

11:15 - 12:15 PM

**BREAKOUT SESSION II continued**

2B

**No resident left behind - Working smart to meet the needs of ALL residents in residential care**

Presenter: Rachelle Blough, CTRS, CADDT, CDP

An overview of a method allowing interdisciplinary teams to evaluate and understand the quality of life of each resident in their care. Provide innovations and approaches to connect with residents who may need additional human interaction and attention. Learn techniques to grow community and resident volunteers to increase touch time for focus residents.

**Learning objective:** Describe definitions of three categories of residents and tangible ways to improve their overall quality of life.

12:15 - 1:15 PM

**Lunch, Networking, Resource Fair**

1:15 - 2:15 PM

**BREAKOUT SESSION III**

3A\*

**ABC's of Alzheimer's and Dementia**

Presenter: Dr. Robert Smith, Richland Area Geriatric Assessment Center

Receive information on medical aspects of dementia, research, effects of dementia on the person, and more. For families of people diagnosed with Alzheimer's or a related disorder.

**Learning objective:** Identify four of the most commonly diagnosed types of dementia. Understand common areas of the brain affected by dementia.

3B

**Alzheimer's Disease and End-of-Life - Exploring Comfort Care**

Presenter: Sarah Endicott, DNP

Many people with dementia experience pain and suffering at end-of-life that may be alleviated by families and the health care team shifting treatment goals to comfort care. Explore the concept of comfort care and how families and professionals can provide palliative or hospice care at home, in skilled nursing facility, or acute care setting.

**Learning objective:** Describe one method for providing comfort at end of life for persons with dementia in the community, hospital, or long-term care setting.

2:15 - 3:00 PM

**CLOSING PRESENTATION**

**Healthy Living for your Brain and Body**

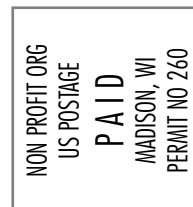
Presenter: Dr. Robert Smith, Richland Area Geriatric Assessment Center

Current research indicates lifestyle choices have significant impact on brain health. Learn tips on improving brain health and how to lower the risk of developing dementia. Featuring information on current research, over-the-counter medication risks, along with nutritional and lifestyle advice.

**Learning objective:** Describe three categories of health benefits and identify over-the-counter medications that can negatively affect memory.

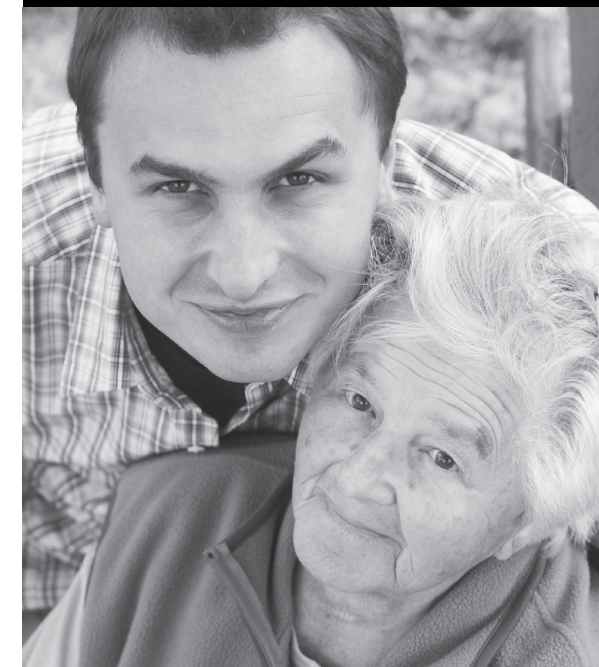
3:00 - 3:15 PM

**WRAP-UP AND EVALUATIONS**



517 N. Segoe Rd., Suite 301  
Madison, WI 53705  
www.alzawisc.org

# Nineteenth Annual Understanding Alzheimer's Disease, Dementia and Memory Loss Workshop



**Thursday, March 15, 2018**  
**8:30 a.m. - 3:00 p.m.**  
**Southwest WI Technical College**  
**Fred Lenz Conference Center**  
**1800 Bronson Blvd., Fennimore, WI**

**Breakout sessions for family caregivers and professionals**  
**Respite care and scholarships are available for family caregivers**

## Registration Form

### Understanding Alzheimer's Disease Workshop

Thursday, March 15, 2018

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\* Please register separately; photocopies accepted.

**Registration fee:** \*\$25.00  
(includes breakfast & lunch; no refunds)

**Pre-registration required; no walk-ins.**

**Make checks payable to:**  
Alzheimer's & Dementia Alliance

**Send registration forms to:**  
ADRC

P.O. Box 383, Lancaster, WI 53813

Visit [www.alzisc.org](http://www.alzisc.org) to register online.

**Questions?** Call the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) at 608.723.4288 or Aging & Disability Resource Center (ADRC) at 608.723.6113 or toll-free 800.514.0066.

**Respite care** available. Arrangements must be made by March 1, 2018.

\*Scholarships are available for **family caregivers** to assist with registration fee.

Thursday, March 15, 2018  
8:30 a.m. - 3:00 p.m.  
Southwest WI Technical College  
1800 Bronson Blvd., Fennimore, WI

## PRESENTERS



**Rachelle L. Blough** is a Certified Recreational Therapist, a Certified Dementia Practitioner and a Certified Alzheimer's Disease and Dementia Care Trainer for the National Council of Certified Dementia Practitioners (NCCDP).



**Robert Smith, M.D.**, is board certified with the American Board of Family Medicine and the American Board Geriatric Medicine. Dr. Smith sees patients at the Geriatric Assessment Center in Richland Center and Reedsburg.



**Sarah Endicott, DNP** is board certified geriatric nurse practitioner with clinical experience in geriatric primary care, memory clinic, and long-term care. Dr. Endicott teaches at UW Madison School of Nursing and is a Nurse Practitioner/Consultant with Wisconsin Alzheimer's Institute.

**Grant County Dementia Care Network** is a collaborative effort to meet the needs of people with dementia and their families. Local agencies involved include:

- Aging & Disability Resource Center - Southwest
- Alzheimer's & Dementia Alliance of Wisconsin
- Atrium Post Acute Care
- Grant County Department of Social Services
- Grant County Health Department
- Home Care Select
- ManorCare - Platteville
- Morningside Assisted Living
- Park Place Senior Living
- Sienna Crest - Platteville
- Sunset Fields Apartments
- University of Wisconsin - Platteville
- Care Wisconsin

Special thanks to Grant County Department of Social Services, Home Care Select, Homeward Bound, and St. Mary's NCSF of Fennimore for their support.

8:00 - 8:30 AM

REGISTRATION/RESOURCE FAIR/CONTINENTAL BREAKFAST

8:30 - 8:45 AM

Welcome

8:45 - 9:45 AM

KEYNOTE PRESENTATION

***There is always a way - Creating connections with people with dementia***

Presenter: Rachelle Blough, CTRS, CADDT, CDP

An interactive discussion focusing on practical ways to connect, engage and provide purpose with a person with dementia.

**Learning objective:** Gain three or more examples of specific ways to connect with individuals in early, middle and late stages of Alzheimer's.

9:45 - 10:00 AM

Resource Fair

10:00 - 11:00 AM

BREAKOUT SESSION I

1A\*

***I want to go home - Preventative and supportive communication techniques***

Presenter: Rachelle Blough, CTRS, CADDT, CDP

Re-visit what is formally called "behaviors" and reframe as "expressions". Learn customized techniques to utilize for persons with various stages of dementia.

**Learning objective:** Learn to utilize three new techniques that could support prevention and reassurance for individuals living with memory loss.

1B

***Becoming a "Dementia Friendly Hospital"***

Presenters: Margaret Flood, LCSW, Caregiver Support Coordinator, Veterans Hospital; & Joy Schmidt, Dementia Care Specialist, Dane County Human Services

A Dementia Friendly Hospital takes into account the physical, sensory and cognitive needs of a person with dementia to provide a supportive environment. Learn how the VA integrated staff training, changes in the environment, and long term commitment to additional elements that support the person with dementia, care partners and family members.

**Learning objective:** Identify the principles of a "Dementia Friendly Hospital" and steps needed to implement them in other health care settings.

11:00 - 11:15 AM

Break/Resource Fair

11:15 - 12:15 PM

BREAKOUT SESSION II

2A\*

***The Emotions of Caregiving***

Presenters: Rita Stanton, RN, & Joan Pape, RMT

Being a caregiver may be one of the most compassionate, loving and rewarding things you'll do. It's easy to become overwhelmed by the emotions, however, it's important to be attentive to your needs and how this new role is affecting your body, mind and spirit. To take care of another person, you must learn to care for yourself.

**Learning objective:** Identify four emotions in the journey of caregiving and implement three steps to improve emotional health.

\* emphasis on family care partner