



13TH
**Edna Gates
Conference**
on Alzheimer's Care

*Sparking Creativity
in Dementia Care*

November 2-3, 2009

Troy Marriott, 200 W. Big Beaver, Troy, Michigan 48084

Contact Hours are Available for Most Disciplines

Welcome to the 13th Edna Gates Conference on Alzheimer's Care

The legacy of Mrs. Edna Gates continues to honor the diverse experiences of individuals living with cognitive loss, their family members and life partners. This conference strives to build a caring community that values the collective humanity and contributions of all its members by introducing a broader lens for examining our attitudes and current practices.

Living with progressive losses in cognitive abilities can be a humbling and silencing experience for someone who no longer has access to words and other traditional modes to express his or her vision, views and needs. Earlier pioneers charted the path of their personal journeys with narrative auto-biographies. More exciting developments are unfolding. Scientists and artists are discovering additional modes for engaging individuals through the pathways of creativity. Visual and performing artists have long understood that creativity is a uniquely human form of communication which helps us to thrive as a society. It enables each of us to find hope, to express our individuality and continue to grow in the face of adversity. Among these exciting developments is the growing awareness that memory, language and cognition are *not* pre-requisites to creativity. In metaphoric terms, the experience of living with dementia may for some, be that of an artist engaged in a process of life affirmation and actualization.

The 13th Edna Gates Conference on Alzheimer's Care features three Special Programs and four Creative Art Galleries where the works of people with memory loss will be on display.

Monday, November 2nd

- **Special Program A** (9:00 a.m. to 4:30 p.m.)
The Family Caregiving Journey:
Linking Needs with Supportive Services and Resources
- **Special Program B** – (12:30 p.m. to 4:45 p.m.)
Behavioral Distress in Persons with Dementia:
Developing Creative Approaches Through Understanding and Caring

Tuesday, November 3rd

- **Special Program C** (8:40 a.m. to 4:45 p.m.)
13th Edna Gates Conference on Alzheimer's Care

It is our vision – and hope – that the conference will help participants:

- Understand the importance of creative engagement as an element of humanity.
- Learn how changes in the brain which result in dementia may impact communication and the creative process.
- Explore various mediums such as music, dance, drama and the visual arts that can be used by people experiencing cognitive loss to express their individuality and creativity.
- Identify how to help people creatively express themselves through modalities other than language.
- Learn evidence-based strategies that can be used in problem-solving caregiving issues with staff and families.

Benefits to Attending –

Why You Don't Want to Miss this Opportunity

- Hear national and internationally recognized leaders who continue to make significant contributions to advancements in research, practice and our understanding of individuals with dementia and families.
- Learn innovative strategies for offering quality services and care.
- Learn how to provide humane person and family-centered care in a safe, efficient and cost effective way.
- **Registration Fees are lower than previous years.** Significant discounts are available to organizations that send three or more staff. (See Special Group Rates).
- **New This Year!** You can register online. You can also mail or fax your Registration if you prefer.
- Enjoy the benefit of networking with another conference attendee and save 50% on lodging by registering for our shared housing program. (Call 810.231.2723 for details).

An Introduction to Mrs. Edna Gates

Edna grew up in central New York, finishing high school at the age of 15. She attended Cornell University and had a career as a secretary for more than 30 years as a civilian employee of the federal government. First, she worked with Senator LaFollett while he investigated the condition of migrant workers in the days of *The Grapes of Wrath*, then in London, during the last months of World War II with the OSS, precursor to the CIA. She worked with General Lucius Clay while he governed Berlin during the Russian blockade of the city and last, with Kip Siegel at Conduction in Ann Arbor.



*Edna Gates
1913 – 1995*

She was married for almost 30 years to Robert Gates and lived in St. Louis. Alzheimer's disease began to manifest itself when she was in her early 70s. She spent her last three years, following the death of her husband, at Huron Woods, a residential program in Ann Arbor, surrounded by love and giving pleasure to those who knew her. The family of Robert and Edna Gates has generously created an endowment in their memory. This special gift enables the Optimal Life Designs in Dementia Care team to work in partnership with professionals and organizations statewide to develop an annual conference that highlights new developments in dementia research and innovations in caring for persons with cognitive loss and their families.

“Providing care for individuals with memory loss is a part of almost every nursing role – from hospital and home health care to long term care. The Edna Gates Conference offers nurses a unique, person-centered, interdisciplinary opportunity to learn the latest in evidence based practice. After attending this conference, nurses will feel awakened, inspired, and motivated to apply new knowledge in their care of individuals with memory loss.”

– Kristyn Gall, PMHCNS-BC, NP, Co-Owner/Chief Clinical Officer, Optimal Care, Inc.,
Co-Chair Psychiatric Committee, Michigan Home Health Association

13th Edna Gates Conference on Alzheimer's Care

November 2 & 3, 2009

SPONSORS

Optimal Life Designs in Dementia Care gratefully acknowledges the following sponsors for their very generous support of the 13th Annual Edna Gates Conference on Dementia Care. Without their support, this event would not be possible.

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Edna Gates Conference
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SPECIAL PROGRAM A

Monday, November 2, 2009



The Family Caregiving Journey: Linking Needs with Supportive Services and Resources

Time: 9:00 a.m. – 4:30 p.m.

Onsite registration will begin at 7:45 a.m.

Who Should Attend?

Care/Supports Coordinators, Clergy & Parish Nurses, Health Educators & Staff Development Coordinators, Nurses & Nurse Practitioners, Occupational Therapists, Physical Therapists and other Rehabilitation Specialists, Psychologists, Social Workers and others working with caregivers of individuals living at home.

Learning Objectives

- Develop greater appreciation for the diversity of individual caregiving journeys and experiences.
- Recognize the importance of customizing potential interventions from a caregiver's point of view.
- Increase awareness of cutting-edge research and practice recommendations for remarried spouses caring for a partner with dementia.
- Enhance current understanding of environmental interventions and adaptive technologies that can ease the caregiving experience.

Cost

Please see page 11 for Registration Fee details. The registration fee for Special Program A includes materials, lunch and refreshments.

Contact Hours

Six (6) contact hours are pending approval for nurses, social workers, nursing home administrators, activity professionals in Michigan, Ohio, Indiana and Illinois. Contact hours are also pending approval for recreation therapists, occupational therapists, physical therapists.

Morning Program (9:00 a.m. to 12:00 p.m.)

9:00 a.m. Opening Remarks: Dale Adler, MA, MSW
Consultant to Optimal Life Designs in Dementia Care

9:15 a.m. Journeys of Discovery and Transition

The unique perspective and contributions of family caregivers are often overlooked - or an after thought in the delivery of services to frail elders and adult with disabilities. Many professionals have a limited awareness and understanding of caregiving responsibilities and do not fully recognize the important contributions that families and life partners make on a day-to-day basis in supporting loved ones with dementia. Similarly, much of the work that professionals currently do with care partners is underfunded. This opening session will explore the experiences of two family members in their caregiving

journeys. In conversation with our guests, Beth Spencer challenges conference participants to consider key questions and practical concerns that your own client families may have.

Presenters: Guest Caregivers and Moderator, **Beth Spencer**, MA, LMSW, Director of The Silver Club Memory Loss Programs, Geriatrics Center, University of Michigan, Ann Arbor, MI.

10:30 a.m. BREAK

10:45 a.m. The Caregiver Identity Change Theory: A Model for Understanding The Caregiving Journey

Family caregivers are most often the providers of long-term care for persons with chronic illnesses and disabilities. A common concern among providers is that families seek and use most services too late in the caregiving process to fully benefit from them. Many caregivers struggle with identifying and understanding their role and own needs as they balance changes in the care receiver's need for assistance with normal activities of daily living. The Caregiver Identity Theory is a model that can help participants gain a better understanding of the diverse and changing nature of the caregiving experience and obtain guidance for effectively supporting family caregivers in a timely manner.

Presenter: **Rhonda J.V. Montgomery**, PhD, Helen Bader Endowed Professor in Applied Gerontology, Helen Bader School of Social Welfare, University of Wisconsin-Milwaukee, WI.



12:00 - 1:00 p.m. LUNCH

Afternoon Program (1:00 p.m. to 4:30 p.m.)

The afternoon program offers a series of three concurrent Workshop offerings from 1:00 – 3:00 pm, followed by a Closing Plenary Session, from 3:15 – 4:30 pm.

Choose one of the following three workshops:

A1 The Meaning of Home: Working with Family Caregivers to Create a Safe Environment

This session will discuss strategies for working with family caregivers and persons with dementia within the home environment, based on empirical evidence. Common challenges to service provision in the home will be discussed along with approaches for promoting successful outcomes. Key home hazards and safety risks will be presented with recommendations for home modifications. Also, strategies for creating a supportive, secure and emotionally calm environment to offset behavioral symptoms and promote quality of life will be considered. Emphasis will be placed on effective methods for developing a collaborative partnership with family caregivers to design and implement environmental changes that maximize safety, function, and well-being in persons with dementia and their family caregivers.



Presenter: **Catherine Verrier Piersol**, MS, OTR/L, Clinical Director, Jefferson Elder Care, Jefferson Center for Applied Research on Aging and Health and Assistant Professor, Department of Occupational Therapy, Thomas Jefferson University, Philadelphia, PA.

A2

Complicated Caring: The Experience of Caregiving in the Context of Remarriage and Stepfamily

Family caregiving is difficult in the best of circumstances. It can be further complicated when past family histories are not shared and when members may not feel a sense of 'being family' to each other. This session will highlight the unique challenges of providing dementia care in the context of late life remarriage and stepfamily. Drawing upon a unique and ongoing study of remarried spouse caregivers, Dr. Sherman will outline particular intergenerational concerns and stressors reported by remarried caregivers and offer strategies that families and service providers can use to ameliorate this added stress for caregivers and individuals receiving their care, who have dementia. Particular challenges of caregiving by stepfamily members will become even more important to consider as increasing numbers of the baby boom generation enter caregiving situations in the future.

Presenter: **Carey Wexler Sherman**, PhD, Research Investigator, Life Course Development Program, Institute for Social Research, University of Michigan. Dr. Sherman's clinical training and research has focused on intergenerational relations across the life span, with a special emphasis on longitudinal, multi-method studies of dementia family caregiving. She currently directs a study funded by the National Alzheimer's Association on caregiving in the context of remarriage and stepfamilies, their support networks, and how social relations influence social support and well-being. She serves as Master Trainer and Evaluation Consultant to the Michigan Alzheimer's Disease Supportive Services Project, Creating Competent Caregivers, and is a member of the Michigan Dementia Coalition.

A3

Using TCARE® as a Strategic Process for Serving Family Caregivers

Dr. Rhonda Montgomery will describe the Tailored Caregiver Assessment and Referral® process (TCARE®), a care management protocol designed to effectively support family caregivers. The presentation will also include information about the steps that organizations can take to adopt and implement the process.

Learning Objectives: (a) Understand the process used to develop TCARE® and findings of recent research regarding the impact of TCARE, (b) Describe the utility of TCARE® for understanding sources of caregiver stress, identifying strategies to reduce stress, selecting services that will effectively support family caregivers, and developing new resources, (c) Describe the TCARE® protocol and set of tools that can guide care managers through a six-step process of caregiver assessment, consultation and referral that leads to the development of an individualized care plan, (d) List steps that organizations can take to access training and collaborate with the UWM team to implement and adopt the TCARE® care management protocol.

Presenter: **Rhonda J.V. Montgomery**, PhD, Helen Bader Endowed Professor in Applied Gerontology, Helen Bader School of Social Welfare, University of Wisconsin-Milwaukee.

3:00 p.m. BREAK

3:15 p.m. Harnessing the Power of Technology to Stay at Home Longer

Dementia presents with a broad range of cognitive changes that are manifested by distinct patterns in different individuals. Learning how to cope with these changes can be challenging, both for the individual with dementia and his or her caregivers. There is a plethora of different assistive technologies that can offer support, from reminder systems for activities or medications, to cognition-building computer programs,

and to alerts that signal a broad range of behaviors or activities. Some of these solutions are low-tech and inexpensive, while others are high-tech, using multiple sensors and remote monitoring systems. This session explores the broad range of assistive technologies, including ones currently on the market and others under development that can be implemented to help individuals with dementia stay at home longer.



Presenter: **Margaret Calkins**, PhD, CAPS, President of IDEAS Inc and Chair of the Board of IDEAS Institute in Kirtland, Ohio. Dr. Calkins is widely recognized as an expert in elder-supportive design, as well as the creation and design of long-term care settings, particularly for individuals with dementia.

4:15 p.m. Closing Remarks and Adjournment – Dale Adler, MA, MSW

SPECIAL PROGRAM B

Monday, November 2, 2009



Behavioral Distress in Persons with Dementia: Developing Creative Approaches Through Understanding and Caring

(Registration limited to 200 people)

This special program is made possible with the generous contributions of:

Platinum Sponsors:

- *Seniors Wellness Group of Michigan*
- *Senior Healthcare Alliance*
- *Behavioral Care Solutions*

Gold Sponsors:

- *Jewish Senior Life of Metropolitan Detroit*
- *Jewish Vocational Services*

Time: 12:30 p.m. – 4:45 p.m.
Onsite registration will begin at 11:45 a.m.

Who Should Attend?

Healthcare professionals, direct care workers and licensing and regulatory personnel who want to learn a new framework for understanding why challenging behaviors occur and a process for developing interventions. This includes people who work with individuals who have dementia in a wide array of settings: home care programs, adult day services, assisted living and skilled nursing facilities, hospitals, rehabilitation centers and behavioral health programs. **Organizations are strongly encouraged to send an interdisciplinary team.**

Learning Objectives

- Define the main types of distressing behavior and understand the relationship between behavior problems and cognitive levels.
- Discuss theoretical frameworks and research findings concerning the causes of behavior problems in persons with dementia.
- Describe principles for treating behavior problems in dementia and understand the logic of the TREA treatment model.
- Understand the need for conducting multiple types of assessment and their contributions in determining the most suitable approach to treatment.
- Understand the treatment selection process and role of creativity in developing the best treatment.

Cost

See page 11 for registration details.

Contact Hours

Four (4) contact hours are pending approval for nurses, social workers, nursing home administrators, activity professionals in Michigan, Ohio, Indiana and Illinois. Contact hours are also pending approval for adult foster care home providers, recreation therapists, occupational therapists and physical therapists.

Program Description

Agitation, behavior problems and disruptive behaviors are terms used to indicate verbal, vocal or physical inappropriate behavior by a person with dementia that is not caused by an apparent need or mere confusion. The behaviors may seem appropriate and indicate a need from that person's point of view, yet this need is less obvious to a caregiver or other observer. These behaviors are common, often associated with the discomfort of a person with dementia, and perceived by caregivers as burdensome.

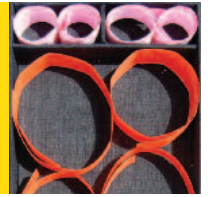
This special program will explore common reasons for these behaviors and different ways to conceptualize them. The understanding of behavior dictates interventions that will be used. Furthermore, additional assessment measures are often needed to determine the best ways of treating a behavior. Discussion will include assessments, reasons for their utilization and how they impact treatment. A wide range of clinical interventions are available. Each one must address the older person's needs while matching his or her level of cognitive and sensory abilities, sense of identity, habits, and preferences. This calls for a combination of knowledge of existing tools and creativity for developing new ones.

Presenter: Jiska Cohen-Mansfield, PhD, MA, MBA, ABPP, Professor, Health Care Sciences and Prevention and Community Health, George Washington University Medical Center, Washington, DC. She is also head of the Herczeg Institute on Aging, Chair and Professor of the Department of Health Promotion, School of Public Health, Tel-Aviv University, Tel-Aviv, Israel.



SPECIAL PROGRAM C

Tuesday, November 3, 2009



13th Edna Gates Conference on Alzheimer's Care

Morning Sessions (8:40 a.m. to 12:30 p.m.)

7:30 a.m. Registration, Continental Breakfast & Exhibits

8:40 a.m. Welcoming Remarks and Introduction to Mrs. Edna Gates
Anne Robinson, MA, Executive Director,
Optimal Life Designs in Dementia Care

8:50 a.m. Why is Creative Engagement Important to Me?

Saying what you mean and meaning what you say is easier said than done, even for individuals not living with a diagnosis of dementia. Opportunities to express something – anything – are diminished almost immediately following the diagnosis. Opportunities to think and talk about ourselves, our lives and our world are influenced by well-meaning professionals and caregivers who want to focus primarily on reminiscing about the past. What about focusing on living life today? "I don't want to live life in the past. I want to live in the present moment."

Journaling, painting, dancing, photography, storytelling and poetry writing are some of the ways that people can creatively express their feelings and ideas. People with cognitive loss welcome opportunities to be meaningfully engaged in life and the moment. It is these unique experiences that can nurture our mind, body and spirit. "There is not much, if anything, we can do about symptoms and progression. In the end, what we can do is make sure that we all live in today, in the moment. For me, for us, our lives will be changed and supported for the better if we practice listening to each other, if we accept people for who they are today, if we enable rather than disable, and if we re-able when necessary, through the process of creative engagement."

Presenter: Richard Taylor, PhD, Advocate, Writer, Retired Professor and Organizational Psychologist, and author of *Alzheimer's From the Inside Out*. Dr. Taylor was diagnosed with probable Alzheimer's disease about eight years ago. As an advocate, he strives to build public awareness about dementia and the types of supports that can benefit and enhance the lives of individuals with cognitive loss. Dr. Taylor's numerous articles have been published in a variety of journals.



9:05 a.m. Forget Memory: Creative Engagement in Dementia Care

The experience of living with dementia entails loss – this we know. But loss is not the only story. Playwright and scholar, Dr. Anne Basting, focuses the lens beyond loss to reveal the potential of creative engagement as a collaborative process and vehicle for nurturing

relationships, encouraging expression, building community and meaning in the experiences of people living with cognitive loss and care providers, alike. Dr. Basting will share core philosophies and the impact of ten model programs which promote creative engagement by offering tools for inspiration, hope and meaningful human connection. Participants will have the opportunity to experience the power of creative engagement firsthand through a few brief exercises.

Presenter: **Anne Basting**, PhD, Director, Center on Aging & Community, and Associate Professor, Department of Theater at the Peck School of the Arts, University of Wisconsin-Milwaukee. Dr. Basting teaches storytelling, playwriting and has written extensively on issues of aging and representation, including two books, *Forget Memory: Creating Better Lives for People with Dementia* and *The Stages of Age: Performing Age in Contemporary American Culture*. She continues to direct the TimeSlips Creative Storytelling Project and is currently at work on the Penelope Project; a site-specific performance in a nursing home inspired by family, staff, and resident conversations about the myths of Penelope from Homer's Odyssey.



10:20 a.m. - 10:35 a.m. BREAK (15 minutes)

10:35 a.m. New Frontiers in Neuroscience: The Biology of Artistic Engagement

Why are the arts so important to improving quality of life for some individuals with cognitive loss? Dr. Braun, a neuropsychologist and geropsychologist, will provide a guided tour of the brain and discuss the fascinating links between brain functioning and artistic engagement. Theories of how neurobiological changes associated with cognitive impairment can increase the benefits of artistic engagement will be discussed. Case examples will illustrate the important geographical interplay between artistic engagement and cognitive loss, and the implications for future therapies.



Presenter: **Michelle Braun**, PhD, Neuropsychologist, Geropsychologist, Harvard Medical School, VA Boston Healthcare System, Brockton, Mass.

11:30 a.m. Caring for Lil: Our Ten-Year Journey, With Help from the Theater

When her mother, Lil, a brilliant, high-powered businesswoman living two hundred miles away, began to lose her memory, Elinor Fuchs had just completed her PhD, was beginning her teaching career, and still had teenage daughters at home. Now she had a huge responsibility. To her surprise, Dr. Fuchs found that her professional study of theater was able to guide her as a dementia caregiver. It also helped her recognize something she never imagined possible with Alzheimer's disease – her mother's own playfulness and creativity. Performing conversations taped with Lil in the last years of her life, Dr. Fuchs shows how intimacy and spiritual growth can flourish even in the face of advancing memory loss.

Presenter: **Elinor Fuchs**, PhD, Professor of Dramaturgy and Dramatic Criticism, School of Drama, Yale University, New Haven, CT. Author of an Alzheimer's memoir, *Making an Exit*.



Photo: Sarah Griffin Bankier

12:30 - 1:30 p.m. LUNCH & Viewing of Exhibits (60 minutes)

Afternoon Sessions (1:30 to 4:45 p.m.)

Participants may select EITHER:

- **Two Workshops** (each 1.5 hours) offering information about new or alternative methods for conducting assessment or treatment; designing programs and planning interventions. Two blocks of workshops will be offered from 1:30 - 3:00 p.m. and 3:15 - 4:45 p.m. There are 8 workshops to choose from.

OR

- **One Intensive Session** (3.0 hours) that offers more in-depth examination, experiential exercises and discussion. There are four Intensives to choose from.

Workshops (Select two offerings)

W1 Advances in the Assessment and Treatment of Alzheimer's Disease and Related Disorders

This session is intended for healthcare professionals and direct care workers who want to increase their knowledge about primary neurodegenerative diseases that cause dementia and specific clinical features that differentiate one disorder from another. Neurologist, Dr. Henry Paulson, will provide an overview of the clinical features associated with various forms of dementia, including Alzheimer's disease, vascular



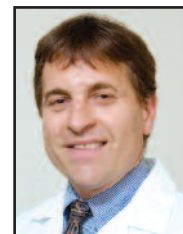
dementia, Lewy body disease, and frontotemporal dementia. Clinical symptoms, risk factors and prevalence of these disorders will be discussed in addition to current assessment tools to distinguish among the different types of dementia to achieve an accurate diagnosis. Dr. Paulson will also speak on treatment options for Alzheimer's disease and related conditions.

Presenter: **Henry Paulson**, MD, PhD, Professor of Neurology, Lucile Groff Chair of Neurology, University of Michigan Medical Health System; Associate Director, Michigan Alzheimer's Disease Research Center, Ann Arbor, MI.

W2 Cognitive Impairment and the Risk of Falling: Challenges and Opportunities

Falls are a common occurrence in older adults and can have serious outcomes including injury or death. This is particularly relevant to people with cognitive impairment. The fear of falling also changes a person's quality of life. This session is intended for participants who want to develop a better understanding of fall risk factors related to cognitive and behavioral function and learn more about different types of interventions that can be implemented in home, community and facility-based care environments. Dr. Neil Alexander will review risk factors, present data on how cognition affects walking, discuss the role of assessment and a range of environmental and therapy interventions which can reduce the risk of falling. Special attention will be given to addressing cognitive and behavioral factors when implementing these approaches.

Presenter: **Neil Alexander**, MD, Professor, Division of Geriatric Medicine, Department of Internal Medicine; Research Professor, Institute of Gerontology, The University of Michigan; Director, Mobility Research Center, University of Michigan Geriatrics Center; Acting Director, Geriatric Research, Education and Clinical Center, Ann Arbor, MI.



W3**The MoMA Alzheimer's Project:
Making Art Accessible to People with Dementia**

The Museum of Modern Art in New York is one of the first museums in the country to offer programs designed to make its collection and special exhibitions more accessible to people with Alzheimer's disease and their family members. In 2006, the Museum launched *Meet Me at MoMA*, a monthly educational program specifically for people with dementia. The program features interactive tours of the Museum's renowned collection of modern art for individuals in the early and middle stages of dementia, along with their family members and caregivers. Specially trained museum educators engage participants in lively discussions with an in-depth focus on artworks from the Museum's collection.

Join Amir Parsa to learn important considerations for designing a community-based arts program for persons with cognitive loss and their caregivers. Participants will also learn about resources MoMA is developing to help adult day programs, assisted living residences and nursing homes adapt museum experiences to meet their needs. One goal of the 13th Edna Gates Conference is to encourage the development of similar kinds of programming in Michigan through partnerships between cultural arts and organizations that serve people with dementia.

Presenter: Amir Parsa, Lecturer, Educator and Manager, The Alzheimer's Project, The Museum of Modern Art, New York, NY.



Developmental Theory, Gerotranscendence and Theme-Centered Theory. The TAAP Method offers multiple opportunities to increase cognitive functioning by using a 9-step creative arts structure designed to stimulate both the right and left sides of the brain. It also incorporates person-centered approaches through the use of personal and environmental themes. Participants will explore ways this innovative approach to enriched programming can enhance language and increase socialization.

Presenter: Linda Levine Madori, PHD, CTRS, ATR-BC, LCAT, Professor and Clinical Internship Supervisor, St. Thomas Aquinas College, Sparkill, NY. Dr. Madori's book, *Thematic Arts Programming*, will be available to purchase at the conference.

**W4****The Dancing Heart:
Vital Elders Moving in Community**

The Dancing Heart is an innovative, evidence-based dance and storytelling program that successfully engages frail elders, including those with Alzheimer's disease and related dementias, in creating art and a sense of community that leads to significant, scientifically measureable health benefits. Maria DuBois Genné, Founder and Artistic Director of the Kairos Dance Theater, along with Kairos artists/educators, offer *The Dancing Heart*, weekly, interactive dance and storytelling-based workshops for elders, family members and caregivers. Frail elders are invited to help co-create a new vision of dance – one that is inclusive of all ages, all bodies and many different ways of moving. More than 250 elders from ten community sites have participated in the program over the last seven years. *The Dancing Heart* program explores the 'language of dance' through movement improvisation, the interweaving of dance and story, and collaborative development of choreography that draws on participants' memories and life experiences.



Presenter: Maria DuBois Genné, MEd, Founder and Artistic Director of the Kairos Dance Theater, Minneapolis/St. Paul, Minn. She is also a consultant/ trainer for the National Center for Creative Aging in Washington, DC.

W6**Practical Mindfulness in Giving Care**

Skills in Practical Mindfulness are evidence-based techniques that help you engage more effectively in the present moment within your daily lives and interactions with others. Participants will learn through experiential exercises, role-playing and group discussions, how to live more fully in the present moment in order to strengthen relationships with individuals with cognitive loss and to cultivate person-centered care. There are numerous benefits to using Practical Mindfulness. It can (a) improve creative problem-solving skills on the spot, (b) encourage outcome-based thinking; (c) increase empathy for individuals with cognitive loss; (d) facilitate establishing rapport with individuals with cognitive loss; (e) help to identify and meet psychosocial needs of people you serve; (f) help someone with cognitive loss to regulate overwhelming emotions such as anger and anxiety; (g) effectively addresses common behavioral symptoms; and (h) reduce caregiver stress.

Presenters: Eric Miller, BS, Doctoral Candidate, Clinical Psychology, Eastern Michigan University, Ypsilanti, Michigan. His research and clinical work focuses on Mindfulness and Acceptance-Based Therapies. He has developed numerous training workshops for students, clinicians and licensed staff at the Ann Arbor VA Mental Health Clinic and Flint Veteran's Administration Outpatient Clinic.

Roxanne Chang, JD, MS LLP, attorney specializing in elder and special needs law; Limited Licensed Psychologist with Graduate Certificate in Gerontology; Consultant to Optimal Life Designs in Dementia Care, Plymouth, MI.

W7**Interpersonal Social Rhythm Therapy:
A Therapeutic Approach for Persons with
Cognitive Loss and Their Primary Family Caregiver**

This session is designed for case managers, nurses, social workers, counselors, occupational therapists and psychologists interested in a practical, evidence-based therapy model. Interpersonal Social Rhythm Therapy (IPSRT) is a therapeutic modality that combines Interpersonal Therapy (IPT) with Social Rhythm and Circadian Rhythm theories. The focus of Interpersonal Social Rhythm Therapy is on the profound social and interpersonal role transitions that can occur between two people in a primary relationship when one of them develops cognitive loss. IPSRT helps both the individual and his or her care partner to clarify, articulate and adapt to the new role challenges and expectations they each face in response to changes in cognitive functioning. The model uses psychoeducation and monitoring to assist the two people in planning for changes in circadian and social rhythms that occur over time (such as sleep and eating patterns, activities of daily living, and social activities). Participants will obtain a basic understanding of IPSRT and learn how to incorporate this therapeutic approach in their day-to-day practice.

Presenter: Kristyn Gall, PMHCNS, BC, NP, Chief Clinical Officer, Optimal Care Inc, Bingham Farms, MI.

W5**Therapeutic Thematic Arts Programming: The TTAP
Method for Enhancing Creativity and Self-Expression**

This workshop is intended for occupational therapists, recreation therapists, activity therapists, activity directors and activity assistants, art, music and dance therapists and anyone interested in innovations in the expressive arts. The session will describe the recent neuroscience discoveries regarding the brain's ability to regrow new cells when stimulated through the creative arts therapy process. Therapeutic Thematic Arts Programming (TAAP Method) is based upon the perspectives of

W8 Neuropsychological Assessment: A Basis for Understanding Changes in Ability, Behavior & Cognition

This session is intended for participants who want to obtain a better understanding of the purpose of neuropsychological testing and why it may be helpful to an individual, his or her family members and other care providers at various points in the diagnosis and treatment of a cognitive disorder. Neuropsychological assessment is an important component of a comprehensive evaluation of individuals who exhibit possible signs of dementia, behavioral disturbances and/or psychiatric symptoms. The presenters will review common types of tests used in neuropsychological evaluation, when to consider using specific tests, and discuss how results can be used to maximize individual strengths, identify an array of accommodations and supports that may be needed, and help inform care planning. The session will include a focus on the pros and cons of participating in neuropsychological testing and practical considerations for helping an individual and his or her care providers to prepare for a testing appointment. A sample neuropsychological report and case study will be used to illustrate how to use test results in developing practical daily approaches to support someone experiencing a progressive decline in cognitive abilities.

Presenter: **Peter Lichtenberg**, PhD, ABPP, Director, Institute of Gerontology; Interim Director, Merrill Palmer Skillman Institute; and Professor of Psychology and Psychiatry at Wayne State University in Detroit, MI, and Chair, Michigan Dementia Coalition. **Suzann Oglund-Hand**, PhD, Director, Center for Senior Care, Pine Rest Christian Mental Health Services in Grand Rapids, MI; and Member of Leadership Team, Michigan Dementia Coalition.

Intensive Sessions (Select one offering)

Intensive A Dementia Beyond Drugs: A New Model for Care

A biomedical approach to treating dementia is inadequate to the task of creating well-being in people living with cognitive loss. It actually hastens suffering and decline through disengagement, disempowerment and the potential for over medication. Using the framework of culture change pioneers, Dr. Allen Power introduces a new model for viewing and treating people with dementia. He will explain the limitations of this current model, build a new 'experiential' view and show how it can be applied in real-life situation. "Prepare to be challenged about what we have been taught to believe!"



Presenter: **Allen Power**, MD, FACP, Eden Mentor, St. John's Home, Rochester, NY and Associate Professor of Medicine, The University of Rochester in Rochester, NY.

Intensive B Fostering Partnerships Between Families and Staff in Residential Care Settings

This session explores the importance of building partnerships in residential care settings by enhancing communication skills between staff, residents and their families. It will offer an overview of a successful evidence-based program titled, *Partners in Caregiving: Cooperative Communication Between Families and Nursing Homes*. Discussion will focus on the program's goals and rationale, key evaluation findings and the importance of maintaining fidelity to the program model during implementation. The presentation will include analysis of potential roadblocks and strategies which organizations have used to overcome those barriers. Participants will have the opportunity to assess their own organization's readiness for the program.

Presenter: **Rhoda Meador**, PhD, Associate Director, Cornell Institute for Translational Research on Aging, Cornell University, Ithaca, NY. She has designed,

evaluated and implemented a variety of successful training programs and is the author of numerous books, manuals and articles including: *Leading the Way: The Busy Nurses' Guide to Supervision* and *CNA Mentoring Made Easy*.

Intensive C Emerging Hot Topics in Cognitive Health: Mild Cognitive Impairment, Brain Fitness and Rehabilitative Programs

This session features an in-depth examination of three concurrent issues that aging societies are facing today: (a) What does normal versus abnormal aging of the brain look like? (b) What can be done to delay or offset further decline? (c) What can individuals with memory loss do to improve cognition and quality of life?

The first presentation will focus on advances in the understanding of Mild Cognitive Impairment (MCI), its potential causes and how it differs from normal aging and dementia. Dr. Judith Heidebrink will discuss the risk of progression from MCI to dementia, factors that may influence the risk and societal implications of labeling someone with MCI. Emerging developments in pharmacological interventions for treating MCI will also be presented.

Dr. Bruno Giordani will focus on non-pharmacological interventions and approaches to rehabilitation in disorders that involve cognitive impairment, including: individual and group training; the use of workbooks, auditory training, and computers; and specific approaches which have been successful in several medical disorders in children and adults. Dr. Giordani will also discuss computerized cognitive rehabilitation training (CCRT) for individuals with mild cognitive impairment and the role of exercise in cognitive rehabilitation for older adults.

The final presentation will focus on common concerns expressed by individuals with early-stage memory loss and discuss various models of programming now available, including cognitive gaming and educational, psychosocial, support group and reminiscence models. Laura Rice Oeschger will describe the goals and philosophy of the Mind Works Gaming program. Participants will have the opportunity to view vignettes reflecting personal comments made by group members.

Presenters: **Judith Heidebrink**, MD, Assistant Professor of Neurology, University of Michigan and Ann Arbor VA Health Care Systems, Ann Arbor MI; **Bruno Giordani**, PhD, Director, University of Michigan Neuropsychology Section; Director, Clinical Core and Associate Director, Michigan Alzheimer's Disease Research Center, Ann Arbor, MI and **Laura Rice Oeschger**, LMSW, Coordinator, Early Stage Programs, The Silver Club Memory Loss Programs, Geriatrics Center, University of Michigan, Ann Arbor, MI.

Intensive D Unlocking Your Staff's Creativity Through Coaching Leadership (Limited enrollment of 20 people)

This session is designed for Unit Managers, Directors and Assistant Directors of Nursing, Charge Nurses, Program Directors and Staff Development Coordinators. Maureen Sheehan and Cean Eppelheimer will give participants an opportunity to reflect on how traditional approaches to management and supervision that leaders often rely on to develop plans and solutions, may stifle staff's creativity and limit an organization's potential. By creating a framework of belief in all staff members' abilities and talents and building skills that support broad based solutions, the coaching approach unleashes staff's potential to contribute their best talents, hearts and skills to long-term care organizations. The session will include a brief introduction to the concepts of coaching leadership, the coaching approaches that foster creativity, and opportunities to build coaching skills. In keeping with PHI's approach to adult-centered learning, participants will have the opportunity to learn and practice this coaching approach to unlocking staff creativity.

Presenters: **Maureen Sheehan** and **Cean Eppelheimer**, Michigan Training & Organizational Specialists, Paraprofessional Health Institute, Lansing, MI.

2009 Edna Gates Conference Registration Form

November 2 & 3, 2009



Please complete one form for each individual. This form may be duplicated for each additional registration. Please print clearly.
OR you may choose to complete the registration online at www.optimaldementiacare.com

First Name _____ Last Name _____

Name for Conference Badge _____

Title _____

Organization _____

Street Address _____

City _____ State _____ Zip _____

Country other than the USA _____

Phone (_____) _____ Cell (_____) _____

Fax (_____) _____ Email _____

Preferences

- Optimal Life Designs in Dementia Care may NOT publish my name and contact information on the Conference Attendee List for distribution to participants and vendors.
- I prefer a vegetarian lunch.
- I have other special dietary needs (i.e. gluten free).
Please specify _____
- I have a disability that requires accommodation to fully participate.

Please Indicate Each Special Program You Plan To Attend:

I plan to attend the following Special Programs:

- A: The Family Caregiving Journey: Linking Needs with Supportive Strategies and Resources**
November 2 (Full-day program begins at 9:00 a.m. and concludes at 4:30 p.m.)
- B: Distressing Behaviors in Dementia: Understanding, Caring and Developing Creative Approaches**
November 2 (Half-day program begins at 12:30 p.m. and concludes at 4:45 p.m.)
- C: 13th Edna Gates Conference on Alzheimer's Care**
November 3 (Full-day program begins at 8:40 a.m. and concludes at 4:45 p.m.)

Please Indicate Which Intensive Or Workshops You Plan To Attend:

November 2 – Special Program A: **The Family Caregiving Journey**

Choose ONE 2.0 hr Workshop (1:00 – 3:00 p.m.): *Check box* A1 A2 A3

November 3 – Special Program C: **13th Edna Gates Conference on Alzheimer's Care**

There are two options: Choose ONE Intensive (3.0 hours) or TWO Workshops (Each 1.5 hours):

Choose ONE 3.0 hr. Intensive (1:30 p.m. – 4:45 p.m.) IA IB IC ID

OR

Choose TWO 1.5 hr Workshops *Check two boxes below (one in each time block):*

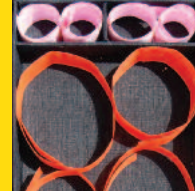
- First Time Block (1:30 p.m. – 3:00 p.m.) W1 W2 W3 W4 W5 W6 W7 W8
- Second Time Block (3:15 p.m. – 4:45 p.m.) W1 W2 W3 W4 W5 W6 W7 W8

Contact Hours for Nov. 3

6.5 contact hours are pending approval for nurses, social workers, nursing home administrators, activity professionals in Michigan, Ohio, Indiana and Illinois. Contact hours are also pending approval for adult foster care home providers, recreation therapists, occupational therapists and physical therapists.

2009 Edna Gates Conference Registration Form

November 2 & 3, 2009



Registration Deadline: October 29, 2009

Several options for registration are available. Use the Conference Registration Fee Schedule to select the best option. **We encourage you to register online at www.optimaldementiacare.com.**

- **Individual Rates** (for one day or two days).
- **Group Discount Rates** (for one day or two days). This special rate requires a minimum registration of three or more staff from the same organization. All members of the group must be registered for the same program.
- **Student Rate** This special rate requires students to submit a photocopy of their Student I.D. with the Registration Form.

Registration Fee Schedule	Individual Rate	Group Rate	Student Rate	Total Amount
Option 1 November 2nd ONLY Special Program A: Full-day Family Caregiving Journey <i>Fee includes lunch & materials</i>	\$109	\$85 per person, minimum of 3 staff	\$70	
Option 2 November 2nd ONLY Special Program B: Half-day Distressing Behaviors in Dementia <i>Fee includes materials only. Lunch is NOT provided.</i>	\$70	\$50 per person, minimum of 3 staff	\$40	
Option 3 November 3rd ONLY Special Program C: 13th Edna Gates Conference on Alzheimer's Care <i>Fee includes materials & lunch.</i>	\$140	\$115 per person, minimum of 3 staff	\$70	
Option 4 2-Days, November 2nd & 3rd Special Program A (Families) Special Program C (Gates Conference) <i>Fee includes materials & lunch both days</i>	\$209	\$185 per person, minimum of 3 staff	\$140	
Option 5 2-Days, November 2nd & 3rd Special Program B (Distressing Behaviors) Special Program C (Gates Conference) <i>Fee includes materials both days. Lunch provided November 3rd ONLY.</i>	\$189	\$165 per person, minimum of 3 staff	\$110	

Contact Hours Fee: \$20 per person

(Circle the one(s) you want to apply for):

Nursing: Activity Professional, Nursing Home Administrator,
 Adult Foster Care Home Provider, Michigan Social Worker, Recreation Therapist,
 Occupational Therapist, Occupational Therapy Assistant, Physical Therapist

Total Amount Enclosed	\$	
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Questions?

Contact **Jo Campbell** at 810.632.5599 or e-mail gatesconference2009@yahoo.com
 Please e-mail Jo Campbell, Registration Coordinator, at gatesconference2009@yahoo.com in the event you wish to confirm your Registration. There will be NO confirmation of Registration by U.S. Postal Service.

Method of Registration

Please select one method below (check one):

- U.S. Postal Service:
Send to Optimal Life Designs in Dementia Care
P.O. Box 128, Hamburg, MI 48139
- Fax: 810.231.2743
- Telephone: 810.231.2723

Method of Payment (check one):

- Check or money order made payable to Optimal Life Designs in Dementia Care (Federal ID #20-2221266).
- My organization will pay the registration fee. The P.O. number is _____
- VISA MasterCard

Full Name As It Appears on Card _____

Card Number _____

Expiration Date _____

Security Code (3 or 4 digit number on the back of the card – Must be included in order to process credit card) _____

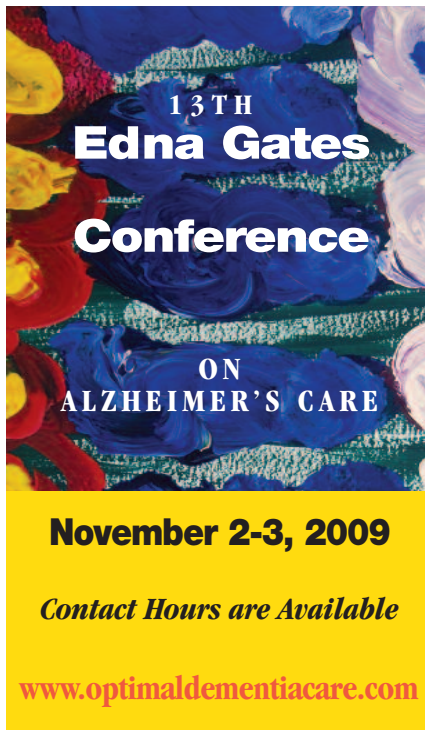
Payment MUST accompany the Conference Registration Form.

Submit to:
Optimal Life Designs in Dementia Care,
P.O. Box 128, Hamburg, Michigan 48139

Cancellations and Requests for Refunds must be made in writing and postmarked, e-mailed or faxed by midnight on October 20, 2009. All requests received by October 20 will be refunded minus a processing fee of \$50. No refunds will be made for cancellations received after October 20, 2009. Substitutions are welcome.

Optimal Life Designs in Dementia Care reserves the right to cancel or postpone any or all conference activities due to unforeseen circumstances. In the event the conference must be canceled or postponed, registration fees will be refunded in full. Optimal Life Designs will not be liable for attendees' housing and/or transportation.

Optimal Life Designs in Dementia Care,
P.O. Box 128, Hamburg, Michigan 48139
Phone: 810.231.2723 Fax: 810.231.2743
Website: www.optimaldementiacare.com



Michigan's Premier Conference on Dementia Care

"This IS the conference that gives answers and meaningful insights to the care of people with Alzheimer's. Everyone attending leaves inspired and with a wealth of knowledge that can be put into practice the next day. The gift of knowledge shared far surpasses the cost of attendance. Invest in your staff."

— Debra Mittelbach, LHNA, CDP, CALD, Executive Director,
Arden Courts of Bingham Farms, MI

"I have been impressed by the presentation of thoughtful, innovative and practical approaches to dementia care that can be immediately incorporated into my work. The affordable price makes it ideal for programs to send as many staff as possible to benefit from this unique educational opportunity. I highly recommend attendance at this 'gem' of a conference."

— Sharon Jones, PhD, Clinical Director,
Seniors Wellness Group of Michigan

Be sure to stop by our Exhibit Hall:

- Advacare Systems
- Alzheimer Activities Service
- Area Agency on Aging 1B
- Bedside Notes
- Dorothy & Peter Brown
Jewish Community Adult Day Program
- Forest Pharmaceuticals
- Health Professions Press
- Home Instead Senior Care
- Madonna University Gerontology Program
- McMahon and Associates Ltd –
Long Term Care Insurance Specialists
- MPRO
- Novartis Pharmaceuticals
- Optimal Care Inc.
- Pine Rest Christian Mental Health Services
- ResCare Home Care
- Seasons Hospice and Palliative Care
- Service Care Inc.
- Simply Thick
- United Home Health Services