-centered dementia care and ways to overcome these barriers.

Teaching method: Lecture and Discussion

Bibliography:


Workshop #6: Approach to the Adult with Intellectual/Developmental Disability (I/DD) and Suspected Dementia

Faculty: Julie Moran, D.O.

Objective: At the completion of this session the learner will be able to:
1. Describe a stepwise approach of how to properly evaluate change in an aging adult with an intellectual or developmental disability (I/DD).
2. Identify common barriers that can complicate memory assessments in adults with I/DD.
3. Identify other common conditions that can occur with aging in adults with I/DD that can obscure a proper dementia diagnosis.

Synopsis:
Adults with I/DD can display a variety of changes with age: cognitively, behaviorally, functionally, physically, and emotionally. The diagnosis of dementia is often assigned haphazardly without a proper and comprehensive evaluation. This workshop will provide the participant with a framework to properly evaluate/advocate for proper evaluation of change in an aging adult with an intellectual disability.

Teaching method: Lecture & Discussion

Bibliography:
Workshop #7: Life Worth Living in an Enriching Supportive Environment – Strategies for Engagement

**Faculty:** John Zeisel, PhD, Ruth Neeman, AIA, Thomas C Levi, AIA, Rosie Terella IIDA, LEED AP BD+C

**Objective:** At the completion of the session participants will be able to:

1. Understand the linked programming & design approach that drives the Hearthstone and Vitality programs
2. Identify the visual, auditory and spatial attributes of an appropriate environment for individuals with memory impairments
3. Discuss how these programming and design principles are implemented in three case studies.

**Synopsis:**
Architecture gives life to space through the interaction of our basic senses of sight, touch, smell, hearing and feeling, using form, shape, color, light, texture, and sound, that allow us to perceive, understand and rely on our surroundings. The session will follow three communities in different stages of their existence, and highlight the implementation of philosophies to create a new contemporary community with an eye to the future.

**Teaching method:** Lecture & Discussion

**Bibliography:**


Workshop #8: “The Soundtrack of Life” Therapeutic Music and Habilitation Programs

**Faculty**: David Currier, Lisa Redpath, DMA, Emily Damore, Quinlan Dwyer, Ruby May Miller

**Objective**: At the completion of the session participants will be able to:
1. Discuss music as a valuable tool to reduce or eliminate anti-psychotic medications for Alzheimer’s patients.
2. Identify the benefits of Habilitation Therapy when compared to recreational & leisure based activities.
3. Describe how to implement an individualized music program within homes and long term care facilities.

**Synopsis:**
This workshop will provide a general understanding of the Habilitation approach to meaningful programming and the benefits of personalized music playlists to help those with dementia connect with the world around them. The focus will be on the use of music to reduce the use of anti-psychotics and antidepressants. Panelists will share tips on how to implement music in different care settings.

**Teaching method**: Lecture & Discussion

**Bibliography**:


Workshop #9: Completing ADLs by Thinking Outside the Box

Faculty: Marilyn Stasonis, RN, BSN, Brenda Rojas, CDP

Objective: At the completion of this session the learner will be able to:
1. Identify how to use an individual’s personal history to provide ADL care
2. Identify successful approaches to initiating ADL’s
3. Describe “out of the box” ideas that help with providing successful care

Synopsis:
Assisting with personal care can be one of the most challenging tasks for direct care staff and the most stressful moments of the day for someone with dementia. Through the use of case studies, this breakout will discuss “out of the box” ideas that help with providing successful care including the use of personal history and best approaches to initiating ADL’s.

Teaching method: Lecture and Discussion

Bibliography:

Workshop #10: Diversity and Dementia: Latino/Hispanic, African American and Asian Perspectives of Individuals with Dementia and Their Caregivers

Faculty: Gene A. Mazzella, MSG, Leonor Buitrago, Val Nolen, Kun Chang, MSW, LCSW

Objective: At the completion of this session the learner will be able to:
1. Describe Latino/Hispanic cultural aspects of dementia and caregiving.
2. Identify Asian cultural aspects of dementia and caregiving.
3. Discuss African American cultural aspects of dementia and caregiving.

Synopsis:
Cultural competency and understanding clients' norms and values are an important part of dementia care. This workshop will provide a general understanding of three distinctive cultural aspects of persons with dementia and their caregiving approach. Professionals from the Latino/Hispanic, Asian and African American community will present from a panel and answer participant questions.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #11: Sexuality, Intimacy and Memory Care

Faculty:  Kelly McCarthy, NHA, CDP, BD-DEd

Objective: At the completion of this session the learner will be able to:

1. Attendees will gain a greater understanding of United States statistics on senior and sexuality
2. Identify challenges that come with sexuality and memory loss.
3. Gain further understanding of other triggers that may be happening when you see hyper sexuality and identify various ways to produce emotional connection that may fulfill a need

Synopsis:
As professionals, we need to be cautious in labeling individuals with dementia as “sexually inappropriate.” This workshop will discuss the tools needed in understanding factors such as medical diagnoses, misidentification and how a lack of emotional connection may contribute to behaviors that look like hyper-sexuality.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #12: Dementia Care Coordination Program: Changing the Way We Care for People with Dementia and Their Families

Faculty: Brooke Patterson LSW, CDP, Julia Perriello, MA, Elyse Rokos, MSW, LICSW, Gabriella Ruiz, MA, CDP

Objective: At the completion of this session the learner will be able to:

1. Discuss the evidence-based case for Dementia Care Coordination.
2. Describe published outcomes and utilization metrics supporting Dementia Care Coordination.
3. Identify the elements of the Dementia Care Coordination program.

Synopsis:
This presentation will offer an overview of the successful DCC program in place at the Alzheimer’s Association, including published data on which the program is based, key elements, an overview of a successful partnership and case studies highlighting our work. The goal of the program is to have an impact on health outcomes and utilization including decreased readmission, delayed nursing home admission, and an increase in supportive services utilization.

Teaching method: Lecture & Discussion

Bibliography:

Workshop #13: Labeling: Rethinking the Language Used in Memory Care

Faculty: Ellen Meagher, MEd, Ellen Gagner

Objective: At the completion of this session the learner will be able to:

1. Describe the power of negative and positive language in working with people with cognitive impairments
2. Recognize negative language currently used in our communities.
3. Identify positive words and respectful language

Synopsis:
The impact of positive words and respectful language is a powerful way in which to maintain the dignity and self-esteem of people with dementia. This workshop will explore the use of language and provide participants with tools needed to shape the culture of aging and aging services through positive language.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #14: Modifiable Lifestyle Factors to Prevent Cognitive Decline

Faculty:  Kate Papp, PhD

Objective: At the completion of this session the learner will be able to:

1. Describe lifestyle factors associated with both risk and protection against cognitive decline.
2. Identify modifiable risk factors with robust empirical support.
3. Recommend appropriate lifestyle interventions in clinical care.

Synopsis:

This workshop will provide a general understanding of the evidence, background, and debate about the potential of lifestyle interventions to delay or prevent cognitive decline. Current research into modifiable lifestyle factors will be reviewed and recommendations will be made about how the latest research findings can be applied in healthcare settings.

Teaching method: Lecture & Discussion

Bibliography:

Huijbers W, Papp KV, LaPoint M, Wigman SE, Dagley A, Hedden T, Rentz DM, Schultz AP, Sperling RA. Age-Related Increases in Tip-of-the-tongue are Distinct from Decreases in Remembering Names: A functional MRI Study. Cerebral Cortex, 2016 Aug 30; PMID:27578492. PMC In Progress


Mormino EC, Papp KV. (2016).Cognitive Decline in Stage 2 Alzheimer Disease and
Implications for Prevention Trials. *JAMA Neurology.* 2016; 73(6), 640-642.


Workshop #15: Sundowning, Circadian Rhythm and Sleep Disruption in Alzheimer’s Disease

Faculty: William Todd, PhD, Ina Djonlagic, MD

Objective: At the completion of the session participants will be able to:
1. Describe sundowning syndrome in dementia and AD patients, characterized by agitation, aggression, and restlessness during the early evening.
2. Recognize possible disturbances in the neural circuitry underlying this circadian and sleep-wake disruption.
3. Identify current recommendations for its treatment.

Synopsis:
Sundowning syndrome in dementia and Alzheimer’s disease patients is characterized by agitation, aggression and restlessness during the early evening. This workshop will provide a general understanding of sundowning syndrome including an overview of clinical research associated with disturbances in underlying circadian and sleep-wake systems. Practical recommendations will be provided to support those experiencing sundowning and sleep disturbances.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #16: The Team Approach to Improving Quality of Life While Reducing Antipsychotics

Faculty: Maureen Bradley, LPN, NDCP

Objective: At the completion of this session the learner will be able to:

1. Demonstrate the need for the team approach to reduce the use of antipsychotic medication
2. Discover non-pharmacological interventions to address negative behaviors
3. Identify engaging enrichment programs for differently levels of the disease

Synopsis:

There is a movement in the US to decrease the use of antipsychotic medications in residential settings. This breakout will highlight the team approach to: reducing the use of medications; non-pharmacological interventions to address negative behaviors; and enrichment programs for different levels of the disease to ensure residents are actively engaged.

Teaching method: Lecture and Discussion

Bibliography: Case Study
Workshop #17: The Voices of Alzheimer’s Disease: Panel of People Living with Alzheimer’s Disease and their Care Partners

Faculty: Melody Bushmich, CDP, and Panelists

Objective: At the completion of this session the learner will be able to:
1. Describe Early Stage Issues, including the unique perspective of Young Onset Individuals (under 65 years old).
2. Describe the stigma associated with the diagnosis as experience by people with AD.
3. Discuss coping strategies for everyday life, including engagement programs and remaining active in the community.

Synopsis:
This session will provide participants with insight into what it is like to live with Alzheimer’s disease from the perspective of both the person living with the disease and their care partner. Panelists will discuss the stigma associated with Alzheimer’s, challenges specific to Younger Onset and Early Stage Alzheimer’s, and coping strategies including the importance of social engagement and disease education.

Teaching method: Panel Presentation

Bibliography:


Workshop #18: Caregiver Grief and Loss

Faculty: Mitch Davidowitz, MSW, MEd, LICSW

Objective: At the completion of this session the learner will be able to:

1. Identify the inter and intra-personal dimensions of caregiver grief.
2. Recognize signs of caregiver grief.
3. Describe positive coping strategies.

Synopsis:

The experience of loss is at the heart of the caregiver and Alzheimer’s patient experience. In this workshop, we will explore the unique dimensions of grief which naturally occur throughout the illness, societal and social obstacles which occur for caregivers and examine how to normalize the process of grieving so that caregivers can cope with the unfolding process of mourning.

Teaching method: Lecture and Discussion

Bibliography:


Workshop #19: Communication Approaches to Encourage Positive Interactions

Faculty: Jennifer Hoadley, CDP, Julie McMurray, MA, LMHC, CDP

Objective: At the completion of this session the learner will be able to:
1. Identify common communication challenges people with dementia face.
2. Explain the importance of focusing on the emotions of a person with dementia.
3. Describe verbal and nonverbal communication techniques which lead to more successful caregiving.

Synopsis:

Mastering communication is the foundation to successful caregiving. Individuals with dementia often struggle with expressive and receptive language, yet their desire to communicate remains. Looking beyond the words and into the emotions can unlock the hidden meaning of what the person is trying to convey. This session will focus on identifying the message, making a connection and eliciting a more positive interaction.

Teaching method: Lecture and Demonstration

Bibliography:


Workshop #20: Stick N’ Stones – Bruising Bones

Faculty: Magdalana Grace Siegel, SW, CCDP, LADC

Objective: At the completion of this session the learner will be able to:
1. Describe the symptoms of individuals who are being bullied.
2. Identify the gender differences of those who bully.
3. Explore interventions and conflict resolution skills for perpetrators in addition to victims.

Synopsis:
Bullying in senior living communities is real and individuals with dementia can be at greatest risk. This workshop will examine the symptoms and behaviors of those who are being bullied and share strategies for a "Bully-Free Zone" at your residence.

Teaching method: Lecture and Discussion

Bibliography:

Gadd, Alex. (2011). Best the Bully: A guide to dealing with Adult Bullying. Publisher: Alex Gadd.

Horn, Sam. (2003). Take the Bully by the Horns: Stop Unethical, Uncooperative or Unpleasant People from Running and Ruining Your Life. St. Martin’s: Griffin.

Workshop #21: LGBT Aging 101: What You Need to Know about Working with Lesbian, Gay, Bisexual and Transgender Older Adults with Alzheimer’s Disease and Caregiver

Faculty: Cheri Callanan, CDP

Objective: At the completion of this session the learner will be able to:
1. Identify unique care concerns and aging challenges facing LGBT older adults and caregivers.
2. Describe innovative approaches to create welcoming environments and programming for LGBT older adults and caregivers.
3. Describe how to replicate similar efforts in individual and organizational practice.

Synopsis:
Mainstream service providers have limited knowledge of the psychosocial, cultural and economic issues facing lesbian, gay, bisexual and transgender older adults and caregivers. This session will describe the unique issues facing this invisible and underserved population and share models for programmatic to effectively serve LGBT older adults with Alzheimer’s Disease.

Teaching method: Lecture and Discussion

Bibliography:


Workshop #22: Train-the-trainer: Creating and Implementing Reminisce Activity Kits

Faculty: Michelle Woodbrey, CSA, Alison Stockman, LSW, ADC, Susan Fernald, MMgt

Objective: At the completion of this session the learner will be able to:

1. Describe how sensory reminiscing kits can be a helpful tool when connecting with individuals with dementia.
2. Demonstrate how to create sensory reminiscing kits.
3. Discuss the benefits of using personalized reminiscing kits as the disease progresses.

Synopsis:

Although the concept of the reminiscing kit is familiar to activity professionals, kits are often underutilized. Discussion will include how to personalize reminisce kits and tips to use kits to maximize meaningful engagement with clients and residents.

Teaching method: Lecture and Discussion

Bibliography:


Workshop #23: Supporting the Spirits of Our Aging Adults Living in Memory Care Communities

Faculty: Annette Moyer Nicolas, MDiv

Objective: At the completion of this session the learner will be able to:
   1. Understand aging and end-of-life in the context of memory care communities.
   2. Expand our understanding of integrated spiritual support.
   3. Explore activities of spiritual support that are relevant and accessible to people experiencing dementia.

Synopsis:

This workshop provides an introduction to, *Spiritual Engagement and Expression in Dementia (SEED™)*, spiritual support that recognizes the challenges of aging in the experience of dementia. Spiritual support is woven into meaningful activities, identifying and upholding the still viable spirit of each person and relying on the strength of individual attributes which thereby promotes confidence and tangible feelings of success through teamwork.

Teaching method: Lecture and Discussion

Bibliography:


Workshop #24: Silver Alert and Police Training: Impacting our Communities and Keeping Individuals with Dementia Safe

Faculty: Heather Carroll, Daniel Zotos

Objective: At the completion of this session the learner will be able to:
   1. Describe what a Silver Alert is and the Silver Alert laws in Massachusetts and New Hampshire.
   2. Identify the elements of the training offered to police officers and first responder personnel.
   3. Describe how community members can assist those with dementia who are at risk of wandering.

Synopsis:
This session will provide an overview of the current laws in place in Massachusetts and New Hampshire regarding Silver Alert/Vulnerable adult acts. Participants will learn the process and the parameters of those laws and how it protects people in the community living with Alzheimer’s disease that may wander. Discussion will include what is being done to teach and prepare emergency responder personnel and law enforcement to react to such alerts through community policing protocols.

Teaching method: Lecture and Discussion

Bibliography:


Carson, S (Senator). (2016) Silver Alert/Vulnerable Adult bill New Hampshire General Court, Concord:NH.
Workshop #25: Creative Arts Therapies for People who are Nearing End of Life

Faculty:  Lisa Kynvi, MA, MT-BC, LMHC

Objective: At the completion of this session the learner will be able to:
1. Describe three modalities used in creative arts therapy.
2. Identify at least three conditions that would indicate a music therapy referral.
3. Define two different interventions a music therapist might employ with someone who has late stage dementia.

Synopsis:
This workshop will provide participants with a general understanding of the various creative arts therapies, with a focus on music therapy, describing and giving examples of various interventions to support people in the later stages of dementia and their families. Discussion will include how family members and other clinicians might be able to utilize music to make connections, and what contraindications to watch for.

Teaching method: Lecture and Discussion

Bibliography:


Workshop #26: Mobile Outpatient Interdisciplinary Geriatric Team – Reaching out to our Community

Faculty: Laura Iglesias-Lino, MD, AGSF, Susan Megas, DNP, AP RN, Alina Sibley, FNP-BC, Cheryl Mustain, MSW, LCSW

Objective: At the completion of this session the learner will be able to:

1. Describe the benefits of geriatric consultation teams within community health centers.
2. Identify the gaps in dementia care in the community setting.
3. Understand challenges and opportunities working with a “mobile” geriatric interdisciplinary team.

Synopsis:

This session will examine the gaps of dementia care in the community and the benefits provided by an interdisciplinary geriatric team. We will share the challenges and opportunities from imbibing the geriatric expertise of one team in different health centers. While narrating a real case of a patient with dementia, each of the presenters will describe their role, interventions and personal experience.

Teaching method: Lecture and Discussion

Bibliography:


Callahan et al (2011). Implementing Dementia Care Models in Primary Care Settings: The Aging Brain Care Medical Model (Special Supplement); Aging Mental Health, 15 (1): 5-12.

Stefan, Mihaela; Iglesias-Lino, Laura; Fernandez, Gladys. Medical Consultation and Best Practices for Preoperative Evaluation of Elderly Patients. Hospital Practice, 39(1).
Workshop #27: Management of Behavioral and Psychological Symptoms of Dementia

Faculty: Brent Forester, MD

Objective:
1. Describe a comprehensive approach to evaluating the behavioral and psychological symptoms in patients with dementia
2. Describe the different types of pharmacological interventions available
3. Describe the importance of the CATIE-AD study to the treatment of behavioral symptoms of dementia.

Synopsis:
Determining the cause of the behavioral disturbances of dementia requires a rational and thorough approach. This session will discuss the use of behavioral strategies and evidence-based pharmacotherapy. A review of the CATIE-AD trial will be presented in the context of effective treatments for behavioral symptoms of dementia. Tolerability and safety information will also be discussed in the context of making informed treatment decisions.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #28: Honoring Personal Reality: Steps to Effective Validation Techniques

Faculty: Michelle Tristani, MS/CCC-SLP, Kisha Snell, TRD, CDP

Objective: At the completion of this session the learner will be able to:
1. Define 3 benefits of validation therapy techniques for persons with middle and late stage dementia.
2. Describe effective caregiver training methods outlining validation techniques.
3. Identify steps for implementation and carryover of validation therapy techniques in a variety of settings.

Synopsis:
Validation techniques are individualized communication strategies with proven effectiveness for persons with dementia. The primary focus of validation, to respect, honor, accept, and respond to the personal truth of another’s experience, evokes a positive emotion and reduce feelings of anxiety and agitation. This seminar provides practical tools and strategies for effective validation therapy utilization across the continuum of care.

Teaching method: Lecture & Discussion

Bibliography:

Klinger, M. (2016). “Communication in relation with a person who has dementia” “Validation, a new approach for caregiving and nursing relatives.” Masters Thesis (in German) and abstract (in English).


Workshop #29: Marijuana, Cannabis, Cannabinoids and Alzheimer’s Disease

Faculty: Denise A. Valenti, MD

Objective: At the completion of this session the learner will be able to:
1. Identify how cannabis and cannabinoids impact the systems of an older adult and be able to appreciate the implications for both recreational and medicinal use of cannabis.
2. Discuss the cannabinoid system as it relates to the hippocampus and other regions related to memory.
3. Describe the status of research on humans with plant based cannabis and the research specific to Alzheimer’s disease.

Synopsis:
Patients and family members often raise questions regarding the use of marijuana and cannabis products for the treatment of age related dementia. It is important for professionals to have a basic understanding of the benefits, limits and potential harm that using marijuana can have, particularly if used without the supervision of health care providers.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #30: Compassion Fatigue and Burnout: What’s In Your Tool Kit for Self-Care?

Faculty:  Donna M. White RN, PhD, CNS, CADAC

Objective: At the completion of this session the learner will be able to:

1. Identify three symptoms of Secondary Traumatic Stress Disorder (STSD)
2. Describe how Secondary Traumatic Stress Disorder (STSD) and Compassion Fatigue is a risk to Health Care Professionals (HCP)
3. List two Occupational Supports for Health Care Professionals experiencing STSD.

Synopsis:
The purpose of this workshop is to present the profile of a Health Care Professional suffering from Compassion Fatigue. The interactive seminar will identify common stressors that impact performance of professionals working in Health Care. The learner will be given methodologies to identify patterns of Compassion Fatigue and strategies to promote Wellness, Recovery and a renewed sense of identity as a caring professional.

Teaching method: Lecture

Bibliography:


Workshop #31: Digital Technology, Social Media and Apps for the Caregiver

Faculty: Nicole Kanis, MS, Deb Dowd-Foley, LSW, Laura Black Silver, MSW, LICSW

Objective: At the completion of this session the learner will be able to:

1. Identify how to apply existing and familiar websites, apps and tools in ways that benefit caregivers.
2. Describe new websites, apps and technology that will benefit caregivers in their caregiving role.
3. Demonstrate ways to utilize different technologies to support caregivers to reduce caregiver stress and burnout.

Synopsis:
Digital technology can help family caregivers balance caregiving responsibilities with their own personal needs, work, parenting and other demands. This workshop will be an introduction to different social media platforms, smartphone and tablet apps and websites available to help caregivers manage their responsibilities, find support, access new information and decrease stress and burden.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #32: Habilitation Therapy: A Non-Pharmacological Approach for Behaviors

Faculty: Lorraine D. Kermond, MSG, CDP, Joanne Fontaine, RN, BSN, Kim O’Connell, MSW, LCSW, Maureen Bradley, LPN, NCDP

Objective: At the completion of this session the learner will be able to:

1. Describe the five domains of Habilitation Therapy.
2. List two communication strategies.
3. Provide one example of how to improve the environment to maximize independence.
4. Describe the difference between doing personal care to someone vs. with someone.
5. Describe how behaviors are a form of communication.

Synopsis:
By tapping into the area of the brain responsible for processing basic emotions we can change an individual’s day from anxiety ridden to meaningful and purposeful. This session will provide an overview of the principles of Habilitation Therapy followed by a panel discussion of professionals who have implemented this non-pharmacological approach into their daily work to minimize challenging behaviors and optimize well-being.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #33: Creating Meaning Engagement in the Special Care Unit

Faculty: Carla L. Pepka, MS, ADC, CDP, Catherine E. Sabatini, ADC

Objective: At the completion of this session the learner will be able to:

1. Identify the differences in activities when working with diverse populations.
2. Describe the positive effects of providing proper stimulation.
3. Demonstrate various role plays that can be utilized to help staff understand how the physical environment can lead to behaviors.

Synopsis:
Activities are the heart and soul of a good special care unit. This workshop will discuss why you should invest in a certified Activity Professional to improve the program needs of your clients which can make all the difference in successfully managing dementia behaviors. Concrete activity ideas of meaningful engagement will be provided for different functioning levels.

Teaching method: Lecture & Discussion

Bibliography:


Han, Areum; Radel, Jeff; McDowd, Joan M.; Sabata, Dory (2016). The Benefits of Individualized Leisure and Social Activity. Activities, adaptation & aging, 4: 219-265.


Workshop #34: Teaching Families about Palliative Symptom Management in Late Stage Alzheimer’s

Faculty: Karen Blair, RN

Objective: At the completion of this session the learner will be able to:

1. Identify an effective approach to assessment of the symptoms and personal history.
2. Discuss options for management of pain, bowels concerns, swallowing difficulties, delirium in people with Alzheimer’s disease.
3. Describe the impact of culture and family values in discussion of Alzheimer’s as a terminal disease.

Synopsis:
There are certain predictable changes as people with dementia reach the advanced stages of the disease. Discussion will include proper assessment of pain, bowels concerns, swallowing difficulties, and delirium and effective approaches to manage these changes. Professionals will learn how to take into account cultural background and have an adaptable approach with a focus on goals of care and acceptance of the grieving process.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #35: Dementia Friendly Massachusetts

Faculty: Arthur Bergeron, JD, Adam Frank, Maura Moxley, LSW, CDP, Beth Soltzberg, MSW, MBA

Objective: At the completion of this session the learner will be able to:

1. Describe the impact Dementia Friendly Communities are having across Massachusetts.
2. Identify the tools necessary to establish a Dementia friendly Community in their own community.
3. Discuss the importance of cross agency collaboration that can activate communities from both a grassroots and a state wide level.

Synopsis:
The Dementia Friendly Massachusetts Initiative, modeled after the Nationwide Dementia Friendly America Initiative, is a unique collaboration of leading organizations across the state of Massachusetts, working together to help communities become safer, more respectful and inclusive for those living with dementia, their family, friends and professional caregivers. This workshop will illustrate the work being done across the state and ways you can start an initiative in your community.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #36: Professional Boundaries for In-Home Dementia Care

Faculty: Kelly Hoag, CDP, Marguerite David, RN

Objective: At the completion of this session the learner will be able to:

1. Define professional boundaries for in-home care providers.
2. Understand why professional boundaries are necessary in a home care setting.
3. Identify strategies for engaging, redirecting, and active listening.

Synopsis:
This session will review strategies for connecting with and caring for individuals with dementia in their homes including how to maintain professional boundaries while working with clients. Real life scenarios will be used to identify examples of boundary crossing. Lastly, we will discuss the importance of understanding personal triggers and the importance of self-care.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #37: Intergenerational Engagement Programs for Persons with Cognitive Disorders: The Benefits of Bringing Together Dementia Families and College Students

Faculty: Robert B. Santulli, MD, Carrie Ann Davison, Nora Masler, Lauren Kascak

Objective: At the completion of this session the learner will be able to:

1. Explain the importance of engagement activities for people with dementia and their care partners.
2. Describe three different engagement programs for persons with dementia that can easily be started and maintained in almost any community.
3. Discuss the particular value of intergenerational programs and the benefits to each generational group.

Synopsis:
This presentation will discuss the importance of engagement activities in the Upper Valley region of New Hampshire, which focus on two specific activities that bring together individuals with cognitive impairment, care partners, and undergraduates from Dartmouth College. These programs focus on preserved capabilities in persons with dementia, and are generally easy to establish and maintain in any community.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #38: Younger-Onset Alzheimer’s Disease: Legal and Financial Issues

Faculty: Donald N. Freedman, JD

Objective: At the completion of this session the learner will be able to:

1. Describe the special legal and financial issues especially pertinent to individuals who experience the onset of Alzheimer’s disease prior to age 65.
2. Describe specific benefits available to those under the age of 65.
3. Outline specific actions those with early onset Alzheimer’s should take to plan for the future.

Synopsis:
The occurrence of Alzheimer's Disease in individuals under age 65 raises special issues including disengagement from work, the presence of dependent children and a working spouse, and a shortage of day or residential services. This session will discuss benefits available to this unique population such as group or individual disability insurance, Social Security Disability and subsidiary benefits, and health benefits under the Affordable Care Act.

Teaching method: Lecture & Discussion

Bibliography:


Workshop #39: Memory Programs: Continuity of Support

Faculty:  Deb Bourque, CDP, Jamie Donchin, MSW, LICSW, Lisa Ushkurnis, MSW, LICSW, CDP

Objective: At the completion of this session the learner will be able to:

1. Discuss the prevalence of dementia and the challenges that face communities and local programs/services.
2. Understand what a "Continuity of Support Model" entails for an agency/organization.
3. How to operationalize and integrate therapeutic memory programming to a community setting.

Synopsis:
This workshop will explore the unmet needs of older adults who have early stage Alzheimer’s or another dementia, and their care partners. Discussion will include the value of providing memory programming on site, and the integration of therapeutic programs, which connect, compliment, and provide continuity of support and services.

Teaching method: Lecture & Discussion

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