

morning workshops

10:30 – 11:45 am

1. Atypical Dementias: When it's Not Alzheimer's disease

Alzheimer's disease is the most frequent cause of neurodegenerative dementia, and its prevalence and incidence increases with age. But there are several different forms of dementia in addition to Alzheimer's. They include dementia with Lewy bodies (LWD), frontotemporal degeneration (FTD), and vascular dementia. In this workshop, participants will learn more about these other forms of dementia, their symptoms, and strategies for care and management. Case studies will be utilized to further demonstrate these atypical dementias.

Presented by: Nancy A. Cummings, Anne B. and Leon J. Goldberg Alzheimer's Resource Center at Albany Med

2. Creative Responses to Challenging Behaviors

Dementia is associated with a number of unpleasant behaviors that threaten the well being of persons with dementia and their caregivers. Challenging behaviors such as agitation, resistance to care, agitation, sexual inappropriateness, and exit-seeking are upsetting for all concerned. This presentation focuses on such behaviors as forms of communication and expressions of unmet needs. Potential triggers of behaviors are explored in an effort to develop creative responses aimed at preventing or minimizing them. Non-pharmacological approaches are emphasized as alternatives to anti-psychotic medications.

Presented by: Daniel Kuhn, LCSW

3. Healthy Habits for a Healthier You

For centuries, we've known that the health of the brain and body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. In this workshop, learn about research in the areas of diet and nutrition, exercise, cognitive activity, social engagement, and stress management. Then, you will learn how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Find out why caregivers need to make their own health and wellness a priority in order to provide the best care for their loved one.

Presented by: Mary Moller, MSW, Catholic Charities Senior and Caregiver Support Services

Vicki Hoshko, Caregiver Support Coordinator, Schenectady County Senior and Long Term Care Services

4.

Legal and Financial Literacy for the Caregiver

In this workshop, an experienced elder-law attorney will outline the legal documents caregivers need as they face caregiving challenges, and explain how those documents work for healthcare and financial decision-making. Topics will include terminology, current prevailing law on health care proxies, powers of attorney, the Family Healthcare Decisions Act, and Medicaid, as well as examples of different types of resources and funding streams for care. Useful handouts containing common definitions that are used in the caregiver's legal and financial world will be provided, and there will be ample time for questions.

Presented by: Timothy E. Casserly, Esq., CFP®, Attorney, Burke & Casserly, P.C.

afternoon workshops

12:45 – 2:00 pm

5. Successfully Assisting with ADLs: Practical Strategies for Caregivers

Helping loved ones prepare for and navigate the day can often be difficult and stressful on both caregivers and loved ones. This session will discuss and demonstrate several skills, tools and practices that can assist caregivers in helping complete activities of daily living in a more positive way. Included in this discussion will be practical, easy techniques that caregivers can use to assist in activities such as bathing, grooming, dressing and dining.

Presented by: Debi Buzanowski, Eddy Alzheimer's Specialist, Eddy Alzheimer's Services

6. The Unplanned Journey: Navigating the Long-Term Care Continuum

Providing the best and most appropriate care for someone with Alzheimer's disease requires a well thought out plan and the knowledge to navigate the long-term care continuum effectively. Join this panel of experienced geriatric care managers to learn exactly how the long-term care system can be maximized. Discussion topics will include: the assessment process - why it's necessary and next steps once it's complete; crisis intervention - what to do when the unexpected occurs; the long-term care system - learning its language and how best to navigate it; and resources - finding all of the available and most appropriate resources for your loved one. After the discussion, participants will have an opportunity to ask questions.

Presented by: Ellen Egger-Aimone, LMSW, Adjunct Professor, University at Albany

Kim Anderson Swire, LMSW, C-ASWCM, St. Peter's Health Partners, CHOICES Program

Kym Hance, BSW, CMC, Home Helpers & Direct Link

7. The Unpredictable Ride: An Improv Approach to Caregiving

Caregivers often feel like they are flying by the seat of their pants, because the very nature of the disease is so unpredictable. The improv approach helps caregivers "go with the flow," improve communication, and develop their own strategies, by keeping a positive attitude and taking the disease moment by moment. The result can be a more satisfying experience for both the caregiver and the person with dementia. This workshop will be interactive.

Presented by: Karen Britt, Program Manager, Eddy Senior Care Adult Day Health Program

Michael Burns, Director, The Mop & Bucket Company Improv Theatre

8. When the Diagnosis is Alzheimer's: Preparing for Progression and Transition

As Alzheimer's disease progresses, caregivers must modify their approach to care to meet their loved one's changing needs. This workshop identifies the changes that occur through the different stages of the disease progression and offers strategies for care, as well as presenting different care options available to deal with the inevitable, and often difficult, transitions.

Presented by: Elizabeth Smith-Boivin, MSHSA, Executive Director and CEO, Alzheimer's Association NENY Chapter

Use these symbols to help you identify workshops appropriate to your interest and experience:

 = family caregiver  = professional caregiver  = new to caregiving