

Professional Training Institute Programs July 2008 — June 2009

Illinois Dementia Care:

A One-Day Train-the-Trainer Program

This staff training program, presented in partnership with the Illinois Department of Public Health, is primarily for staff of skilled nursing and assisted living facilities and meets requirement for initial Alzheimer's care training mandated by the State of Illinois. The \$90 fee includes continental breakfast, lunch, a scripted training manual and PowerPoint slides. CEUs are available for Activity Directors, Counselors, Nursing Home Administrators, OTs, PTs, RNs, and Social Workers for an additional \$10.

Check in at 8:30 a.m. Program: 9:00 a.m. - 4:30 p.m.

<u>Date</u>	<u>City</u>	<u>Location</u>
August 19	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste 800
September 17	Rockford	Giovanni's Restaurant 610 N. Bell School Road
December 10	Springfield	Alzheimer's Association 2921 Greenbriar, Suite C
April 7	Bloomington	Alzheimer's Association 303 N. Hershey, Suite 2A

The Best Friends™ Approach to Dementia Care:

A Two-Day Train-the-Trainer Program

This staff training program prepares staff educators in various care settings to deliver a total of 12, one-hour modules to direct-care staff. Based on the pioneering work of Virginia Bell and David Troxel that uses the principles of friendship in a caregiving relationship, these interactive sessions bring practical issues alive. All topics meet criteria for initial and annual training requirements by the state of Illinois for Dementia Special Care Units and dementia-specific assisted living facilities. The \$250 fee includes continental breakfast, lunch and a scripted manual and PowerPoint slides. CEUs are available for Activity Directors, Counselors, Nursing Home Administrators, OTs, PTs, RNs, and Social Workers for an additional \$10. **Check in at 8:00 a.m. Program 8:30 a.m. - 4:30 p.m.**

<u>Date</u>	<u>City</u>	<u>Location</u>
January 28 - 29	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800

Powerful Tools for Caregivers: A Train-the-Trainer Program

This evidenced-based, two and one-half day training program provides professionals with the skills needed to facilitate six, two and one-half hour or six, 90 min. educational sessions for family caregivers. This program equips caregivers with the tools needed to increase their self-care and ability to handle difficult situations, manage their emotions and make difficult decisions. The \$250 fee includes continental breakfast, lunch, a scripted training manual and PowerPoint slides. CEUs are available for Activity Directors, Counselors, Nursing Home Administrators, OTs, PTs, RNs, and Social Workers for an additional \$10. **Check in at 8:00 a.m. Program: June 24-25, 8:30 a.m.-4:00 p.m. June 26, 8:30 a.m.- 1:00 p.m.**

<u>Date</u>	<u>City</u>	<u>Location</u>
June 24, 25 & 26	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800

Activity-Based Alzheimer's Care: A Therapeutic Approach

This full day program is about how to design, implement, and evaluate a comprehensive program of activity-based care to engage people with dementia in more enriching and meaningful ways. The \$90 fee includes continental breakfast, lunch, and a training manual. CEUs are available for Activity Professionals for an additional \$10.

Check in: 8:30 a.m. Program 9:00 a.m. - 4:30 p.m.

<u>Date</u>	<u>City</u>	<u>Location</u>
April 15	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800

Advanced Topics in Alzheimer's Care:

A One-Day Train-the-Trainer Program

This new and innovative staff training program uses case studies, games, role playing, and group exercises to bring eight in-services alive for direct care staff. Topics include: 1) Person-centered Care, 2) Communicating through Music, 3) Bathing, 4) Intimacy & Sexuality, 5) Reducing Resistive Behavior, 6) Preventing Falls, 7) Spirituality, and 8) End-of-life Care. The \$160 fee includes continental breakfast, lunch, a scripted training manual, PowerPoint slides and handouts. CEUs are available for Activity Directors, Counselors, Nursing Home Administrators, OTs, PTs, RNs, and Social Workers for an additional \$10. **Check in: 8:00 a.m. Program: 8:30 a.m. - 4:30 p.m.**

<u>Date</u>	<u>City</u>	<u>Location</u>
February 11	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
May 20	Effingham	Lakeland Rehabilitation and Health Care Center 800 W. Temple Ave. Effingham, IL 62401

Advanced Topics in Alzheimer's Care:

A Half-Day Train-the-Trainer Program

This new and innovative staff training program uses case studies, games, role playing, and group exercises to bring four in-services alive for direct care staff. Topics include: 1) Making Mealtimes Matter, 2) Understanding Exit-Seeking, 3) Recognizing and Reporting Pain, and, 4) Communicating through Storytelling. The \$90 fee includes continental breakfast, a scripted manual and PowerPoint slides. CEUs are available for Activity Directors, Counselors, Nursing Home Administrators, OTs, PTs, RNs, and Social Workers for an additional \$10. **Check in: 8:00 a.m. Program: 8:30 a.m. - 12:00 noon**

<u>Date</u>	<u>City</u>	<u>Location</u>
January 14	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
May 21	Effingham	Lakeland Rehabilitation and Health Care Center 800 W. Temple Ave. Effingham, IL 62401

Professional Training Institute Half-Day Seminars

Half-Day Seminars: The following seminars will offer three hours of CEUs for Activity Directors, Counselors, Nursing Home Administrators, OTs, PTs, RNs, and Social Workers for an additional \$10. **All seminars are held from 8:30 a.m.-12:00 p.m. Registration is at 8:00 a.m.**

Ethical Decision-Making in Dementia Care

This engaging and interactive seminar will introduce participants to three models of ethical decision making. Lecture, discussion and case studies will be used to help participants become comfortable using these models in practice. Fee: \$45; CEUs an additional \$10.

Speaker: Melanie Chavin, MS, Alzheimer's Association

<u>Date</u>	<u>City</u>	<u>Location</u>
August 6	Elk Grove	Elk Grove Park District Garden Terrace Room 1000 Wellington Ave.

Care Issues in the Late and Final Stages of Dementia

Three local experts will address palliative care, hospice, activity interventions, helping families, staff training and support issues. **Fee: \$45; CEUs an additional \$10. Speakers:** Daniel Kuhn, MSW, Jeanne Heid-Grubman, MSW, LNHA and Jeannine Forrest, PhD, RN

<u>Date</u>	<u>City</u>	<u>Location</u>
October 8	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800

Update on Alzheimer's Research & Care

To mark World Alzheimer's Day, this seminar will focus on the latest research on two key areas: the relationship between diet and Alzheimer's disease and effective interventions for people in the early stages of Alzheimer's disease. We are most pleased to hear from two leaders in their respective fields of study. **Martha Clare Morris, ScD**, is internationally known for her pioneering work on dietary risk factors of Alzheimer's disease and cognitive decline. Dr. Morris is an Associate Professor and Assistant Provost for Community Research at Rush University Medical Center in Chicago. For the past 15 years, **Sandy C. Burgener, PhD**, has focused her research on the variables associated with quality-of-life in people with dementia. She and colleagues recently completed a comprehensive review of interventions in the early stages of dementia. Dr. Burgener is an Associate Professor in the Department of Medical-Surgical Nursing at the Urbana campus of the University of Illinois. **Fee: \$45; CEUs an additional \$10.**

<u>Date</u>	<u>City</u>	<u>Location</u>
September 19	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800

Alzheimer's and the Developmentally Disabled

Program details pending. Speakers to be announced at a later date.

<u>Date</u>	<u>City</u>	<u>Location</u>
April 22	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800

Dealing with Challenging Families

Families are the major providers of care to people with Alzheimer's disease or a related dementias living in the community. Families continue to play important roles as caregivers when a relative moves to a residential care community. Professionals encountering these individuals and families need to be knowledgeable about the challenges they face over the course of dementia. Likewise, professionals need to understand the risk of misunderstanding and conflict among families over caregiving roles and responsibilities. How to keep family members communicative and acting in unison will be discussed. The importance of family history and dynamics and the unique role of the primary caregiver will be emphasized. Case examples involving particular family members who are angry, critical, or uncooperative toward professional caregivers will be discussed. As a result of this seminar, participants will be able to:

1. Help family members address difficult caregiving decisions.
2. Identify factors that impact decision-making.
3. Prepare for and conduct family meetings.
4. Constructively address family members who act out their frustrations in negative ways.

Fee: \$45; CEUs available for an additional \$10.

Speakers: Daniel Kuhn, MSW and a panel

<u>Date</u>	<u>City</u>	<u>Location</u>
December 3	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
May 13	Rockford	Giovanni's Restaurant 610 N. Bell School Road

Put Downs and Uplifts in Dementia Care

In his groundbreaking work on person-centered care, the late Tom Kitwood wrote about attitudes and behaviors by which people with dementia are knowingly or unknowingly depersonalized by their caregivers. He referred to these practices as "personal detractors" and described them as indicators of an old culture of care. Daniel Kuhn and Jane Verity refer to them as "putdowns" in their new book, *The Art of Dementia Care* (2007). This seminar offers case examples of how putdowns are experienced by people with dementia and how a corresponding set of "uplifts" can promote their well-being. Indicators of a new culture of care will also be described. At the conclusion of this seminar, participants will be able to:

1. Understand the principles of person-centered care.
2. Describe ways of putting down and uplifting people with dementia.
3. Describe indicators of an old and new culture of care.
4. View themselves as instruments of vitality and joy to people with dementia.

Fee: \$45; CEUs available for an additional \$10.

Speaker: Daniel Kuhn, MSW

<u>Date</u>	<u>City</u>	<u>Location</u>
January 21	Lombard	Beacon Hill 2400 S. Finley Rd.

NEW!!**Professional Training Institute
Direct-Care Staff Training****Advanced Topics in Alzheimer's Care for
Direct-Care Staff**

Previously offered exclusively as a train-the-trainer program, this 12-hour course has been divided into four, three-hour sessions so that direct-care staff of residential care facilities and community-based organizations may attend. Case studies, games, role playing, and group exercises bring practical issues alive for direct-care staff. Nurses, social workers, case managers, nursing assistants, dietary workers, activity staff, and others involved in direct care will benefit from participation. All topics meet criteria for initial and annual training requirements by the State of Illinois for dementia Special Care Units and assisted living facilities. If you register for all four sessions, you may attend the last one at no additional charge. **Fee: \$45/session or \$135 for all four sessions.** Everyone receives a certificate of completion and those seeking Continuing Education Units (CEUs) pay an extra \$10 per session. Continental breakfast and handouts included.

Session One: 1) Person-centered Care, 2) Reducing Resistive Behavior, 3) Understanding Exit-seeking Behavior

<u>Date /Time</u>	<u>City</u>	<u>Location</u>
August 13 8:30 - 12:00 noon	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
October 7 8:30 - 12:00 noon	Decatur	Decatur Conference Center 4191 W. US Highway 36

Session Two: 1) Making Mealtimes Matter, 2) Gentle Approaches to Bathing, 3) Preventing Falls

<u>Date /Time</u>	<u>City</u>	<u>Location</u>
August 27 8:30 - 12:00 noon	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
February 3 8:30 - 12:00 noon	Decatur	Decatur Conference Center 4191 W. US Highway 36

Session Three: 1) Intimacy & Sexuality, 2) Making Meaningful Connections through Music, 3) Communicating through Storytelling

September 10 8:30 - 12:00 noon	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
March 31 8:30 - 12:00 noon	Decatur	Decatur Conference Center 4191 W. US Highway 36

Session Four: 1) Spirituality and Religion, 2) Recognizing and Reporting Pain, 3) Compassionate End-of-life Care

<u>Date /Time</u>	<u>City</u>	<u>Location</u>
September 24 8:30 - 12:00 noon	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
June 2 8:30 - 12:00 noon	Decatur	Decatur Conference Center 4191 W. US Highway 36

**Scholarships available for a limited time!
Call 847.324.0377 for details.**

**The Best Friends™ Approach to Dementia Care
for Direct-Care Staff**

Previously offered exclusively as a train-the-trainer program, this 12-hour course has been divided into four, three-hour session that staff of residential care facilities and community-based organizations may attend. Based on the pioneering work of Virginia Bell and David Troxel that uses the principles of friendship in a caregiving relationship, these interactive sessions bring practical issues alive. Nurses, social workers, case managers, nursing assistants, dietary workers, activity staff, and others involved in direct care will benefit from participation. All topics meet criteria for initial and annual training requirements by the State of Illinois for dementia Special Care Units and assisted living facilities. If you register for all four sessions, you may attend the last one at no additional charge. **Fee: \$45/session or \$135 for all four sessions.** Everyone receives a certificate of completion and those seeking Continuing Education Units (CEUs) pay an extra \$10 per session. Continental breakfast and handouts included.

All sessions will be held at the Alzheimer's Association located at 8430 W. Bryn Mawr, Suite 800 in Chicago, IL from 8:30 a.m. to 12:00 p.m.

May 19 **Session One:** 1) Aging and Dementia, 2) Dementia and Alzheimer's disease, 3) The Best Friends Approach

June 2 **Session Two:** 1) The Art of the Knack, 2) Life Story Work, 3) Communication Skills

June 16 **Session Three:** 1) Challenging Behaviors, 2) Introduction to Activities, 3) More activities

June 30 **Session Four:** 1) Supporting Families, 2) Everyday Ethics, 3) Care for Caregivers

Dementia Care 101 for Direct Care Staff

This half-day seminar, originally developed for staff of skilled nursing and assisted living facilities to meet the initial training requirements mandated by the State of Illinois, covers the basics of caring for someone with Alzheimer's disease or a related dementia. It is intended for any professional who provides care in community-based or residential care settings. Participants receive information, techniques, and tools on four topics: 1) Understanding dementia, 2) Communication skills, 3) Creative responses to challenging behaviors, and 4) Activity-based care. Anyone interested in a person-centered approach to dementia care will benefit from participation. **Fee: \$45.** Everyone receives a certificate of completion and those seeking Continuing Education Units (CEUs) pay an extra \$10. Continental breakfast and handouts included.

<u>Date /Time</u>	<u>City</u>	<u>Location</u>
February 4 8:00 - 12:30 p.m.	Chicago	Alzheimer's Association 8430 W. Bryn Mawr, Ste. 800
April 8 8:00 - 12:30 p.m.	Tinley Park	Rest Haven Educational Institute 18601 N. North Creek Drive

4 WAYS TO REGISTER – DON'T MISS OUT

1. **LOG ON:** www.alz.org/illinois (See *Professional Training* tab on left sidebar)

2. **PHONE:** 847.933.2413 (All major credit cards accepted)

3. **FAX this form with credit card information to 773.444.0930**
(complete one form per each registrant)

To attend a program on scholarship you must call 847. 324. 0377 to register.

4. **MAIL this form to:** Alzheimer's Association, 8430 W. Bryn Mawr, Suite 800, Chicago, IL 60631

NAME _____

JOB TITLE _____

EMPLOYER NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____ FAX _____

E-MAIL ADDRESS _____

Cancellation Policy

Registrants who cancel more than **7 days** prior to an event may receive a full refund. Cancellations received after that will not be eligible for a refund, but the fee may be applied to a future event or transferred to another person. Any "no shows" on the day of the event will not be eligible for a refund, nor the option to apply the fee to a future event.

I am registering for:

<u>Program</u>	<u>Date</u>	<u>Location (city)</u>	<u>Cost</u>
Best Friends Approach to Dementia Care Train-the-Trainer	___/___/___	_____	\$250
Best Friends Approach to Dementia Care - Direct Care Staff	___/___/___	_____	\$45 x ___ or \$135
Advanced Topics in Alzheimer's Care - Direct Care Staff	___/___/___	_____	\$45 x ___ or \$135
Advanced Topics in Alzheimer's Care Train-the-Trainer	___/___/___	_____	\$160 (Full day)
Advanced Topics in Alzheimer's Care Train-the-Trainer	___/___/___	_____	\$90 (Half day)
Powerful Tools for Caregiver Train-the-Trainer	___/___/___	_____	\$ 250
Illinois Dementia Care	___/___/___	_____	\$90
Activity-Based Alzheimer's Care	___/___/___	_____	\$90
Dementia Care 101 - Direct Care Staff	___/___/___	_____	\$45
Seminar _____	___/___/___	_____	\$45

(Provide topic title)

Continuing Education Units (CEUs) available for professional licensure for an additional \$10.00/program.

Please indicate what program(s) you are requesting CEUs for:

- Activity-Based Alzheimer's Care
 Advanced Topics in Alzheimer's Care (**Full-day**)
 Powerful Tools for Caregivers
 Advanced Topics in Alzheimer's Care (**Half-day**)
 Best Friends
 Illinois Dementia Care
 A Seminar

Profession _____ License # _____ CEU total \$ _____

Please note any dietary restrictions: _____ Total amount \$ _____

Please indicate payment method:

Check enclosed Check #: _____

Credit card #: _____

American Express / Discover / MasterCard / VISA

Card number: _____

Expiration year: ___/___

Card Holder Signature: _____

Card Holder Address, if different than above: _____

City _____ ST _____ Zip code _____