

The ABC's and D's of Dementia

Teepa's Workshop Information

March 10th

Workshop 1, 9:00am-12:00pm (3 hours)

The ABCs and D's of Dementia and Caregiving - The Essentials for Good Care

This introductory session provides professional care providers, family members, and others interested in these conditions with essential and important information. This session will help in understanding dementia, its common symptoms and behaviors, and strategies to use to reduce conflict, improve interactions, and get started on this journey.

This session is very helpful to everyone who is trying to cope with and deal with the changes that happen with dementia. It provides basic information and communication skills to improve interactions.

Workshop 2, 1:00pm-4:00pm (3 hours)

Building Hands-On Caregiving Skills for Middle Stages of the Disease

This session will help learners use effective strategies for helping people with dementia during personal care, reducing resistance to care and develop better observational skills to recognize and intervene effectively when behavioral challenges occur. It will emphasize the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of control and self-direction. Grading and providing helping behaviors based on the person's abilities and needs refines the caregiver's skills and fosters positive interactions during care activities rather than struggles.

Workshop 3, 5:30pm-8:30pm (3 hours)

Creative and Practical Tips for Getting Through the Day

This session will encourage both the person with dementia and their care partner to learn more about themselves and each other so that the day goes better. During the session, we will explore personality traits, environmental and activity preferences, planning and organizational needs and desires, stress indicators, inducers, and reducers, and preferred routines and habit patterns for each person. Once we understand ourselves and each other, we will put this knowledge and awareness to work for us so that days come together more often than they fall apart! Some recommendations will be made based on common changes that come with dementia, while others will be based on what helps or bothers each person. One point of emphasis will be on the importance of helping the care partner and the person with dementia reach out to others so that each has options and support beyond the other person.

March 11th

Workshop 4, 9:00am-12:00pm (3 hours)

Activities to Stay Mentally and Physically Fit

Every 72 seconds someone in the US is diagnosed with dementia. We know that dementia affects about 6-10% of all 65 year olds and close to 50% of all 85 year olds. There is no cure and no way to stop the condition once it starts, at this time. Although most of us fear getting it, few of us actively understand the risk factors. For now the best we can do is understand and reduce our risks and learn to live as well as we can even after we do have the condition. This session is designed to help each learner consider their risk factors AND what they can do to minimize those risks. Then we will explore what types and amounts of activity can reduce risks, maximize abilities, and improve the overall quality of life. This session will be interactive and positive for both people seeking to, reduce their risks, those living with some form of dementia. The session is designed to be fun, informative, and engaging. The impact of dementia is significant; estimates are that if we could delay the average age of onset by 5 years, we could change the lives of hundreds of thousands of people each year. This session offers a place to start.

Workshop 5, 1:00pm-4:00pm (3 hours)

Putting It All Together - Getting Someone with Dementia Clean

This session is designed to help caregivers develop and implement bathing and hygiene programs that are individualized to better meet the needs of people with dementia. A review of typical problems in getting clean & perineal hygiene for people who have dementia will help attendees appreciate the role that personal history and preferences, other medical illnesses and sensory losses, the stage of dementia, the environment, the flow of the day and routines, and caregiver approach and skill play in the person's responses to and engagement in bathing tasks. The session will focus on appreciating the importance of meeting the person's needs, using remaining abilities, building caregiver understanding and skills, and modifying the environment and routines to reduce distress and refusals and improve compliance and participation.

Workshop 6, 5:30pm-8:30pm (3 hours)

Building Hands-On Caregiving Skills for Middle Stages of the Disease

This session will help learners use effective strategies for helping people with dementia during personal care, reducing resistance to care and develop better observational skills to recognize and intervene effectively when behavioral challenges occur. It will emphasize the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of control and self-direction. Grading and providing helping behaviors based on the person's abilities and needs refines the caregiver's skills and fosters positive interactions during care activities rather than struggles.

March 12th

Workshop 7, 9:00am-12:00pm (3 hours)

Navigating the Journey-Map, Compass, Traveling Companions, RestStops, Mileposts, Detours, and Scenic Overlooks – With Dementia It's not the Destination, It's the Experience Getting There That Matters

This program is designed to help those caring for someone who is experiencing problems with thinking, memory, language, or behavior. It will address a wide variety of common concerns and issues from the earliest stages of cognitive changes until the end of journey resulting in death due to complications of brain failure. This workshop will have several sessions. The first session will help learners see the difference between normal aging changes that happen to everyone and the changes they may be noticing in the person they are trying to help. Added emphasis will be placed on discriminating among the various dementias so that care can be matched to the type(s) that person has. The second session will address getting the right supports and help in place and determining the resources and environment where care can best be delivered given for that individual. The session will highlight indicators that the condition has progressed and new or different supports and care strategies and programs are needed – from the beginning to the end of the disease process. The third session will address common problems that happen when someone has dementia including hospitalizations, medications complications, and ER visits. Strategies to minimize or reduce the risk of negative outcomes will be provided and discussed. Finally, the last session will focus on the care partner. This session is geared to helping you take care of yourself and the person you are caring for live the best life possible by using techniques that emphasize positive ways to connect, interact and give care to both of you.

Workshop 8, 1:00pm-4:00pm (3 hours)

Person Center Care Planning

This session is designed to help care providers and professionals better understand and meet the needs the person for whom they are trying to provide care and assistance. The session will help identify the key factors that should be taken into consideration when planning a care routine for the person who is living with dementia. It will highlight the value of individualizing scheduled, routines, and programs for the best outcomes. Knowledge of the who the person has been historically, their personality traits, their previous life interests and roles, their current level of dementia, other medical, sensory, or psychological issues that are present, the environment in which they are living, and the skills, knowledge and abilities of the helpers. It will also provide structured opportunities to build skills that can help caregivers maintain the individual's skills and abilities as long as possible AND to develop new care routines and daily programming as the condition advances and changes are indicated. Emphasis will be on early recognition of changes and planning effectively for the person's future as established habits and routines are lost.