

IALA SPRING CONFERENCE, 2019

YOUTH IS A GIFT OF NATURE, BUT AGE IS A WORK OF ART

FEATURING: TEEPA SNOW,
DEMENTIA CARE EXPERT

6.5 NURSING CONTACT
HOURS AVAILABLE

Tuesday, April 2nd
8:00 AM – 4:30 PM

Hilton Garden Inn
8600 Northpark Drive
Johnston, IA 50131

Iowa Assisted Living Association

9001 Hickman Road, Ste 220
Des Moines, IA 50322
info@ialaonline.net
www.ialaonline.net
515-278-8700



Iowa Assisted
Living Association



REGISTRATION DEADLINE: TUESDAY, MARCH 19, 2019

ABOUT THE FEATURED SPEAKER: TEEPA SNOW



Today's Voice for Dementia, Teepa Snow is one of the world's leading advocates and educators for anyone living with dementia.

Teepa's philosophy is reflective of her education, work experience, medical research, and first-hand caregiving experiences. Her advocacy efforts led her to the development of the GEMS® dementia classification model and the Positive Approach® to Care training strategies.

An Occupational Therapist by trade, she graduated from Duke University and has an MS degree from the University of North Carolina in Chapel Hill. Teepa has over 35 years of clinical experience in the field of geriatrics and dementia care, as well as having provided care to family members with dementing illnesses. Currently, she has an independent practice as well as clinical appointments with Duke University's School of Nursing & UNC-CH School of Medicine. She provides interactive and creative educational and practical hands-on training sessions to organizations and providers throughout the US, Canada, Australia and the UK. She has been actively involved in teaching and clinical research projects throughout her practice career. Teepa has impacted hundreds of organizations worldwide with her education, now sold in over 30 countries.

Teepa's personal mission is to help others better understand how it feels to be living with dementia. She utilizes her gifts of role play to demonstrate behavioral states and stages of dementia. This results in greater understanding for her audiences.

Her company, Positive Approach, LLC, was founded in 2006 and offers person centered training opportunities in the United States, Canada, Australia and the UK. If you visit www.teepasnow.com, you'll find educational video clips, DVDs, books, information on individual certifications, online support groups, newsletter subscriptions, and onsite training. And you can sign up for the free Dementia Journal which goes out every month.

Until There's a Cure, There's Care!™

Target Audience: Nurses, Directors, Administrators, Activity Directors, Managers, Universal Workers &/or CNAs.

Purpose: To provide senior care training skills to assist residents with care, providing leadership skills to all levels of staff, to enhance knowledge of different levels of Dementia. To identify different behaviors that help create high performing teams of staff, nurses, directors, universal workers, etc.

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TUESDAY, APRIL 2ND, 2019

8:00-8:25 AM **Registration & Continental Breakfast**
8:25-8:30 AM **Welcome by Debbie Fisher, President**

8:30-10:00 AM **Session 1 “Understanding the Different Dementias”**

In recent years, significant progress has been made in differential diagnoses and in tailoring treatments and interventions to different types of dementia. Current understanding is that labeling someone as simply having “dementia” in the early stages of the condition is inadequate for best quality care management. This session is designed to provide information about the various forms of dementia. It highlights the importance of noticing early signs of changes in cognition and behavior that are not consistent with normal aging. Depression, delirium, and dementia are discussed, and differences and connections are presented. The session provides specific and distinguishing characteristics of some of the more common forms of dementia including Alzheimer’s disease, vascular dementia, Lewy body dementia, and fronto-temporal dementias. Part of the session also focuses on how care and expectations may need to be changed for each condition as well as for those individuals with mixed picture dementia. Finally, the session will provide support for those providing care to be better advocates and partners for those living with dementia.

By the end of this session, learners will be able to:

1. Distinguish between normal and abnormal changes in brain functions associated with the aging process
2. Describe similarities and differences among dementia, delirium, and depression
3. Compare various dementias regarding initial symptoms, progression patterns, and management and treatment strategies
4. Discuss the importance of the role of the care partner in helping to effectively manage the care plan and treatment of individuals living with various dementias

10:00-10:15 AM **Morning Break**

10:15 AM-12:00 PM **Session 2 “Managing Behavior: Start with Yourself”**

This session helps learners recognize and appreciate the role that their behaviors, words, actions, and reactions play in the behaviors that typically seen in people living with dementia. Emphasis will be placed on providing learners with alternative approaches and responses that are effective in promoting more positive interactions and outcomes. The goal is to help learners manage their own behaviors to change patterns rather than focusing trying the get the person with dementia to “behave themselves.”

By the end of this session, learners will be able to:

1. Describe the role that your words and actions play in the behavior and responses of people with dementia
2. Discuss some of the critical factors for optimizing positive interactions
3. Identify techniques that improve the potential for successful communication
4. Demonstrate use of positive communication strategies in an interaction

12:00-1:00 PM **Lunch with Vendors**

6.5 Nursing Contact Hours will be awarded through IBON Provider #22 DMACC

Full attendance required. No partial attendance will be awarded. Contact Hours are based on a 60-minute education hour. It is the licensee’s responsibility to determine if the continuing education programs they attend meet the requirements for their professional licensure.

TUESDAY, APRIL 2ND, 2019

1:00-2:30 PM **Session 3** *“Sorting out the Three D’s: Delirium, Depression & Dementia”*

As people age, their brains become more vulnerable to chemical changes, damage, and disease. Recognizing the differences among changes that signal an acute illness or medical emergency, symptoms of a mood or emotional condition, or a chronic, progressive, and terminal condition that will eventually rob a person of their cognitive abilities is vital in providing the best possible care and responding effectively when changes are noted. Each of the three ‘D’s’ of dementia, delirium, and depression/anxiety has a unique onset, duration, impact on alertness and arousal, possible causes, and treatment recommendations. This session will help providers recognize and respond more accurately to reduce ‘non-helpful’ hospitalizations, delays in medical attention for acute illness, non-treatment of treatable conditions, and premature discharge of residents who might be able to stay in the community.

By the end of this session, learners will be able to:

1. Describe the value and importance of obtaining the correct diagnosis for an individual
2. Compare and contrast among the conditions of delirium, depression/anxiety, and dementia
3. Describe simple screening and assessment strategies that may be used to identify the conditions

2:30-2:45 PM **Afternoon Break**

2:45-4:30 PM **Session 4** *“How to Care and Live Life in Early & Mid-Stages of Dementia”*

This session is designed to help learners better understand and then help a person with early or mid-stage dementia. The focus is on guiding the learner in how to identify and use the person’s retained skills while acknowledging lost abilities for best quality interactions and care decisions. This session will emphasize the value of using respected ‘authority figures’ to help with difficult discussions and choices, especially during the early stages of dementia. Also discussed will be the concept of connecting previous interests and preferences to present circumstances and realities to give the person with dementia opportunities to contribute, feel competent, and stay involved. The value of having care partners provide the ‘just right’ cueing and guidance to help the person be successful will be explored. Finally, the importance of forming new partnerships and relationships that help the person enjoy and sustain mental, physical, and emotional well-being will be highlighted.

By the end of this session, learners will be able to:

1. Describe commonly retained and preserved abilities that can be used to maintain or regain mental, emotional, and physical fitness in early stages of dementia
2. Match methods of cueing and guiding to current abilities and level of performance to create successful engagement and help with discontinuation of ‘risky’ activities
3. Discuss the value of using authority figures, previous interests, supportive communication and empathy to sustain abilities by modifying and creating new opportunities for the person who is learning to live with their dementia

4:30 PM **Program Concludes**

Turn in Evaluations/Sign-out for Contact Hours

Helpful Tips:

Dress in layers, print off speaker handouts and bring a copy of the conference brochure with you to the event! No refunds are issued after the registration deadline of March 19th!

IALA 2019 SPRING CONFERENCE REGISTRATION FORM



Event Details:

Tuesday, April 2nd, 2019

Hilton Garden Inn

8600 Northpark Drive

Johnston, IA 50131

6.5 Nursing Contact Hours Available

Deadline to Register: Tuesday, March 19th

Registration Options*:

- \$90 Member: No Nursing Contact Hours
- \$140 Member: 6.5 Nursing Contact Hours
- \$140 Non-Member: No Nursing Contact Hours
- \$190 Non-Member: 6.5 Nursing Contact hours

*Registration includes Lunch and Break Refreshments (Special dietary needs upon request only)

Name: _____

Company Name: _____

Company Address: _____

Company City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

****For Nursing Contact hours, please provide the following:****

SSN: _____ License #: _____

Home Address: _____

Home City: _____ State: _____ Zip: _____

Payment Method:

Check # _____ (Payable to IALA)

Credit Card (circle one): AmEx Discover MC Visa

Credit Card #: _____ Security Code: _____

Name on Card: _____ Expiration: ____/____

Signature: _____

Date: _____

Register online: www.ialaonline.net or email registration form to info@ialaonline.net. Form can also be faxed to 515-278-0245 or mailed to: IALA, 9001 Hickman Rd, Ste 220, Des Moines, IA 50322