

11:15 - 12:15 PM BREAKOUT SESSION II continued

2B **Proactive Approaches to Behavioral Expressions**
Presenter: Paula Gibson, Regional Director of Communications and Engagement, Azura Memory Care
Why is this resident hitting me? Learn ways to peel back the layers of behavioral expressions and reveal a path to holistic, proactive interventions.
Learning objective: Learn innovative ways to engage the minds and hearts of care teams to better understand those with memory loss.

12:15 - 1:15 PM Lunch/Networking/Resource Fair

1:15 - 2:15 PM BREAKOUT SESSION III

3A* **Doing the Dementia Dance**
Presenter: Paula Gibson, Regional Director of Communications and Engagement, Azura Memory Care
It can be overwhelming when a loved one receives a dementia diagnosis and different challenges emerge as the disease progresses. Review the steps needed to navigate the journey of dementia.
Learning objective: Receive a guideline on what to do after a diagnosis; what to consider when selecting care providers; and methods to care for oneself.

3B **To Sleep, Perchance To Remember (Sleep, Neurocognition and Dementia)**
Presenter: Dr. Barczy, MD, University of Wisconsin Hospital and Clinics
An overview of core principles of the physiology of sleep and how these principles change with dementia and related disorders. Review emerging evidence that links sleep to memory and neurocognitive performance.
Learning objective: Learn ways to incorporate several basic strategies for optimizing sleep in dementia and related disorders.

2:15 - 3:00 PM CLOSING PRESENTATION

Life Balance: Stumble or Stand
Presenter: Paula Gibson, Regional Director of Communications and Engagement, Azura Memory Care
Life is not an even road, so what do you do when you stumble? Discover the benefits of keeping your mind, body and spirit standing and balanced despite the highs and lows of life and caregiving.
Learning objective: Receive fun and inspirational ways to balance your mind, body and spirit.

3:00 - 3:15 PM WRAP-UP AND EVALUATIONS



* Directed towards family caregivers

20th Annual Understanding Alzheimer's Disease, Dementia and Memory Loss Workshop



Thursday, March 14, 2019
8:30 a.m. - 3:00 p.m.
Southwest Wisconsin Technical College
Fred Lenz Conference Center
1800 Bronson Blvd., Fennimore, WI
Breakout sessions for family caregivers and professionals
Respite care and limited scholarships are available for family caregivers

Registration Form

Understanding Alzheimer's Disease Workshop

Thursday, March 14, 2019

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:
Aging & Disability Resource Center
P.O. Box 383, Lancaster, WI 53813

Visit www.alzwisc.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, 2019.

*Limited scholarships available for **family caregivers** to assist with registration fee.

Thursday, March 14, 2019
8:30 a.m. - 3:00 p.m.
Southwest WI Technical College
1800 Bronson Blvd., Fennimore, WI

PRESENTERS



Steven R. Barczi, M.D., is board certified in internal medicine, geriatric medicine and sleep medicine; serves as co-director of clinical operations for the Division of Geriatrics; and faculty member at University of Wisconsin School of Medicine and Public Health.



Paula Gibson is the Regional Director of Communications and Engagement for Azura Memory Care; Certified Dementia Practitioner; Certified Virtual Dementia Tour Trainer; Certified Cognitive Stimulation Provider and the creator of "MOSAIC Connections.



Angela Lunde is an Associate of Neurology at Mayo Clinic; a co-investigator of the Outreach, Recruitment, and Engagement Core of the Mayo Clinic Alzheimer's Disease Research Center; and a nationally recognized speaker on dementia-related topics.



Rita Udelhoven, is a licensed professional counselor, teaches undergraduate and graduate level classes at the University of Wisconsin, and maintains a private practice specializing in depression, anxiety, stress management, loss & grief, and trauma/PTSD.

Sponsored by Grant County Dementia Care Network
Local agencies involved include: Aging & Disability Resource Center - Southwest WI; Alzheimer's & Dementia Alliance of Wisconsin; Grant County Department of Social Services; Grant County Health Department; Home Care Select; Home Instead Senior Care; Inclusa; Morningside Assisted Living; Sienna Crest - Platteville; and Sunset Fields Apartments.

Thank you: Grant County Department of Social Services, Home Care Select, Homeward Bound, and St. Mary's NCSF of Fennimore.

8:00 - 8:30 AM REGISTRATION/RESOURCE FAIR/CONTINENTAL BREAKFAST

8:30 - 8:45 AM Welcome

8:45 - 9:45 AM KEYNOTE PRESENTATION

Re-imagine Dementia

Presenter: Angela Lunde, Associate of Neurology, Mayo Clinic

Common stereotypes about dementia will be challenged, offering a new and more truthful narrative of our expectations, beliefs, language, and actions.

Learning objective: Learn to recognize how a focus on 'changing abilities' shifts our perspective; identify 'assets' of those living with dementia; understand the truth behind 'behaviors'; learn actions that lead to greater wellbeing for those living with dementia, as well as those who love and support them.

9:45 - 10:00 AM Break/Resource Fair

10:00 - 11:00 AM BREAKOUT SESSION I

1A*

A Path to Greater Ease

Presenter: Angela Lunde, Associate of Neurology, Mayo Clinic

Caring for a person with dementia is one of the hardest "jobs", but also rewarding and meaningful. Explore an introduction to an experiential view of dementia and how personal attitudinal shifts are the foundation for greater ease in caregiving.

Learning objective: Identify four key things to do every day to minimize stress and understand the relationship between skillful communication and meeting emotional needs.

1B

The Effects of Past Trauma on Current Behavior

Presenter: Rita Udelhoven, MA, LPC, MSE Human Services Degree

Trauma-Informed Care takes into account past trauma and the resulting coping mechanisms that arise.

Learning objective: Explore ways to better understand a client's behaviors and provide treatment that prevents further trauma while respecting dignity.

11:00 - 11:15 AM Break/Resource Fair

11:15 - 12:15 PM BREAKOUT SESSION II

2A*

Self-Care Through Mindfulness Based Dementia Caring

Presenter: Angela Lunde, Associate of Neurology, Mayo Clinic

Mindfulness is a practice of focusing on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Explore the beneficial roles of practicing mindfulness in care-partnering and self-care.

Learning objective: Learn examples of mindfulness and receive three mindfulness techniques to practice.

* Directed towards family caregivers