

24TH ANNUAL ALZHEIMER'S REGIONAL CONFERENCE

**SUPPORTING THE
Resilient Mind**



PRE-CONFERENCE: April 23rd CONFERENCE: April 24th, 2009

Washington State Convention Center • Seattle, Washington

alzheimer's  association®

When something goes wrong, how do you respond? Do you tend to bounce back, deny the situation, or fall apart? How resilient are you? Resilience refers to the ability to adjust to change, adversity, trauma, or tragedy. Being resilient will not make diseases or tragedies go away, but it can help you to rediscover enjoyment and to manage future stressors. Current research is exploring ways to build or boost the brain's ability to be resilient to disease or trauma. At the 24th Annual Alzheimer's Regional Conference, we will explore ways to support resilience in the brain, in people experiencing dementia, and in their caregivers.

This year's agenda was designed with multiple learning tracks: leadership, direct care, activity, advocacy, advanced practice, care management, family caregiver, and a general audience track. Workshops are innovative, evidence-based, and focus on building practical skills. On the day of the conference, participants can attend any workshop regardless of the track. In the end, conference participants will leave with a variety of resources and tools that will help to support the resilient mind. For more information about the conference and faculty, please visit our website at www.alzwa.org.

KEYNOTES

William Thies, PhD, is the Chief Medical and Scientific Officer of the Alzheimer's Association. Dr. Thies has worked to unite the world's dementia researchers with the clear goal of



Dr. William Thies

fostering communication and maximizing advancement. Dr. Thies will share this unique world research perspective in his keynote address and answer questions in an open forum. To submit a question for Dr. Thies, please visit www.alzwa.org.

Again this year, we will end the conference with a humorous closing keynote. Merletta J. Roberts is a Licensed Marriage and Family Therapist, Music Therapist, Therapeutic Humorist, Certified Laughter Leader, and performing clown. She will provide a closing keynote on the joys and challenges of aging that will leave you laughing all the way home.



Merletta J. Roberts

HIGHLIGHTED FACULTY

Joanne Rader, author of *Bathing without a Battle*, esteemed founder of the Pioneer Network and national educator, anchors our conference faculty. She will share bathing secrets as well as strategies for implementing best practices.

Robert Koester, international search and rescue expert, educator, and author, will offer a profile of people who wander and will share evidence-based search and rescue strategies.

Dr. Ann Morrison, national speaker, educator, and researcher from Johns Hopkins University, will facilitate a series of advanced practice workshops to help professionals work with family caregivers.

Dr. Daniel Christensen, researcher and national speaker, returns again this year with three new video case studies that will challenge your assessment skills.

Judith-Kate Friedman, international performer, composer and producer, will teach innovative techniques for songwriting with seniors.

PRE-CONFERENCE: MENTAL HEALTH AND DEMENTIA SYMPOSIUM

The April 23 symposium offers four different advanced practice workshops. The symposium is anchored by Dr. Susan Wehry, geriatric psychiatrist, national speaker and advocate. Dr. Wehry is joined by a series of local experts.



Dr. Susan Wehry

MEMORIES IN THE MAKING® ART EXHIBIT

Dementia artists speak with powerful brush strokes of color or meaningful pencil sketches. Their art pulls us into their world and tells stories in a language that needs no words. The artwork provides glimpses of who they were and who they still are, evoking emotions and proving that a picture is indeed worth a thousand words.

ACCEPTING NOMINATIONS FOR THE EXCELLENCE IN CAREGIVING AND INSPIRATION AWARDS

Excellence in Caregiving and the new Inspiration Award winners will be honored at the conference. Excellence in Caregiving nominations must come directly from family members. Eligible caregivers include nursing assistants, home care, adult day care, adult family home, assisted living, and nursing home employees who are providing direct care to people with dementia. Owners, licensed professionals, and family caregivers are not eligible for this award. Nominees for the Inspiration Award should inspire others to make a difference in the lives of people with dementia or in the fight against dementia. Nomination forms can be completed online at www.alzwa.org or can be sent via mail. For mailing instructions call 1-800-848-7097, extension 245. The nominations must be postmarked by February 27, 2009.

REDUCED REGISTRATION FEE AND FREE C.E.U.S

Given these difficult economic times, we have reduced our full-day registration fees to our 2006 rates and reduced the pre-conference workshop fees. The cost savings continue as we are offering free continuing education units for activity professionals, social workers, counselors, guardians, nursing home administrators and case managers.



Joanne Rader



Robert Koester



Dr. Ann Morrison



Dr. Daniel Christensen



Judith-Kate Friedman

8:00 AM

Registration for Sessions A and B: Please choose one8:30-
12:00**SESSION A—Assessment of Decision-Making Capacity in Dementia**

SUSAN WEHRY, MD

Our population is aging at an extraordinary pace, and the prevalence of dementia and other medical co-morbidities increases dramatically with age. Yet the diagnosis of dementia does not automatically confer decisional incapacity on affected individuals and, despite decades of judicial reform, consistent assessment of capacity has not kept pace. Dr. Wehry will describe her experiences as an expert witness, present the latest research on the relationship between cognitive impairment and decisional capacity and provide participants with an opportunity to utilize standard assessment tools through case simulations.

8:30-
12:00**SESSION B—Psychological Masquerade**

KEN RYAN, MC, GMHS

Diseases, medical conditions, and psychological disorders can all cause physical, behavioral, emotional, and/or cognitive symptoms in the elderly. A psychological masquerade occurs when a clinician is challenged to accurately ascertain the cause of a set of symptoms when co-occurring diseases and/or disorders are present. Misdiagnosis can be problematic and even fatal. Participants will learn to hone the assessment skills necessary to make these often subtle distinctions. This workshop goes well beyond assessing for delirium, depression, and dementia.

12:30 PM

Registration for Sessions C and D: Please choose one1:00-
4:30**SESSION C—The Landscape of Sexuality in Elder Care**

PAGE ULREY, JD AND SUSAN WEHRY, MD

Local Senior Deputy Prosecuting Attorney Ulrey and geriatric psychiatrist Dr. Wehry team up to explore the landscape of sexual abuse and sexuality in elder care. The facts about who is at risk, for what, and from whom will be addressed. Clear definitions of these terms will be provided: inappropriate sexual behavior, hypersexuality, sexual predation, sexual deviance, sexual disinhibition, and poor impulse control. There will be discussion of when to be concerned and how to respond. The wide arc of professional beliefs from “anything goes” to “all sex is suspect” will be explored. Professional interventions, including informing families, directions for collecting forensic evidence, and when to call the police will be discussed. Actual cases will be presented to engage participants in a lively discussion.

1:00-
4:30**SESSION D—Behind Closed Doors: Domestic Violence and Dementia**

TERRI KIMBALL, MS, DAVID D. MARTIN, JD AND JULIE SHATZER, MSW

Ms. Kimball, Director of the Domestic Violence and Sexual Assault Prevention Division of the City of Seattle’s Human Services Department, and Mr. Martin, King County Senior Deputy Prosecuting Attorney, join forces with Ms. Shatzer from the Alzheimer’s Association to explore many questions. Is it domestic violence or is it dementia aggression? What are the similarities and differences? What are the domestic violence red flags and what resources are available? How should we treat domestic violence perpetrators who have dementia and how do we support their families? Attendees can expect practical tools, case examples, and an engaging discussion.

7:00 AM	Registration
8:00	Welcome: Supporting the Resilient Mind NANCY DAPPER, CHAPTER EXECUTIVE DIRECTOR
8:05	Keynote: Progress in Alzheimer's WILLIAM THIES, PHD, CHIEF MEDICAL AND SCIENTIFIC OFFICER, ALZHEIMER'S ASSOCIATION
9:15	Ask Dr. Thies: Submit your questions at www.alzwa.org
9:30	Honoring Excellence and Inspiration
10:00	Break: Explore the Exhibit Tables
	CONCURRENT WORKSHOPS CHOOSE ONE FROM EACH SESSION
10:15-11:30	SESSION A
A1	Bathing Without a Battle JOANNE RADER, RN, MN, PMHNP <i>Family Caregiver/Direct Care Track</i> When we bathe or shower, it is a pleasurable and/or comfortable experience. That is not always true for people with dementia. This session explores resistance and aggression during bathing and reframes it as defensive/self-protective behavior. Practical, evidence-based strategies will be demonstrated, including many that do not require a shower or tub.
A2	Yoga for Lifelong Cognitive Function ELIZABETH CONLIN <i>Activities Track</i> In this Kundalini Yoga class, we will practice some time honored and timeless exercises. We will move, stretch, breathe, posture, relax, elevate our mood, and vibrate our vocal chords. No prior experience is needed and you need not be flexible. (Really!) Just bring an open mind and a willingness to have fun, and wear loose, comfortable clothing. A workbook containing the blue-prints of these activities adapted for seniors with cognitive impairments will be provided.
A3	From Diagnosis to Death: Behavior Management DANIEL CHRISTENSEN, MD <i>Advanced Practice Track</i> The video case record of "Helen" will anchor this presentation focused on behavior management strategies from diagnosis through death.

A4	Stages of Dementia Caregiving: Understanding Stage-Specific Caregiver Interventions Across the Span of Caring ANN S. MORRISON, PHD, RN <i>Care Management Track</i> Dr. Morrison will summarize the stages of caregiving, explain the personal variables that influence caregiving, and explain how to construct individualized, stage-specific care plans for dementia caregivers.
A5	Taking Stock of the Legislative Session GERALD REILLY, MGA <i>Advocacy Track</i> Mr. Reilly, the Chapter's advocacy representative in Olympia, will present an overview of the recent legislative session including any challenges or changes to policies that will impact individuals living with dementia, family caregivers and paid providers of care in Washington. He will lead a panel of state and local leaders who will share views about recent legislation and funding changes. If the legislative session runs long, then the workshop will include any pending key issues still in motion.
A6	Alzheimer's Prevention EMILY TRITTSCHUH, PHD <i>Medical Track</i> Dr. Trittschuh examines many newly discovered aspects of prevention that may affect cognitive changes as we age. Type II diabetes, hypertension and hypercholesterolemia, as well as other risk factors, will be discussed. She also offers suggestions for keeping Alzheimer's disease "holding steady" through lifestyle management and medical treatment options.
A7	Profiling and Protecting the Wanderer ROBERT KOESTER, MS <i>General Audience Track</i> Mr. Koester has conducted hundreds of searches and reviewed thousands of search incidents. He has developed behavioral profiles for those at risk of wandering including individuals with autism, dementia, intellectual disability, and mental illness. Mr. Koester will provide information on how to mitigate risk for those most vulnerable.

11:30-
12:30 PM

Luncheon: Explore the Exhibit Tables

12:30-1:45
B1

SESSION B

Bathing Without a Battle

JOANNE RADER, RN, MN, PMHNP
Family Caregiver/Direct Care Track

When we bathe or shower, it is a pleasurable and/or comfortable experience. That is not always true for people with dementia. This session explores resistance and aggression during bathing and reframes it as defensive/self-protective behavior. Practical, evidence-based strategies will be demonstrated, including many that do not require a shower or tub.

B2

Improving End of Life Care for Persons with Dementia: Symptom Management and Hospice Care

WAYNE McCORMICK, MD, MPH
Medical Track

Dr. McCormick shares his expertise in palliative care by providing the latest pharmacological/nonpharmacological symptom management techniques and explores the challenge/benefits of obtaining hospice care for persons with dementia.

B3

From Diagnosis to Death: And Everything that Happens in Between

DANIEL CHRISTENSEN, MD
Advanced Practice Track

The video case record of “Rex” will anchor this presentation and challenge your assessment skills by following “Rex” from diagnosis through his eventual death. Can you determine what is really going on?

B4

Working with Caregivers: Promoting Self-Efficacy

ANN S. MORRISON, PHD, RN
Care Management Track

Caregivers are charged with the task of learning new skills, developing new coping mechanisms, and setting priorities for care management. Care providers can significantly enhance caregiver learning by utilizing the principles of self-efficacy in their approach to teaching. Application of teaching strategies based upon the concept of self-efficacy will be presented in this lecture.

B5

Freeing the Voice Within: The Power of Songwriting for Elders

JUDITH-KATE FRIEDMAN, CMT, FOUNDING DIRECTOR,
SONGWRITING WORKSTM
Activities Track

B6

Songwriting is a dynamic, integrative activity that engages the body, mind, and spirit. Research demonstrates benefits to older adults with dementia who collaborate with professional songwriters to collectively compose/perform original songs. In part one, the current research is reviewed and an introduction to the internationally award-winning evidence-based music program is provided. No prior music background is required.

Flying under the Radar: Identifying Mild Cognitive Impairment

LAURA BAKER, PHD
General Audience Track

Dr. Baker will explain how to identify the earliest signs of Mild Cognitive Impairment (MCI), discuss the relationship between MCI and dementia, and provide clinical tools/techniques for optimizing memory.

B7

Searching for the Wandered

ROBERT KOESTER, MS
Leadership Track

Mr. Koester will share his extensive experience and provide the latest research on how to conduct a search for someone who has wandered. Participants will learn both initial actions and what to expect from law enforcement. He will answer many questions including how, where, and in what direction to search. Please bring a map of your building or home and a map of your surrounding area.

1:45

2:00-

3:15

C1

Break: Explore the Exhibit Tables

SESSION C

Wanting to Dance and Expected to March: Creating Person-Directed Care

JOANNE RADER, RN, MN, PMHNP
Leadership Track

Providers often experience frustration at not being able to put into practice the values and principles that give their work meaning. The best workers often leave the field because they cannot continue in the current climate of care. This workshop explores how to change the culture of caring to improve recruitment and retention. It is a call to action for evolution and revolution, challenging all to reexamine our systems of care.

C2 **Keeping Confused Older Adults Safe During Hospitalization**
MARY SHELKEY, PHD, ARNP AND JESSICA D. DUNN, RN, MSN, GCNS, CNL-C
Medical Track
Dr. Shelkey and Ms. Dunn will identify common conditions that precipitate hospitalization in confused older adults, identify common adverse complications which place confused elders at risk during hospitalization and discuss interventions/strategies for safe hospitalization.

C3 **From Diagnosis to Death: An Update on Different Dementias**
DANIEL CHRISTENSEN, MD
Advanced Practice Track
Dr. Christensen will use a 10-year video case record of “Harold” to anchor a presentation which provides an update on the most common forms of dementia and the latest research findings on each.

C4 **Communication and Behavioral Problems: Sources and Solutions**
ANN S. MORRISON PHD, RN
Direct Care Track
Behavioral problems are associated with many negative outcomes such as higher cost of care, caregiver burnout, and safety issues. Management of behavioral problems is critical to quality of life for patients and caregivers. This lecture will include possible sources, principles of behavior management, and communication techniques. The Johns Hopkins’ problem solving rubric will be presented.

C5 **Freeing the Voice Within: The Power of Songwriting for Elders**
JUDITH-KATE FRIEDMAN, CMT, FOUNDING DIRECTOR, SONGWRITING WORKSTM
Activities Track
In part two, participants will experience the principles and practices of this method by collectively creating an original song. They will gain practical skills/tools for accessing musical creativity and learn new ways to engage with elders experiencing dementia. Best practices, issues of access, cultural diversity, working across the cognitive spectrum within a variety of settings, and sharing the work with the community will be addressed.

C6 **The Family Factor: “Team Lemon” or “Team Lemonade?”**
GAIL GOELLER, MA
Family Caregiver Track
Inevitably, a family’s unfinished business will surface during elder care. Families are vulnerable to differing values, unresolved conflicts, and geographical separation. Emotions can explode, causing desperate, powerless, or unappreciated feelings. A critical element for preserving family unity is teamwork. Those who collaborate can surmount the most difficult challenges and transform old vendettas, ensuring optimal care.

C7 **Yoga for Lifelong Cognitive Function**
ELIZABETH CONLIN
Activities Track
In this Kundalini Yoga class, we will practice some time honored and timeless exercises. We will move, stretch, breathe, posture, relax, elevate our mood, and vibrate our vocal chords. No prior experience is needed and you need not be flexible. (Really!) Just bring an open mind and a willingness to have fun, and wear loose, comfortable clothing. A workbook containing the blue-prints of these activities adapted for seniors with cognitive impairments will be provided.

3:15 **Break: Explore the Exhibit Tables**

3:30-4:30 **Bouncing Back, Laffing Matters**
MERLETTA J. ROBERTS, LMFT
Closing Keynote
What funny thing happened to you today? When we see the humor around us and accept the humor within us, we change. Humor helps us to relax, refresh and refuel. Ms. Roberts will teach us to use humor during challenging situations, allowing us to gain perspective, address our fears, and bounce back.

Registration Fees

	REGISTRATION BEFORE 4/2/09	REGISTRATION AFTER 4/2/09
Pre-Conference Session A (April 23rd)	\$50	\$85
Pre-Conference Session B (April 23rd)	\$50	\$85
Pre-Conference Session C (April 23rd)	\$50	\$85
Pre-Conference Session D (April 23rd)	\$50	\$85
Conference (April 24th) Individual Rate	\$125	\$165
Conference (April 24th) Group Rate (4 or more, per person)	\$95	\$145
Conference (April 24th) Student Rate	\$95	\$145
Conference (April 24th) Family Caregiver	\$40	\$60
Conference (April 24th) Alzheimer's Association Support Group Facilitator Rate	\$40	\$60

Conference Lunch on April 24, select one:

- Grilled Salmon • Grilled Chicken • Vegetarian Purse

There are two ways to register:

- 1) online at www.alzwa.org or
- 2) by calling 1-800-848-7097, extension 245.

Payment Method

Payment may be made by Visa, Mastercard and American Express. Checks are also accepted and should be made payable to:

Alzheimer's Association
12721 30th Avenue NE #101
Seattle, WA 98125

You will receive an e-mail or letter confirming your reservation.

Refund Policy

Refund requests must be made in writing by April 2, 2009.
REFUNDS ARE NOT AVAILABLE AFTER APRIL 2, 2009.

Continuing Education Units

Certificates of attendance with continuing education hours are provided with each conference registration. Continuing Education Units are free for the following: Nursing Home Administrators, Certified Case Managers, Social Workers, Guardians, Activity Professionals, and Counselors.

Hotel Accommodations

The Sheraton Seattle is offering a discounted rate of \$175 a night. For reservations, please call 1-888-627-7056 to request the "Alzheimer's Education Conference Rate" or online at <http://www.starwoodmeeting.com/StarGroupsWeb/res?id=0812052288&key=C7CD3>. Space is limited so please reserve early.

**Directions to Washington State Convention Center
800 Convention Place • Seattle, WA 98101**

FROM I-5 SOUTHBOUND

- Stewart Street Exit (#166)
- Left on Boren Avenue
- Right on Seneca Street
- Right on 8th Avenue
- Garage is on your right

FROM I-5 NORTHBOUND

- Madison Street Exit (#164A)
- Right on Madison Street
- Left on 8th Avenue
- Garage is on your right

Conference Planning Council

KATHY BURRER, *Administrator*, Dungeness Courte Alzheimer's Community
ELAINE EGGBRAATEN, *ACC, BA, CT*
LILLIAN HAYASHI, *BA, NHA*
KERI K. POLLOCK, *BS, Director*, Alzheimer's Association
ROGER N. HOLBROOK, *LPN, Administrator*, Josephine Suites
PATRICIA HUNTER, *MSW, Director*, Alzheimer's Association
KAREN LEADER SCOTT, *LICSW*, Harrison Medical Center
JESSICA MCDUGALL, *BA, CIRS*, Senior Services of Snohomish County
DAWN MORGAN, *BA, GMHS, Outreach*, Alzheimer's Association
RUTH SANDERSON, *RN, BSN, Education*, Alzheimer's Association
SUE SCHEPP, *RN, BSN*
KATHERINE SEGURA, *MA, Education*, Alzheimer's Association
JULIE SHATZER, *MSW, Education*, Alzheimer's Association
KATHI STECKER, *BA*
MAUREEN VALENTINE, *RN, MA, LMHC, Assistant Director*, Capital Place

Disclaimer

The Alzheimer's Association, Western and Central Washington State Chapter, accepts no liability for any individual attending the 24th Annual Alzheimer's Regional Conference or any claims that may result from the use of information, techniques, products, and services discussed at the conference; any injuries or losses incurred by participants or accompanying persons; and any loss of or damage to any luggage or personal belongings. The Alzheimer's Association, Western and Central Washington State Chapter, does not express or imply endorsement or commercial recommendations of sponsors, vendors, or faculty.

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