Dementia Counseling and Care Conference

Thursday, Friday, Saturday
May 8–10, 2014

Winston-Salem Marriott at Twin City Quarters
425 N. Cherry Street
Winston-Salem, NC
Dementia Counseling and Care Conference

Thursday, Friday, Saturday \ May 8–10, 2014
Winston-Salem Marriott
425 N. Cherry Street
Winston-Salem, N.C. 27105

Target Audience
This activity has been planned for health care professionals who care for people with Alzheimer’s disease and other forms of dementia, and is appropriate for counselors, nursing home administrators, nurses, nurse practitioners, social workers, physicians (gerontologists, neurologists, psychiatrists, palliative care), physician assistants, and psychologists, occupational and physical therapists.

Overview
Thursday, May 8 and Friday, May 9: The overarching goal of this professional education conference is to provide practical knowledge and skills for counselors, nurses, social workers and allied health professionals who counsel and care for people with dementia and their spousal and family caregivers. Learning approaches will include oral presentations, case studies and posters. Interaction will be encouraged and ample time provided for questions.

At the conclusion of this activity, participants should be better able to:

- Describe common concerns and communication challenges for individuals with early stage Alzheimer’s.
- Describe the New York University model of caregiver counseling and support intervention.
- Describe caregiver’s grief and an existential perspective on finding meaning as a dementia caregiver.
- Identify caregiving challenges faced by family caregivers.
- Cite strategies for non-pharmacologic management of behavioral symptoms.
- Explain a patient-centered approach to managing activities of daily living for the advanced dementia patient without a battle.
- Manage patient and caregiver’s anger as well as other “pressure points” on the Alzheimer’s journey.

Saturday, May 10: This public forum on Alzheimer’s disease has also been designed to provide health professionals with an update on contemporary issues in the diagnosis, prevention, and treatment of mild cognitive impairment and Alzheimer’s disease.

At the conclusion of this activity participants should be better able to:

- Recognize the worldwide problem of Alzheimer’s disease.
- Discuss new diagnostic methods to detect mild cognitive impairment and Alzheimer’s disease.
- Discuss preventing cognitive impairment and dementia through diet, exercise and nutrition.
- Identify promising therapies for Alzheimer’s disease.
- Examine the uniqueness of the Alzheimer’s disease caregiver’s grief and loss experience.
- Raise Alzheimer’s disease awareness in your community.
Special Events

**Thursday evening**, participants will have the opportunity to attend a special performance of *Forget Me Not*, a play about dementia family caregivers to enhance Alzheimer’s disease awareness written by renowned African-American playwright Garrett Davis. To learn more about this play, please click on or paste the following link into your search engine: http://www.fmnproject.org.

**Saturday**, a special afternoon matinee performance of Garrett Davis’ play *Mama’s Girls* will also be featured. Click on the following link, www.mamasgirls.net, to learn more about this play.

Note: If you would like to attend either or both of these FREE special performances, you must pre-register. You can do this when you register for the workshop or email Carmella Griffin at cagriffi@wakehealth.edu.

Both of these special events will be held at the Arts Council Theatre, 610 Coliseum Drive, Winston-Salem, NC.

Registration

$250 (Thursday and Friday) postmarked by April 9.  **Saturday is FREE!**

$300 (Thursday and Friday) postmarked after April 9.  **Saturday is FREE!**

$150 Student fee with valid ID (Thursday and Friday)  **Saturday is FREE!**

Hotel Reservation

A room block has been reserved at the Winston-Salem Marriott at a rate of $130 plus tax for a single/double and $140 plus tax for a triple/quad. When making your reservations, please inform the reservationist that you are a participant at the “Dementia Counseling and Care Conference.” Please cut and paste the following link into your web browser, http://www.marriott.com/hotels/travel/intmc-winston-salem-marriott/ to go to the Marriott website.

Credit

- 11.5 Contact Hours from Northwest AHEC
- 1.15 CEUs from Wake Forest School of Medicine
- 11.5 Contact hours (Category A) continuing education for psychologists.
- 11.5 NBCC Contact hours

Northwest Area Health Education Center (Provider #5465) is an NBCC-approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

- Application has been submitted for 11.5 contact hours of General Skills Building credit from the North Carolina Substance Abuse Professional Practice Board.
- 11.5 CHES-CECH

The North Carolina AHEC Program, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 11.5 hours of total Category I continuing education contact hours.

- 11.5 Continuing Nursing Education (CNE) Contact Hours

Northwest Area Health Education Center (NWAHEC) is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

AP006-140508
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Welcome and Conference Overview</td>
</tr>
<tr>
<td></td>
<td>Dr. Ed Shaw</td>
</tr>
<tr>
<td>8:45 am</td>
<td>Communication and Connection in Early-Stage Dementia</td>
</tr>
<tr>
<td></td>
<td>Ms. Lisa Snyder</td>
</tr>
<tr>
<td>9:45 am</td>
<td>NYU Caregiver/Family Counseling Intervention</td>
</tr>
<tr>
<td></td>
<td>Dr. Mary Mittelman</td>
</tr>
<tr>
<td>10:45 am</td>
<td>Break</td>
</tr>
<tr>
<td>11:15 am</td>
<td>Case Presentation, Questions and Discussion</td>
</tr>
<tr>
<td></td>
<td>Morning Presenters</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Lunch with Special Presentation: Finding Meaning in Caregiving–</td>
</tr>
<tr>
<td></td>
<td>An Existential Perspective</td>
</tr>
<tr>
<td></td>
<td>Dr. Carol Farran</td>
</tr>
<tr>
<td>2 pm</td>
<td>Family Caregivers: Overview/Multicultural Perspective</td>
</tr>
<tr>
<td></td>
<td>Dr. Carol Whitlatch</td>
</tr>
<tr>
<td>3 pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>Case Presentation, Questions and Discussion</td>
</tr>
<tr>
<td></td>
<td>Afternoon presenters</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Adjourn</td>
</tr>
<tr>
<td>5 pm</td>
<td>Dinner on your own</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Garrett Davis’ production: Forget Me Not–Arts Council Theatre</td>
</tr>
<tr>
<td>10 pm</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

**Friday, May 9, 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>9 am</td>
<td>Nonpharmacologic Management of Behavioral Symptoms</td>
</tr>
<tr>
<td></td>
<td>Dr. Laura Gitlin</td>
</tr>
<tr>
<td>10 am</td>
<td>Managing ADLs Without a Battle</td>
</tr>
<tr>
<td></td>
<td>Dr. Sheryl Zimmerman</td>
</tr>
<tr>
<td>11 am</td>
<td>Break</td>
</tr>
</tbody>
</table>
Friday, May 9, 2014 (continued)

11:30 am Case Presentation, Questions and Discussion
    Morning Presenters
12:45 pm Box Lunch/Poster Session
2:30 pm Pressure Points in Dementia Caregiving
    Ms. Lisa Gwyther
3:30 pm Case Presentation, Questions and Discussion
    Afternoon Presenter
4:30 pm Adjourn
Evening Dinner on your own

Saturday, May 10, 2014 (Public Forum on Alzheimer’s Disease)

7:30 am Registration and Continental Breakfast
8:30 am Welcome: Lanie Pope, Chief Meteorologist, WXII Winston-Salem
8:45 am Mild Cognitive Impairment and Alzheimer’s Disease:
    Think Global/Act Local
    Dr. Ron Petersen
9:30 am Prevention, Diet, Exercise and Nutrition
    Dr. Laura Baker
10 am Promising Therapies for Alzheimer’s Disease Prevention and Treatment
    Dr. Suzanne Craft
10:30 am Break
11:15 am Alzheimer’s Disease: The Caregiver’s Perspective
    Dr. Ed Shaw
11:45 am Raising Alzheimer’s Awareness
    Mr. Garrett Davis
12:15 pm Plenary Speaker Panel–Questions and Discussion
12:45 pm Lunch on your own
3 pm Garrett Davis’ Production: Mama’s Girls—Arts Council Theatre
**Faculty**

**Laura Baker**, PhD, is a recent transplant from the University of Washington to Wake Forest School of Medicine. She has conducted clinical trials in the areas of aging, mild cognitive impairment and Alzheimer’s disease for over 18 years.

**Suzanne Craft**, PhD, is also a recent transplant from the University of Washington to Wake Forest School of Medicine. Dr. Craft’s research investigates the role of insulin resistance and diabetes in the development of Alzheimer’s disease.

**Garrett A. Davis** is a 1987 graduate of Fayetteville State University and an award-winning playwright best known for his stage play “Forget Me Not” that is a major part of the Forget Me Not Project that was designed to raise the awareness of Alzheimer’s disease in the African-American community.

**Carol Faran**, DNSc, RN, is a professor and holds an Endowed Research Chair at Rush College of Nursing, Chicago, Ill. She has worked with family caregivers of persons with Alzheimer’s disease and related dementias for over 25 years.

**Laura Gitlin**, PhD, is a professor in the Department of Community Public Health, School of Nursing at Johns Hopkins University. She is the director of the Center for Innovative Care in Aging, and is nationally/internationally recognized for her research programs on nonpharmacologic approaches in dementia care disability and mental health.

**Lisa Gwyther**, MSW, LCSW, is an associate professor in the Duke Department of Psychiatry and Behavioral Sciences. She directs the Duke University Center for Aging’s Family Support Program, a state-funded first responder, clearinghouse, training and technical assistance center for North Carolina families and professionals caring for people with Alzheimer’s disease.

**Mary Mittelman**, DrPH, is research professor in the Department of Psychiatry at NYU School of Medicine. She is an epidemiologist who has been developing and evaluating psychosocial interventions for people with cognitive impairment and their family members for more than two decades.

**Ronald C. Petersen**, MD, PhD, is the Cora Kanow Professor of Alzheimer’s Disease Research at the Mayo Clinic and the director of the Mayo Alzheimer’s Disease Research Center and the Mayo Clinic Study of Aging. He is an internationally recognized expert on the diagnosis and treatment of Alzheimer’s disease.

**Lisa Snyder**, MSW, LCSW, is the clinical social worker and director of the Quality of Life Programs for the Shiley-Marcos Alzheimer’s Disease Research Center at the University of California, San Diego, where she has counseled people with dementia and their families since 1987.

**Sheryl Zimmerman**, PhD, is a distinguished professor of Social Work and Public Health, and co-director of the Program on Aging, Disability, and Long-Term Care in the Cecil G. Sheps Center for Health Services Research, University of North Carolina at Chapel Hill.

**Edward G. Shaw**, MD, MA, is a second career counselor, having spent 25 years practicing radiation oncology treating adults and children with brain tumors with a longstanding research interest in quality of life and cognitive function in cancer survivors.

**Carol Whitlatch**, PhD is the assistant director of research at the Benjamin Rose Institute on Aging in Cleveland, OH. For over 25 years, Dr. Whitlatch has studied a variety of topics related to family caregiving including: developing and evaluating intervention strategies; choice and decision making in caregiver-care receiver dyads; and autonomy and functioning in African American caregiving families.
Registration

Dementia Counseling and Care Conference

Please check appropriate boxes
☐ $250 Dementia Counseling and Care Conference (Thurs and Fri) postmarked by April 9.
☐ $300 Dementia Counseling and Care Conference (Thurs and Fri) postmarked after April 9.
☐ $150 Dementia Counseling and Care Conference (Thurs and Fri) Student Fee with valid ID
☐ Play—Forget Me Not—Thursday evening (FREE)
☐ Dementia Counseling and Care Conference—Saturday (FREE)
☐ Play—Mama’s Girls—Saturday Matinee (FREE)

REGISTER AND PAY ONLINE AT NORTHWESTAHEC.ORG

Name ____________________________________________________________
Profession________________________________________________________
Job Title __________________________________________________________
Last Four Digits of Social Security # (required) _______ _______ _______
Employer Name _____________________________________________________

Contact Method: ☐ Mail Only ☐ Email Only ☐ Both

Mailing Address: ☐ Home ☐ Work
Street ______________________________________________________________
City ________________________________________________________________
State____________________________ Zip__________________ County __________
Phone____________________________ Fax ______________________________

Email Addresses:
Work__________________________________ Home ______________________

Payment Method:
☐ Check Enclosed Check No.__________________________ Amount Enclosed $________
(Make check payable to “Wake Forest School of Medicine”)
☐ Credit Card (select one): ☐ Visa ☐ MC ☐ AmEx
Name as it Appears on Card _____________________________________________
Card Number____________________________________ Exp. Date_______________
Credit Card Billing Address _____________________________________________
Cardholder Signature ________________________________________________

Mail completed form to:
Northwest AHEC \ Wake Forest School of Medicine
Attention: Carmella Griffin
Medical Center Boulevard, Winston-Salem, NC 27157-1060