

Pines Education Institute of S.W. Florida presents

Alzheimer's/Dementia Caregiver Conference

with Keynote Presenter and Dementia Expert
Teepa Snow, MS, OTR/L, FAOTA,

Brain Exercise Specialist
Kathy Laenhue, M.S.,

and Medical Director of Pines of Sarasota,
Bruce Robinson, M.D.

March 19-21, 2012



Introduction

Join us for the Alzheimer's Dementia Caregiver Conference with nationally renowned Dementia Caregiving Expert Teepa Snow, MS, OTR/L, FAOTA, Brain Exercise Specialist Kathy Laenhue, M.S., and Pines Medical Director Bruce Robinson, M.D.

The conference will include four separate seminars on the topics of dental care, emergency responders services, dementia risk reduction tips, ensuring high quality of life even if one has been diagnosed, and the best care during the final stages of the disease:

- Dental care, immensely important to a person's overall health, becomes more and more challenging for caregivers as the patient's dementia progresses. Learn effective techniques to handle challenging situations and provide the best dental care for a person with dementia.
- Identifying common dementia symptoms and knowing how to best interact with a person affected by this disease is key to improving care outcomes during emergency situations. This seminar will enable emergency personnel, Law Enforcement Officers, Fire Fighters, EMTs and 911 Dispatchers to provide the best service for people with dementia.
- Every 69 seconds someone in the U.S. is diagnosed with dementia. Most of us fear getting it, but few know how to actively reduce one's risk. Learn about risk factors, brain exercises, physical and cognitive activity, nutrition and diet.
- Learn to recognize a patient's progression into the final stages of dementia and provide the best care with Teepa's hands-on, disease-level appropriate techniques. Also learn about the difficult topic of giving the person with dementia permission to pass without giving up on them.

**Register online at www.pinesofsarasota.org/caregiver
or call Pines Education Institute at (941) 365-0250, Ext. 1114**

(Seminars will be recorded for publication. Please contact us in advance if you wish not to be filmed. Participants will be asked to sign a release form the day of the seminar.)

Limited **in-home respite care scholarships** available on a first come, first serve basis. Please contact the Pines Education Institute at (941) 365-0250, Ext. 1114 to apply.

CEU availability varies by seminar and profession. Please refer to individual seminar section.

Seminar Overview

03/19/2012 - 03/21/2012

Monday

- Tips & Techniques for Dental Care
9am-12pm
3 CEUs
\$25
- Improving Emergency Services for Dementia Patients
1-3pm
Free for Emergency Personnel

Tuesday

- Reduce Your Risk: Maintain Your Brain & Quality of Life if Diagnosed
9am-4pm
6 CEUs
\$45

Wednesday

- End of Life Care & Letting Go
9am-12pm
3CEUs
\$25

Please arrive 30 min. before seminar begins for registration. Late arrivals may not be admitted.

Who is Teepa Snow?



Teepa is a dementia expert who trains and consults for agencies, facilities, and families.

Teepa, who bases her techniques on state-of-the-art brain research and over 30 years of experience as an Occupational Therapist, cared for two family members with dementing illnesses herself.

The combination of her formal training and “been-there-done-that” skills give Teepa the credibility and experience to help caregivers with tried-and-true solutions.

Her teaching style integrates facts about how dementia affects the brain and how it works, or doesn’t work in the case of dementia.

She is able to go in and out of character as a typical person with Alzheimer’s to demonstrate common issues and problems, and to help care providers learn new ways of thinking and managing their own behaviors for better results. Her training gives the audience a first-hand understanding and experience with the disease, and important knowledge to increase understanding between patient and caregiver.

Teepa is an advocate for those living with dementia and has made it her personal mission to help family and professional caregivers better understand how it feels to have dementia, so they too can be better caregivers.

Since her lectures are usually done in the first-person - as if she is the person with dementia - her training gives the audience a first-hand understanding and experience with the disease and a hands-on opportunity to try out new skills in a safe and fun environment.

Teepa Snow Facts

MS, OTR/L, FAOTA

- Dementia Care and Dementia Education Specialist
- 30 years experience as Occupational Therapist
- Fellow of the American Occupational Therapy Association
- Published DVDs and articles on a variety of geriatric topics
- Presents over 350 per year nationally

Learn more at
www.teepasnow.com

Who is Kathy Laenhue?



Throughout her life, Wiser Now CEO (Chief Enthusiasm Officer) Kathy Laenhue, M.S., has been known for her highly practical and invariably upbeat teaching style that provides maximum learning in an enjoyable format.

WiserNow is a training and development company primarily focused on aging well, with a particular emphasis on keeping an active mind.

Even while teaching serious content, Kathy's goal is always to help people connect to one another by tapping into their sense of humor, their stories and their curiosity about the wider world.

Kathy's presentation "Mind Play" at the 2011 Caregiver Conference will feature a sampling of interactive exercises (word games, reminiscence, imagination, trivia) to positively stimulate your mind (as well as the minds of those you serve), and affords an opportunity for participants to try out existing puzzles and games in ways that are better suited to older adults.

Kathy's goals are always to help people make new brain connections, and new connections with one another.

For more information about Kathy please visit www.wisernow.com.

Kathy Laenhue, M.S. Facts

- Founder and CEO ("Chief Enthusiasm Officer") of Wiser Now
- Geriatric Activity Professional
- Author and publisher of Mind Play Connections™, downloadable PDF files with over a dozen trivia quizzes, word games, discussion topics, creative thinking and reminiscence exercises

Who is Dr. Bruce Robinson?



Bruce Robinson, M.D. Medical Director at Pines of Sarasota, Chief of Geriatrics at Sarasota Memorial Hospital (SMH), and Director of the SMH Memory clinic will present information on screening and conversations with your family physician regarding early interventions and screening options.

Dr. Robinson is recognized in the prestigious national edition of Best Doctors in America and was nominated by the Florida Health Care Association as National Medical Director of the Year.

He has held the position of Chief of Geriatrics at SMH since 1998. He is a fellow of the American College of Physicians, The Gerontological Society of America and is also a clinical professor at the University of South Florida and Florida State University.

He is a fellow of American College of Physicians (ACP), Geriatric Society of America (GSA) and the American Geriatric Society (AGS). He is board certified in Internal Medicine, Geriatrics, and is a Certified Medical Director.

He has more than 50 publications in national journals, and serves as an Associate Editor of the Journal of the American Geriatric Society. His most recent work is in practicing physician education and prevention for seniors.

Dr. Robinson Facts

- Medical Director at Pines of Sarasoa
- Chief of Geriatrics at Sarasota Memorial Hospital (SMH)
- Director of SMH Memory Clinic
- Nominee of “National Medical Director of the Year” by Florida Health Care Association



Tips & Techniques for Dental Care

with Teepa Snow
MS, OTR/L, FAOTA

March 19, 2012

This session is designed to help caregivers and dental care providers work more effectively with people who have dementia.

The importance of adequate dental hygiene and care provision for anyone with dementia will be reinforced.

The common and very real difficulties in providing this care will be explored and discussed. This will be done in combination with methods and strategies that have been shown to be effective in minimizing resistance and optimizing cooperation and positive outcomes

You will learn to

- Recognize similarities and differences among the various dementias
- Describe common changes in behavior & function that are the result of structural and chemical changes in the brain
- Compare effective versus typical care provider responses to typical behaviors
- Discuss typical progression patterns of functional loss and the impact on dental care behaviors and issues
- Demonstrate an effective approach technique to optimize successful interaction and intervention with people who have dementia

Ideal for: Dental professionals and caregivers

(Seminars will be recorded for publication. Please contact us in advance if you wish not to be filmed. Participants will be asked to sign a release form the day of the seminar.)

Seminar Schedule

Monday, 03/19/2012

Dental Care

- 9am-12pm
- 3 CEUs for NHAs, Nurses, CNAs
- \$25

Location

Pines of Sarasota
Cullers Hall (Admin. Bldg.)
1501 N. Orange Ave.
Sarasota, FL 34236

Register online at
www.pinesofsarasota.org/caregiver or call the
Education Institute at (941)
356-0250, Ext. 1114

Alzheimer's/Dementia Emergency Response

with Teepa Snow
MS, OTR/L, FAOTA

March 19, 2012



This seminar is a highly interactive and hands-on workshop to address issues that arise when someone with dementia needs assistance.

This session will provide learners with an updated understanding of dementia, focusing on common symptoms and behaviors that are problematic for public service and security providers.

Early signs and symptoms will be discussed and demonstrated in combination with simple and effective strategies to recognize the condition, engage the person, and reduce resistance and distress in crisis or routine communication, interaction, or transport situations.

The session is highly interactive and will provide learners with hands-on skill building for immediate use in daily service provision. Physical interaction skills as well as verbal behaviors that can help manage challenging situations are part of the program

Learn

- about symptoms of dementia that impact care initiation and provision
- to recognize common symptoms & how to respond optimally
- about techniques to reduce distress, decrease resistance, and improve outcomes for all who are involved

Ideal for:

Law Enforcement Officers, Fire Fighters, EMTs, 911 Dispatchers

(Seminars will be recorded for publication. Please contact us in advance if you wish not to be filmed. Participants will be asked to sign a release form the day of the seminar.)

Seminar Schedule

Monday, 03/19/2012

Emergency Responders

- 1-3pm
- Free for Emergency Responders

Location

Pines of Sarasota
Cullers Hall (Admin. Bldg.)
1501 N. Orange Ave.
Sarasota, FL 34236

Register online at
www.pinesofsarasota.org/responders or call the
Education Institute at (941)
356-0250, Ext. 1114



Reduce Your Risk: Maintain Your Brain & Quality of Life if Diagnosed

with Teepa Snow, MS, OTR/L, FAOTA,
Kathy Laurenhue, M.S., and Bruce Robinson, M.D.

March 20, 2012

Every 69 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.

It is fast becoming the most feared and one of the deadliest conditions we can have. Most of us fear getting it, but few of us actively understand the risk factors

and what we can do and can't do to possibly help ourselves reduce our risk.

This session is designed to help each learner consider their genetics, behaviors, and choices that are related to developing dementia. It is also designed to help highlight what we can do to make a difference. Finally it will also discuss why we need to address our fears and begin to change our ways. 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.

You will learn to

- Define & describe current risk factors of developing dementia
- Determine factors that can be modified in reducing the risk of dementia
- Develop a plan using selected strategies to reduce risk in the areas of physical activity, cognitive activity, and nutrition and diet

Ideal for: Family Members, Professionals, High Functioning Patients

(Seminars will be recorded for publication. Please contact us in advance if you wish not to be filmed. Participants will be asked to sign a release form the day of the seminar.)

Seminar Schedule

Tuesday, 03/20/2012

Dementia Prevention

- 9-4pm
- \$45 with 6 CEUs for NHA's, CNAs, Nurses, Social Workers

Location

Pines of Sarasota
Cullers Hall (Admin. Bldg.)
1501 N. Orange Ave.
Sarasota, FL 34236

Register online at
www.pinesofsarasota.org/caregiver or call the
Education Institute at (941)
356-0250, Ext. 1114



End of Life Care & Letting Go

with Teepa Snow, MS, OTR/L, FAOTA

March 21, 2012

This session will help learners recognize signs of progression into the final stages of dementia, use effective care strategies, and adopt techniques for reducing resistance. Learners will develop better observational skills to recognize and intervene effectively when behavioral challenges occur later in the disease process.

This seminar will emphasize the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of connection to help in meeting needs. A review of common reflexes and behaviors that signal late stage and end of life will be explored.

The importance of pre-planning and using the plan to make choices and decisions will be discussed, as well as the importance of focusing on the person, not the body. Learn about the most important parts of care and about giving the person permission to go without giving up on them.

You will learn to

- accurately identify the degree of involvement the person with dementia is experiencing late in the disease
- use effective combinations of helping techniques through the progression of dementia
- promote a sense of connection with the care receiver

Ideal for: Professional and family caregivers

(Seminars will be recorded for publication. Please contact us in advance if you wish not to be filmed. Participants will be asked to sign a release form the day of the seminar.)

Seminar Schedule

Wednesday, 03/21/2012

End of Life Care & Letting Go

- 9am-12pm
- 3 CEUs for NHAs, CNAs, Nurses, Social Workers
- \$25

Location

Pines of Sarasota
Cullers Hall (Admin. Bldg.)
1501 N. Orange Ave.
Sarasota, FL 34236

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Caregiving DVDs with Teepa Snow



Caring for a person with dementia is difficult, challenging work. Patients with dementia perceive their environment very differently; a fact that often leads to misunderstandings and agitation. The key to improving communication is to understand how a person with Alzheimer's/dementia perceives his or her surroundings.

Teepa Snow, MS, OTR/L, FAOTA, teaches her students just that. Based on state-

of-the-art research, over 30 years of experience as an Occupational Therapist and a caregiver herself, Teepa provides effective, hands-on solutions for common problems. Her techniques are now available on five individual DVDs:

“It’s All In Your Approach”

Learn techniques to improve communication, mutual understanding, better manage distress, and much more. Runtime: 123min.

“The Art of Caregiving”

Learn effective approaches to bathing, eating, dressing, transfers, how to respond to certain types of behaviors in patients with dementia, and much more. Runtime: 118min.

“The Journey of Dementia”

Learn how to make the most of doctor’s visits, get proper screenings, give support during emergencies, and when and if facility placement is the best choice. Know which legal and financial documents need to be in place before the disease progresses. Runtime: 189min.

“Progression of Dementia: Seeing Gems - Not Just Loss”

Learn about appropriate levels of care needed during different stages of dementia, which behaviors to expect and how to handle them, how to reduce the risk of falls, and much more. Runtime: 117min.

“Filling the Day with Meaning”

Use engaging activities to give back moments of joy and happiness to more challenging individuals, such as those with early onset, tendencies for elopement, falls, and more. Runtime: 155min.

Teepa’s Tips

When approaching a person with dementia, always

- Knock — Announce yourself
- Greet & Smile
- Move Slowly — Hand offered in ‘handshake’ position
- Move from the front to the side
- Greet with a handshake & your name
- Slide into hand-under-hand hold
- Get to the person’s level
- Be friendly - make a ‘nice’ comment or smile
- Give your message, simple, short, and friendly

View more tips & tricks and download training guides at www.pinesofsarasota.org/pdfs

**Order online at www.pinesofsarasota.org/amazon
or contact the Education Institute at (941) 365-0250, Ext. 1114**

What is Pines of Sarasota?



Pines of Sarasota is a not-for-profit community dedicated to providing excellent, compassionate healthcare, as well as support and educational services for seniors and their families in order to enhance the quality of life, regardless of financial ability.

Founded in 1948 by the Kiwanis Club of Sarasota, Pines has grown to a 17-acre, 276-bed campus. In addition to an award-winning assisted living facility, skilled nursing and secured dementia unit, Pines sets itself apart through a variety of additional services to the community.

- Two child care centers, open to Pines' staff as well as the community, allow for an emphasis on intergenerational activities.
- Two state-of-the-art therapy and rehabilitation centers offer high-quality inpatient and outpatient care to residents and community members.
- The Pines Education Institute, established in 2007, strives to provide professional and family caregivers with cutting-edge education and training for a broad range of medical interests to improve the quality of care for seniors in residential and home-based settings.
- Pines of Sarasota Foundation, founded in 1990, was created for the sole purpose of ensuring that Pines of Sarasota will continue to deliver exceptional assisted living, skilled nursing and Alzheimer's dementia care, regardless of one's financial resources.

Donations to support Pines' mission graciously accepted. Please call the Foundation at (941) 955-6293 for more information.

For more information about Pines of Sarasota please visit www.pinesofsarasota.org or call (941) 365-0250.

Pines Assisted Living Facility voted "Best Assisted Living Facility 2011"



Pines of Sarasota Facts

- 64 years of superior senior care; founded in 1948 by the Kiwanis

17 acres campus, including:

- Award-Winning Assisted Living
- Skilled Nursing
- Dementia Unit
- Two Child Care Centers
- Two Rehabilitation Centers
- Education Institute
- Pines Foundation

- Emphasis on intergenerational activities

Gold Sponsors:

Respite care scholarships made possible through the generous support of the
Pickard Circle of Light Fund,
Community Foundation of Sarasota County



Silver Sponsors:



*We have your key
to peace of mind.*

ElderCare Services Unlimited
www.eldercaresarasota.com

Bronze Sponsors:



Seminar Location:
Pines of Sarasota
Cullers Hall (Admin. Bldg.)
1501 N. Orange Ave.
Sarasota, FL 34236

