



With a Little Help, Inc

Home Care with Heart



5TH ANNUAL CONNECT & CARE CONFERENCE

A HOLISTIC APPROACH TO CARING WITH COMPASSION

This is a conference for professionals, family members, and companions to develop and share ideas to improve the approach and contribution to comprehensive care for aging adults.



September 12th & 13th, 2019
North Seattle College





Lianna Marie is the founder of AllAboutParkinsons.com which connects people affected by Parkinson's disease from all over the world. Since 2005, the website and associated forum has had more than 1.5 million visitors and helped tens of thousands of people with Parkinson's, their families, and their caregivers. Marie served as her mother's caregiver and advocate for thirty years through the many stages of Parkinson's and is the author of two bestselling books about the disease.



Caring for Someone with Parkinson's Disease:

Parkinson's is no longer viewed as simply a movement disorder—it is now being recognized as a motor, non-motor, and cognitive disease. In order to effectively care for someone with Parkinson's, it's important to know how these various symptoms can impact each person differently, as well as understand how medications and their timing can impact the daily life of someone with Parkinson's. In this course we will discuss best practices for medication management, understand who should be on the care team for a person with Parkinson's, and learn strategies to help with various mobility and emotional challenges that can accompany the disease.



D'Anna M. Edison, MS, GMHS, LMHC, CMC is a Certified Care Manager with Aging Wisdom and a Geriatric Mental Health Specialist with a Master of Science degree in Professional Counseling with an emphasis in Gerontology. She has worked with older adults for over 20 years, having started as an activities assistant in a skilled nursing facility, then geriatric mental health, social work in skilled nursing, and as a residential health services director at a continuing care

The Value of Engagement:

Social isolation is a public health challenge. People who are less socially connected are more likely to experience disrupted sleep patterns, altered immune systems, more inflammation, and higher levels of stress hormones. On the other hand, social and creative engagement is related to many positive outcomes in older adults: better health, less depression, and reduced risk of developing or slowing the progression of dementia.



Chris Strand has BA in Sociology with a certificate in Social Work from Washington State University. She has over 30 years in the health care industry, working in Skilled Nursing Rehabilitation, Acute Care and now with Careage Home Health the past 11 years as a Community Liaison. Chris visits patients and their families in Hospitals, Skilled Rehabs and Assisted Living Communities to explain Home Health Benefits and Services. Chris is passionate about helping seniors obtain information and resources to help them make educated decisions.

Underutilization of Home Health Benefits:

Home health is an underutilized benefit that can help folks remain in their home whether recovering from an illness, undergoing medical treatments or dealing with disabilities. Home health provides rehabilitative care and assistance to safely and successfully remain at home or return home following a hospitalization. Services covered by Medicare and Private Insurance Benefits.



September 12th | Workshop 2 1:00pm - 4:30pm (3CEUs)



Andrew McMasters is an actor, director and entrepreneur with over 30 years of experience in the arts. He is a founder of Jet City Improv, a non-profit theater that he managed for 25 years, and worked for multiple Fortune 500 companies to provide presentation support and messaging as well as team building and communications trainings. Andrew is dedicated to experiential learning, providing opportunities for self-discovery and driving innovation in our everyday lives.

Yes, And:

It can be difficult to connect with patients or family members living with Dementia. Too often, frustration and depression cause a lack of connection. In this presentation Andrew will use improvisational techniques to build connection and communication in dementia care. We can learn to listen fully, adapt, practice creativity and to have more meaningful and positive interactions.

IMPROVMINDSET



Rebecca King has over 20 years of experience serving seniors in a variety of settings. Prior to entering the practice of law, Rebecca worked as a hospice and skilled nursing facility social worker, a hospital discharge planner, and an assisted living administrator. She has served as an instructor at Western Washington University teaching a class on Law and Social Policy and as an adjunct professor at Seattle University School of Law teaching a class on elder law ethics. Rebecca's law practice provides services in elder law, estate planning, guardianship, and probate.

Assessing Capacity From a Legal Perspective:

Attorney Rebecca King will address the different definitions of capacity, and explain how attorneys assess capacity in a legal context, including the capacity to make a gift, the capacity to execute estate planning documents, and the capacity to make informed medical consent decisions. The presentation will also address the difference between a durable power of attorney and guardianship, and how the court determines if a person is legal incapacitated. developing or slowing the progression of dementia.

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Don Desonier, JD (Ret), Certified Senior Advisor (CSA)®, provides individual coaching and family facilitation services to caregivers and families of loved ones with Alzheimer's disease or related dementias. He also provides workshops to families and staff at residential care communities. Don has a Certificate in Gerontology from the University of Washington Professional and Continuing Education Program. He also has a Juris Doctor degree, and has been trained as an Elder and Adult Family Mediator.

A Holistic Approach to Challenging Behaviors in Dementia Care:

The journey of caring for an individual with Alzheimer's disease or related dementia can be daunting. This is especially true when someone with cognitive impairment cannot effectively communicate their needs with family or care staff, resulting in anxiety and fear that is frequently expressed through challenging behavior. In this workshop we'll explore beneath the surface of difficult behavior, so as to better understand how to serve and support those with dementia with compassion and kindness.



September 12th | Workshop 3 5:30pm - 8:05pm (3CEUs)



Barbara Green, MSW, has broad experience developing continuing education programs for professionals working with older adults. She has developed curricula on normal aging changes, ethical dilemmas in geriatric care & family caregiving. She has been in clinical practice in care for older adults both in community and residential settings for more than 25 years. Her recent clinical work involves facilitating therapeutic groups for older adults managing complex mental health issues of depression, anxiety and end-of-life.



Ethical Dilemmas in Geriatric Care:

An introduction to ethical issues encountered by professionals providing care to older frail adults. Autonomy, independence and quality of life are concerns for someone who may be living with a chronic disease, dementia or decreasing mobility and are dependent upon others for care. More than acute care incidents and prior to hospice and palliative care, home care professionals guide families through deeply profound decisions regarding safety, personal choice, privacy and receiving intimate care.



Trudy James is a graduate of Union Theological Seminary in New York City, and a retired multifaith hospital chaplain who spent 25 years creating volunteer Care Teams for people living with HIV/AIDS. She has received many honors for her leadership in death and dying and grief and loss awareness. Producer of the documentary film, *Speaking of Dying*, she is also a speaker, workshop facilitator, trainer, retreat leader and consultant regarding issues of grief, aging, living deeply, and dying well.

Is there a Cure for Grief and Loss? If So, I Want It!:

Through experiential exercises and presentations, participants will learn to:

- Recognize the various aspects of grief in themselves and in others.
- Notice how grief manifests differently in different cultures.
- Identify their own losses and how those losses may affect their caregiving.
- Identify functional and dysfunctional practices for coping with personal loss and with the losses of others.
- Participate in and learn to facilitate simple rituals that may be helpful in the grieving process.



Speaking of Dying



Living Deeply ... Dying Well





Dr. Jane Tornatore is a therapist, author, and speaker in Seattle, WA. Her style incorporates compassion, curiosity, deep listening, and heartfelt optimism, along with powerful shots of playfulness. Local and national audiences rave about her engaging workshops on reducing stress, loving themselves more, and living more effectively with dementia. Dr. Tornatore is the author of over 20 articles and just published a book—*Everything is Perfect, Just Not ME! A Roadmap for Self-Acceptance*.

Stress Reduction-Easy Everyday Tools to Lower Stress:

Join Dr. Jane Tornatore as she takes a deep dive into four practical strategies that help you shift into a deeper place of acceptance. You will leave with easy to remember tools to reduce worry, quiet your mind, shift your attitude, and make feelings more manageable.



Megan Delahanty has been working in Palliative Care for about a decade, with a focus on cross-cultural communication and low health literacy patients. Most recently, she created a pilot program at Providence Medical Center in Everett, teaching original curriculum to providers and nurses with the goal of expanding medical communication skills, encouraging a whole person perspective on care. She is a board certified chaplain and an active member of the ethics consult service at Providence.

Understanding Palliative Care:

The presentation is an overview of the function of palliative care (including how it differs from hospice) as well as a look at how different populations (like the low health literacy population) understand and approach serious illness, documentation (or lack thereof), grief and medical communication in general. It offers suggestions of how best to help patients and their families deal with serious and progressive illness like dementia, COPD and the like.



Maggie Christofferson is an Education Coordinator and Trainer for with the Washington State Chapter of the Alzheimer's Association where she coordinates education presentations for people interested in learning more about Alzheimer's and Dementia. Maggie received her Bachelor's degree in social work from the University of Washington in 2009. She taught caregiving classes for the state of Washington from 2011-2018. Maggie has been a caregiver since 1996 and enjoys raising awareness about Alzheimer's and Dementia. In her spare time Maggie enjoys running, yoga, gardening, and walking her dogs.

Alzheimer's-Effective Communication Strategies:

Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and to improved quality of life for both care recipient and care partner. This class will help participants learn to understand and enter the world of the person with dementia and implement techniques for improving communication. It will also provide a brief overview of dementia basics.



September 13th | Workshop 5 1:00pm - 4:30pm (3CEUs)



Swil Kanim, a US Army Veteran and enrolled member of the Lummi Indian Tribe is a classically trained violinist, native storyteller and actor. His compositions incorporate classical influences as well as musical interpretations of his journey from depression and despair to spiritual and emotional freedom. The stories and music emerging from his experiences have been transforming people's lives for decades.

The Power of Storytelling:

Swil will lead an interactive group discussion on the processes and exercises that demonstrate how respect and honor can benefit everyone. This workshop will emphasize how listening, communication and artistic expressions are endeavors that will result in positive changes in daily personal interactions for you, your colleagues, families, and those you care for. Swil's ability to tell stories through music, listening, passion, love and hope will inspire you to do the same.



Karin Taifour, MA LMHC GMHS, owner of Aging Care Consultation Services, provides evaluations, care planning, family meeting facilitation, community education and professional training. A licensed mental health counselor and geriatric mental health specialist for over 15 years, she obtained a Master's in Applied Behavioral Sciences from Bastyr University and a Certificate in Geriatric Mental Health from the University of Washington. She participates with the Seattle/King County Elder Abuse Council and the state's annual elder abuse conference.

The Red Flags of Elder Abuse:

Elder abuse, neglect and exploitation are, unfortunately, much more common problems than we think, but you can be part of the solution – by being aware of the risk factors for vulnerability, by recognizing red flags, and by taking appropriate action to support and protect someone who needs your help. Learn what to look for and who to call, and you'll know where to turn when you're faced with a sticky situation.



Ashley Kraft has a BS in Gerontology from CWU. She worked in Assisted Living & Memory care for more than 15 years. A mid-career change led her to SHAG launching the Resident Services Program. After attending a seminar on Hoarding Disorder sparked her interest on the topic her passion for both HD, and her clients defined her time with SHAG. She Co-Chairs the King/Pierce County Hoarding Taskforce and continues to be SHAG's leading expert on HD and has spoken at multiple conferences on the intersection of seniors, housing, and hoarding.

Hoarding.....It's A LOT:

Hoarding is a mental health disorder characterized by difficulties with discarding possessions, cluttered and chaotic home environments that can pose significant safety concerns and distress for those who live in and encounter these situations. Understanding the condition and effective approaches to different types of hoarding/housekeeping behaviors are important skills for the home care provider.



September 13th | Workshop 6 5:00pm - 8:00pm (3CEUs)



Kellie Durgan RN, BSN, is faculty for Honoring Choices, Pacific Northwest since its inception, jointly sponsored by WSMA and WSHA. This initiative works statewide to ensure everyone receives care that honors personal values and goals at the end of life. Programs include advance care planning, community engagement, clinician education, advocacy and a central repository. Kellie, a nurse for 25+ years, also works for Providence St Joseph Health in Spokane, Washington, leading an ACP program in primary and acute care. She leads trainings across the state working to improve communication skills for clinicians.



Normalizing Conversations That Matter:

Good days start with good talk. Learn more about some advance care planning basics, and how to start and encourage conversations that matter, empowering individuals and focusing on what's important to them and why. Conversations can clarify and highlight what individuals value most, and allow us to have a say in our care, even if we can no longer communicate. Helping people find language about how to introduce and explore what matters most, and how to capture these wishes in documents we can share, allows us all to relax and enjoy each and every day. personal interactions for you, your colleagues, families, and those you care for. Swil's ability to tell stories through music, listening, passion, love and hope will inspire you to do the same.

People will forget
what you said,

People will forget
what you did,

But people will never forget
how you made them feel.

~Maya Angelou

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