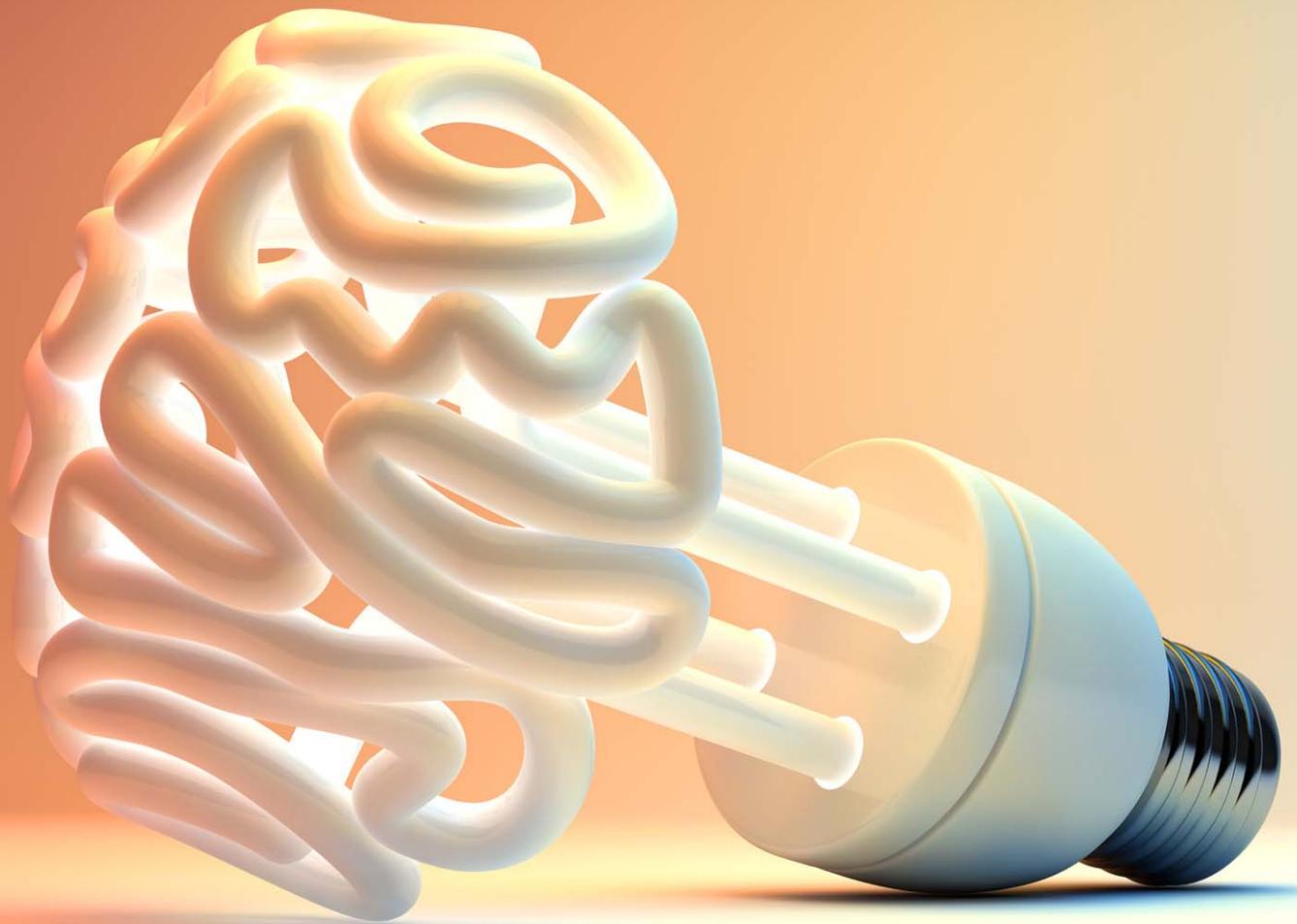


ANNUAL EDUCATION CONFERENCE



7:30 am **Registration & Continental Breakfast**

9:00 am **Opening Remarks**

9:15 am **Keynote Speaker – Current State of Research**

Alireza Atri, MD, PhD – *Banner Sun Health Research Institute*

New research is undertaken every day in the United States and across the globe to help us better understand, identify, treat, and respond to Alzheimer's disease and related dementia conditions. Keeping up with the newest findings and knowledge about dementia can be daunting, but knowing the direction of the future of dementia research is an important component of serving families impacted by dementia.

9:45 am **Break**

10:00 am **Breakout Session 1**

Ambiguous Loss: Living Effectively with Uncertainty

Lori Nisson, LCSW – *Banner Alzheimer's Institute*



Ambiguous loss is a familiar experience for many care partners and families living with and/or caring for a person with dementia, even if they don't know it. Ambiguous loss is a phenomena that dementia care providers and practitioners will deal with during treatment and being prepared to identify, address, and respond to ambiguous loss is an important facet of dementia services.

Social Security, Social Security Disability, Medicare, & Medicaid

Kimberly Yellow Robe, MBA – *US Dept. of Health and Human Services, SS Administration*



Navigating Social Security, Medicare, and Medicaid before or after receiving a dementia diagnosis can be a daunting and overwhelming task, yet programs such as SSDI, AHCCCS, and ALTCS are available as a means to support people living with a dementia diagnosis and their families to ensure they receive medical care and can live as healthy of lives as possible. This session will teach participants about these programs and how to access services and information for these programs.

Serving LGBTQ Older Adults with Dementia Well

Robert Hess, III, BSW, MPA – *Private Practice*



Understanding the lived experiences of those who provide support and care giving to a loved one with dementia is a cornerstone of effective holistic dementia care and services particularly those who identify as LGBTQ. This session will include information about serving the Older Adult LGBTQ population effectively, both those with dementia and their care partners.

Women: The Unsung Heroes of Alzheimer's Disease

Katie Cruz, MA, MSW & Jodie Khotim, MSW – *Alzheimer's Association Desert Southwest Chapter*



Women represent both two thirds of those with AD and more than 60% of the caregivers. This presentation will focus on the unique stressors women face, as caregivers.

11:00 am **Break**

11:15 am **Breakout Session 2**

Financial and Legal Planning

Marsha Goodman, JD, CELA – *Frazier, Ryan, Goldberg, and Arnold*



If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Legal and Financial Planning for Alzheimer's Disease is a workshop for anyone who would like to know more about legal and financial issues to consider and how to put plans in place.

Breakout Session 2 (continued)

11:15 am Behaviors and Communication: Expressing What Words Cannot



Lori Nisson, LCSW - *Banner Alzheimer's Institute*

Changes in behavior and communication are common among people living with dementia and caregivers must address and adjust their response to dementia-related behaviors multiple times over the course of caregiving. Some dementia-related behaviors can be upsetting, distressing, or even dangerous for people living with dementia and their care partners. Being able to identify and respond to behaviors, using practical tactics and methods, can help reduce care partner stress and maintain the dignity and comfort of the person living with dementia. Dementia care practitioners can help the families they serve by providing education, problem solving, and support for responding to dementia-related behaviors while caregiving.

Best Practices for the Non-Medical Practitioner in Dementia Care



Mary Servin, RN, Mary Pat Sharp, RN, Carolyn Hutchens, Valerie Blair – *FSL Adult Day Health Services*

Best practice standards for the medical response to dementia is fairly well documented and the medical community as a whole has developed a system of ensuring providers of medical dementia care engage in specific best practices during care. A growing area of interest and a focus of many families providing care for a person with dementia is what to look for when choosing an adult day health care program, particularly one that provides wrap-around services for the person with dementia and their family. This session will address what families and other providers can look for when exploring day health programs and other wrap-around services that are outside of the medical treatment team.

Memory & Faith: Spirituality, Caregiving, and Dementia



Brian Browne, MS – *Dementia Care Education*

Many people gather strength and peace from their spiritual or religious practice, particularly in times of trouble or struggle. For others dealing with the uncertain, scary future that comes with a dementia diagnosis, spiritual and religious beliefs and traditions become more difficult and bring feelings of distress or even anger where there once was solace. Regardless of the perspective though, spirituality and religious practice can be a difficult aspect of a client or patient's life for dementia care practitioners to incorporate into treatment or care planning and is frequently overlooked during the creation of care plans and treatment teams.

12:15 pm **Lunch**

1:00 pm **Breakout Session 3**

Planning for the Future: Difficult Conversations

Tommy Montanarella, MC - *Alzheimer's Association Desert Southwest Chapter*



This session will offer helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. It is important that families and support networks don't wait to have difficult conversations. Invite family, friends, employers and health care professionals to form a care team, communicate with each other, and help you and the person with changes in functioning. The fear or lack of awareness that often accompanies having these conversations can result in delays that have serious consequences for the entire family. This session will also include a discussion about how to engage families in these hard conversations and how to address family concerns and gain support.

Breakout Session 3 (continued)

1:00 pm Cultural Competence for Professionals and Practitioners in Dementia Care



Brian Browne, MS – *Dementia Care Education*

Americans are living longer and in addition to living longer the U.S. geriatric population is experiencing unprecedented diversity. Research indicates that overall, minority populations have poorer outcomes in general healthcare and in Alzheimer's care due to a variety of barriers. Join us as we discuss the uniqueness of our varying cultures and learn a framework to develop quality services that meet the needs of a diverse patient population.

When is it time and what then? Hospice and Palliative Care Decisions



Julie Yeoman, LMSW, Jennifer Sekenski, RN CHPN, & Cece Mullins, B.A., C.C.M. – *Valiant Hospice*

Receiving a dementia diagnosis is a scary and life altering event for most people and their families. At this point in time, research and medical treatment can not stop the progression of the disease and ultimately, dementia claims the life of the person living with the diagnosis. Though many families understand this is the only outcome for their loved one, for practitioners and caregivers alike, discussing end-of-life decisions can be heart-wrenchingly difficult and nearly, if not completely, impossible. This session will help participants, whether they are caregivers or practitioners, the tools to start having these conversations and making plans for the future that reflect the desires and maintain the dignity of the person living with dementia.

Finding your Groove: Activities and Engagement for PWD & Caregivers



Mary Servin, RN Mary Pat Sharp, RN, & Carolyn Hutchens – *FSL Adult Day Health Services*

For many families, a diagnosis of dementia is the first of many changes to which the person living with the diagnosis and their care partner must make during the course of the disease. For many people living with dementia and their care partners, the stress of the diagnosis and the changes they experience functionally and cognitively, can result in withdrawal from activities and events that once brought joy, enjoyment, and relaxation. This is particularly true for people who are unsure how, when, or even if they should tell their family, friends, and social supports about the dementia diagnosis. Practitioners and caregivers can both benefit from ensuring there is a focus on maintaining social engagement and activities for both the person with dementia and the caregiver(s) throughout the course of the disease.

2:00 pm **Break**

2:15 pm **Breakout Session 4**

Enhancing Communication in Care: Strategies across the Trajectory of Dementia



Dr. David Coon – *ASU School of Nursing*

Caregiving for someone living with dementia is a full-time endeavor that usually requires managing many different activities and wearing many different hats at any given time in order to ensure the person with dementia is comfortable and receives the best treatment possible. Often, people become caregivers with little to no warning or preparation, and have to learn many different skills and a lot of information "on the fly". Due to the progressive nature of dementia and the serious impact it has on a person's skills and functioning, often treatment plans fail to adequately address the needs of the caregivers if they address them at all. Practitioners and service providers can assist caregivers and families by recognizing caregiver stress and concerns and addressing it consistently and respectfully during treatment.

2:15 pm **Breakout Session 4 (continued)**

Diversity and Dementia: Hispanic/Latino/Chicano/Latinx - What's in a Name?



Nallelhy Ballesteros, BA & Raul Bueno, MTF – *Alzheimer's Association Desert Southwest Chapter*

Some studies indicate Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as their white counterparts. But what does it mean to be "Hispanic"? This session will highlight the importance of understanding the rich diversity among ethnic groups and how these unique differences inform approaches to care and support. The Hispanic/Latino population of Arizona reflects the fact that the entire southern border is shared with Mexico. Arizona and Nevada, both states served by the Desert Southwest Chapter of the Alzheimer's Association, is uniquely situated to provide insight into how ensuring culturally competent and responsive services in dementia care is imperative for people living with dementia and their care partners and families. This session will provide practical ideas and insights in to how services should be adapted and created to address the needs of our Hispanic/Latino community members living with dementia while also providing a forum for practitioners to discuss challenges they face when serving the Hispanic/Latino community in Arizona and Nevada.

Long Term Care Insurance – Maximizing Benefits and Minimizing Expense



Dan Fern – *Homewatch CareGivers*

Most who have Long Term Care (LTC) insurance have not only given little thought to how to use their policy, but have little idea of what their policy provides for. This session is intended to help those who have LTC insurance formulate a policy to maximize the benefits available, and do so in a manner that will minimize their out-of-pocket expense. Learn how to serve as an advocate to obtain LTC insurance benefits to cover the costs for care for those suffering from cognitive impairment.

Practical Methods for Supporting Caregivers



Mary Servin, RN, Mary Pat Sharp, RN, & Carolyn Hutchens – *FSL Adult Day Health Services*

Significant focus and attention is paid by all members of a dementia care treatment team to the person living with dementia and often care partners and family members also spend most of their focus on the person with the diagnosis. Supporting care partners and families of people living with dementia is a critical component of holistic dementia care treatment and requires not only people to be available to support care partners, but also that those people are comfortable being supportive to care partners. This session provides participants with knowledge and practical tools and advice for how to best support care partners and families while they care for and support a person diagnosed with dementia.

3:15 pm **Break**

3:30 pm **Closing Remarks**

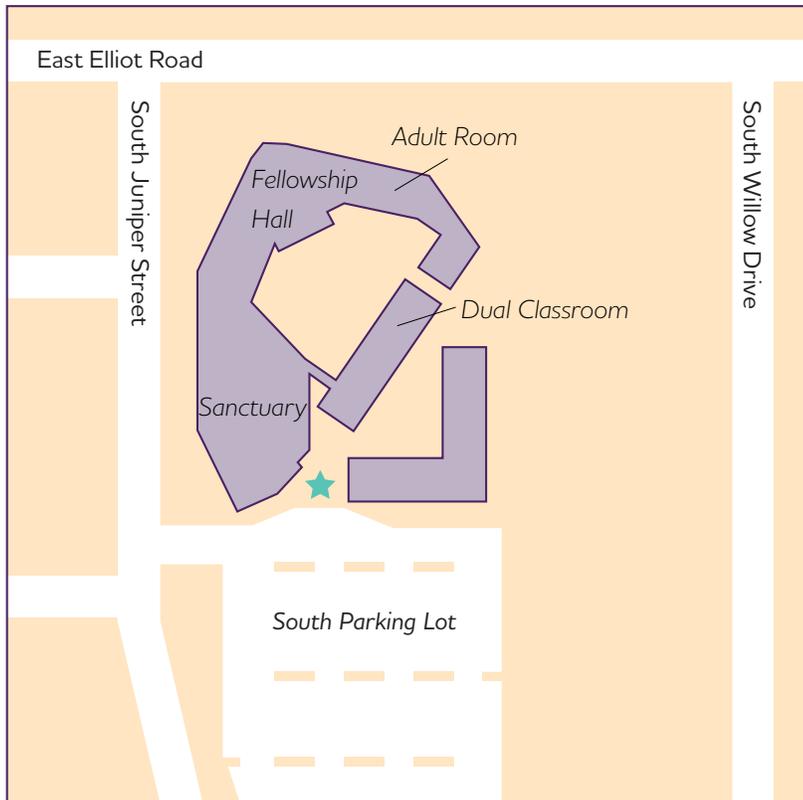
3:45 pm **Evaluations & Adjourn**



QUESTIONS?

Martha at 602.528.0545 or mburruel@alz.org

CONFERENCE MAP



Audience

CP Care Partners, Families, and Non-Professionals

P Professionals

Direction Notes

- Dayspring United Methodist Church is on Elliot Road approximately 1.5 miles west of Loop 101
- Enter off of E Elliot Rd and park in the Parking Lot
- Keynote address is in the Sanctuary
- ★ Registration

IMPORTANT INFORMATION

- Conference attendance is limited. Register with payment early to secure your space
- No spaces will be held without payment except for purchase orders or guarantee of payment from entities such as health plans, government, or tribal government
- Attendees may only attend workshops for which they have pre-registered
- The professional rate is \$95 with or without CEUs
- Professional registration includes all paid, non-family or non-friend caregivers
- Conference materials are provided digitally, free with paid registration
- Dining is al fresco

CEU NOTES

- CEUs will only be provided to persons registering as a professional
- CEU recipients must sign in at each session and attend the entire day
- CEU certificates are emailed the week following the conference
- Social Worker CEUs - Application has been submitted and is pending approval from the National Association of Social Workers, Arizona Chapter
- Nursing CEUs – Application has been made to the University of Arizona Center on Aging, State of California Board of Registered Nursing provider #14824. This program is pending approval
- Nursing Home Administrator/Assisted Living Facility Manager CEUs - Application for Continuing Education Credit has been made to the NCIA/ALFM Arizona Board of Examiners and this program is pending approval
- Activity Professional CEUs - Continuing Education Credit has been awarded by the National Association of Activity Professionals Credentialing Center

28TH ANNUAL EDUCATION CONFERENCE REGISTRATION

APRIL 12, 2019

Dayspring United Methodist Church
1365 E Elliot Road
Tempe, AZ 85284

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.

COMPLETE YOUR REGISTRATION:



Go online:

alz.org/dsw/cazaec



Fill out & email:

mburrueal@alz.org



Mail form & payment:

Alzheimer's Association
Central Arizona Office
340 E Palm Lane, Ste. 230
Phoenix, AZ 85004

ATTENDEE INFORMATION *(one person per form)*

individual (\$50)

professional (\$95 includes CEUs)

BREAKOUT SESSIONS *(choose one per group)*

10:00 am

- Ambiguous Loss
- Social Security, Disability, Medicare, and Medicaid
- Serving LGBTQ Older Adults
- Women: Unsung Heroes of Alzheimer's Disease

11:15 am

- Financial and Legal Planning
- Behaviors and Communication
- Non-Medical Best Practices
- Spirituality and Caregiving

1:00 pm

- Difficult Conversations
- Cultural Competence
- Hospice and Palliative Care
- Activities and Engagement

2:15 pm

- Enhancing Communication in Care
- Diversity and Dementia
- Long Term Care Insurance
- Caring for the Caregivers

PROFESSIONAL CEUs *(check one)*

activity
professional

ncia/alfm

nursing

social work

CONTACT INFORMATION *(please print)*

attendee name

organization *(if applicable)*

address

city

zip

daytime phone

email *(registration confirmations will be emailed)*

PAYMENT INFORMATION

Total Amount Enclosed: \$

visa

american express

check

mastercard

discover

purchase order

credit card number

security code

expiration date

exact name on card *(please print)*

signature

date



Desert Southwest Chapter

Central Arizona Region
340 E Palm Lane, Ste. 230
Phoenix, AZ 85004

NON PROFIT ORGANIZATION U.S. POSTAGE
PAID
PHOENIX, AZ PERMIT #4909



Central Arizona Annual Alzheimer's Education Conference

Friday, April 12, 2019

Dayspring United Methodist Church
1365 E Elliot Road
Tempe, AZ 85284

