



SIU MEDICINE



# MEMORY LOSS CONFERENCE

*Enhancing Communication for People Living with Dementia*

**8:30 am - 4 pm | Friday, Oct. 5, 2018**

Memorial Center for Learning & Innovation, 228 W. Miller St., Springfield, IL

Provided by:



Supported by:



The Memory Loss Conference synchronizes science and support by bringing the latest information on research, treatment, care and quality of life for persons with dementia and their care partners.

*Provided through support from the King's Daughters Organization and brought to you by SIU Medicine, Center for Alzheimer's Disease and Related Disorders.*

## Agenda — Friday, October 5th

- 7:30 - 8:30 Registration, light breakfast
- 8:30 - 9:30 **Session 1**
- 9:30 - 10:30 **Session 2**
- 10:30 - 10:45 Break
- 10:45 - 11:45 **Session 3**
- 11:45 - 12:15 **Session 4**
- 12:15 - 1:15 Lunch
- 1:15 - 1:45 **Session 5**
- 1:45 - 2:45 **Session 6**
- 2:45 - 3:00 Break
- 3:00 - 4:00 **Session 7**
- 4:30 - 6:00 **Reception Celebrating a New Partnership - Taking Alzheimer's Care Beyond the Medical Center**

### **Free Pre and Post Education for Patients and Families**

For Family, Friends, Care Partners and Persons with Early-Stage Memory Loss

#### **Thursday October 4, 2018 6-8pm Public Event**

*Understanding Dementia: A Positive Approach Using What We Know*

#### **Saturday October 6, 2018 9-12pm Family Event**

*Living in the Moment: Seeing GEMS Instead of Disease*

**Westminster Presbyterian Church, 533 South Walnut, Springfield, Illinois**

**Door prizes awarded at the end of the day!**

# Enhancing Communication with People Living with Dementia

## Sessions 1, 2, 3, 6, 7

*Beth Nolan, PhD, Director for Certification, Lead Director Mentor and Coach, Positive Approach™ to Care (PAC), Efland, NC*

The sessions activities will provide learners with an updated understanding of dementia, focusing on not just what is lost in dementia, but rather, what is retained. Common problematic interactions and situations will be de-coded using this information, leaving participants with a better understanding of the brain failure that is dementia. Second, care partnering techniques will be introduced, including the Positive Physical Approach™ (PPA), and Hand-under-Hand™(HuH) technique to guide and assist, will be taught to help reduce distress, encourage acceptance of assistance, and improve outcomes for both people living with dementia and providers. And finally, participants will be introduced to the tool, 6 Pieces of the Puzzle, to help de-code challenging situations. This will enable participants to be better able to try alternatives to pharmacological intervention options. This tool can help providers and care partners identify presumed information about a particular PLWD, and consider unknown information including differentiate between types of dementia, physical health and mental health issues. For example, in one of the 6 Pieces of the Puzzle, participants will be introduced to a process by which they can differentiate between the three “D’s”: Delirium, Dementia and Depression, in order to meet the physical and psychological needs of their seniors and reduce unnecessary hospitalization. With this tool, participants will be able to begin to demystify challenging care situations, leaving participants with non-pharmacological intervention options to try.

### Learning Objectives- Attendees will be able to:

1. Describe brain changes as dementia progresses (e.g., what is lost and retained, role of vision, sensory awareness and processing, and communication changes).
2. Demonstrate care partnering skills including the Positive Physical Approach™ (PPA) technique to approach and connect, and the Hand-under-Hand™ technique to guide and assist PLWD.
  - a. Demonstrate and practice the common communication and approach modifications by level of dementia that can reduce distress, encourage acceptance of assistance, and improve outcomes for both people living with dementia and providers.
  - b. Identify the 10 Physical and Emotional Unmet Needs to demystify challenging situations in dementia. Participants will apply of the knowledge gained during the course of the day, and practice the verbal and physical techniques to intervene and try and address the PLWD’s unmet need.
3. Describe and plan for the use of the tool, 6 Pieces of the Puzzle, to help de-code challenging situations. Thus, participants are better able to try alternatives to pharmacological intervention options. This tool can help providers and care partners identify presumed information about a particular PLWD, and consider unknown information including differentiate between types of dementia, physical health and mental health issue.
4. Differentiate between the three “D’s”: Delirium, Dementia and Depression; identify the signs and some basic management techniques for eliminating delirium, managing depression, and working with the individual living with dementia, in order to meet the physical and psychological needs of their seniors and reduce unnecessary hospitalization.

# Medications to Treat Alzheimer's

## Session 4

**Tom Ala**, MD, Professor, Department of Neurology and Interim Director, Center for Alzheimer's Disease and Related Disorders, SIU Medicine, Springfield, IL

In this presentation, the currently FDA approved medications for Alzheimer's disease will be described with an explanation of how they may be distinguished from each other and how they are effective in particular situations. What a clinician can expect to see with each drug and how to explain the effects to the patient and family will be discussed. With the increased prevalence of Alzheimer's disease, there are many clinical trials and research studies to try to find a cure. This presentation will also describe the potential avenues for future drug development and treatment of the disease. An explanation as to why these are important and could be effective will also be discussed.

Learning Objectives- Attendees will be able to:

1. Know the four currently available FDA-approved drugs.
2. Understand their effect on Alzheimer's disease.
3. Appreciate the difference between "disease-modifying" and "symptomatic" treatments.
4. Learn how antibodies may be used to treat Alzheimer's disease.

# Driving and Dementia and Advance Directives in Illinois

## Session 5

**Ann Jirmasek**, MA, Clinical Gerontology Specialist, Center for Alzheimer's Disease and Related Disorders, SIU Medicine, Springfield, IL and **Orlinda Speckhart**, LSW, MSW, Director of Geriatrics Program, Department of Family & Community Medicine, SIU Medicine, Springfield, IL

In working with someone suspected or diagnosed with dementia, there is the struggle with a number of challenges including driving, which can be an immediate and life-threatening issue – making it a priority. Since it is difficult to decide when someone with dementia should stop driving, this presentation will address issues specific to Illinois law.

Health-care planning is important for every individual, no matter their disease. For those with memory issues and their loved ones, early discussion is vital. This session will cover health-care directives specific to Illinois.

Learning Objectives- Attendees will be able to:

1. Describe Illinois laws surrounding driving and dementia
2. List driving assessment facilities for evaluating driving
3. Identify steps that can be taken if concerned about someone driving with dementia.
4. List the Advance Directive forms recognized by Illinois law.
5. Recognize the importance of personnel being properly education regarding interpreting these forms during emergencies and other relevant circumstances.

## ABOUT THE PRESENTERS



**Tom Ala, MD**, is Interim Director of the Center for Alzheimer’s Disease and Related Disorders and a Professor in the Department of Neurology at SIU Medicine in Springfield, Illinois. For 12 years prior to coming to SIU Medicine, Dr. Ala was the lead physician for the Memory Disorder Clinic at Regions Hospital, part of the University of Minnesota system, in St. Paul, Minnesota. He received his medical degree from the University of Minnesota School of Medicine. After completing his training in neurology, also at the University of Minnesota, he was awarded a postdoctoral research fellowship at the Alzheimer’s Treatment and Research Center, Regions Hospital, St. Paul, Minnesota. He is board certified by the American Board of Psychiatry and Neurology. Dr. Ala maintains a clinical practice in memory disorders at SIU Medicine. He is involved in clinical and neuropathological research in Alzheimer’s disease, dementia with Lewy bodies, vascular dementia, and other dementing illnesses and has authored a number of publications on these topics. He is also an active member of several regional committees involved in the care of Alzheimer’s patients.



**Ann Jirmasek, MA**, is a Clinical Gerontology Specialist at SIU School of Medicine, Center for Alzheimer’s Disease and Related Disorders. She specializes in working with individuals with Alzheimer’s disease and their families, offering family support through counseling, referral services, and education. She also co-facilitates a support group for people in the early stages of memory loss and their family care partners. Ms. Jirmasek has a Master’s Degree in Gerontology from the University of Illinois at Springfield and a Bachelor of Science from Illinois State University.



**Beth A. D. Nolan, Ph.D.** works for Positive Approach™ to Care (PAC), Director of Certifications, a training and advocacy organization offering techniques used by professionals and families working or living with dementia or other brain changes. Dr. Nolan received her Ph.D. in applied gerontology from the University of Kansas, holds master’s degrees in Human Development and Applied Behavior Analysis, and completed her post-doctoral training in geriatric psychiatry at Western Psychiatric Institute and Clinic, Pittsburgh, PA. She is formerly an Assistant Professor of Public Health and the Senior Associate Director for the Evaluation Institute at the University of Pittsburgh’s Graduate School of Public Health. For 20 years, she worked with a variety of human services agencies to translate and implement evidence-based programs for behavioral health, criminal justice, medicine, and senior living. Dr. Nolan now serves as a Lead Mentor Trainer and Coach, and directs research at PAC, working improve skills to move care *givers* to become care *partners*.



**Orlinda Speckhart, LSW, MSW**, is the Director of Geriatrics and Palliative Medicine Programs at SIU School of Medicine. For the over 25 years, she has presented lectures on the fields of aging, counseling, behavioral health. ethics and palliative medicine, as well as been an adjunct Professor teaching Geriatrics. She has a Master’s in Medical Social Work from the University of Illinois at Urbana -Champaign and a Bachelor of Science in Psychology from University of Illinois, Springfield, formerly Sangamon State University.





## Continuing Education Available

### **Activity Professionals, Special Care Unit Staff and others**

Activity Professionals and Special Care Unit Staff may sign in to receive a general Attendance Certificate (see below), which may be used if you choose to apply for contact hours individually. Note: When applying for credit you may be asked to provide details such as session titles, descriptions and educational objectives; be sure to keep this information.

### **Continuing Nursing Education**

SIU School of Medicine is preapproved as a continuing nursing education provider pursuant to Section 1300.130, subsection c), 1) B) and P) of the Illinois Department of Financial and Professional Regulation Nurse Practice Act. Nurses may receive a maximum of **6** contact hours for completing this activity.

### **Professional/Clinical Counselors**

#### **Clinical Psychologists**

#### **Nursing Home Administrators**

#### **Social Workers**

#### **Dietician/Nutrition Counselors**

SIU School of Medicine is licensed by the Illinois Division of Professional Regulation to provide continuing education for professional/clinical counselors (197-000073), clinical psychologists (268-000008), nursing home administrators (139-000027), social workers (159-000106) and dietician/nutrition counselors (199.000121). This program offers **6** CE hours.

## Attendance Certificates

A general Attendance Certificate that reflects actual conference hours, will be available at no charge. To receive a certificate of attendance, sign in at the CE desk. SIU School of Medicine has approved **6** hours.

## Conference Planning Committee

### **King's Daughters Organization**

*Judith Barringer*

*Susan Cain*

*Cathy Schwartz*

### **SIU Medicine, Center for Alzheimer's Disease and Related Disorders**

*Tom Ala*

*Greg Kyrouac*



### Registration Confirmation

Confirmations will be sent electronically to registrants who provide email addresses (**preferred**). Other advance registrants will receive confirmation of registration via mail.

### Conference Handouts

Session handouts, as available, will be posted for download by October 1 at [www.siumed.edu/alz](http://www.siumed.edu/alz). Conference handouts **will not** be available at the event.

### Special Needs

Each conference meeting room is wheelchair accessible. If you require other accommodations, call 217.545.7199 before September 21, 2018 or email [CADRDevents@siumed.edu](mailto:CADRDevents@siumed.edu).

### Attire

Business casual. Layered clothing recommended; room temperatures tend to vary.

### Venue

Memorial Center for Learning and Innovation, 228 West Miller Street, Springfield, IL.

### Accommodations

A limited number of guest rooms are available for the rate of \$109, plus 13% occupancy tax, for the evenings of October 4 and 5, 2018 at the Wyndham Springfield City Centre, 700 East Adams Street, Springfield, IL 62701, phone: 217-789-1530, ask for reservations. To receive this rate, reservations must be made by September 13, 2018 and request the **SIU Alzheimer's Conference** rate, or you may register online at: <https://www.wyndhamhotels.com/groups/hr/siu-alzheimers-conference>. Individuals are responsible for making their own reservations and are responsible for payment on their rooms. All guestroom reservations must be guaranteed at the time the reservation is made. Guests must guarantee their reservation with a credit card. Please be advised any guaranteed reservation that does not check in on the arrival date will be billed for the first night's room and tax and the remaining dates will be cancelled. Guests may cancel their reservation by 4 pm the day prior to arrival without penalty.

### Information

Registration Website: [www.siumed.edu/cpd](http://www.siumed.edu/cpd) (in the dropdown under Learners, select Conferences)

Handout Website: [www.siumed.edu/alz](http://www.siumed.edu/alz)

Registration: JUDY HARBISON at 217.545.7711 or email: [jharbison@siumed.edu](mailto:jharbison@siumed.edu).

General: MICHELLE DAVIDSON at 217.545.7204 or email: [CADRDevents@siumed.edu](mailto:CADRDevents@siumed.edu).

### Conference Sponsors

This educational opportunity is brought to you by the Center for Alzheimer's Disease and Related Disorders at SIU Medicine. Supported through a grant from the King's Daughters Organization.

**Online Registration (preferred):** [www.siumed.edu/cpd](http://www.siumed.edu/cpd)  
 (In the dropdown under 'Learners', click on 'Conferences')

**OR Fill out the following form, detach and mail with check or credit card information to:**

**Mail:** Office of Continuing Professional Development, SIU School of Medicine  
 P.O. Box 19602, Springfield, Illinois 62794-9602

I am registering for:	Regular Rate
<input type="checkbox"/> <b>FRI, Oct. 5 - for Professionals</b>	<input type="checkbox"/> <b>\$65</b>

Name \_\_\_\_\_  
*(as you wish it to appear on name badge)*

Degree(s):  NP  RN  LPN  PhD  LCSW  Other \_\_\_\_\_

Mailing Address — Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

This is my:  Home Address  Business Address

Employer/Affiliation *(if applicable)*: \_\_\_\_\_

Daytime Phone: ( ) \_\_\_\_\_ Email **(REQUIRED)**: \_\_\_\_\_

I will attend lunch:  Yes  No Check here for vegetarian lunch:

**Cancellations:** Registration fees are refundable, less a \$25 processing fee, if requested prior to **September 21st**. After September 21st, only substitutions are allowed. Advance notice appreciated.

**Registration Questions:** 217.545.7711

More detailed flyer available at [www.siumed.edu/alz](http://www.siumed.edu/alz)

### Payment Information

**Check** (payable to SIU School of Medicine)  
 **Discover**  **Visa**  **MasterCard**

Amount: \$ \_\_\_\_\_

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**Card Number** \_\_\_\_\_

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**Expiration Date** \_\_\_\_\_ **3-digit security code** \_\_\_\_\_

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**Name as it appears on card** \_\_\_\_\_

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**Signature** \_\_\_\_\_