



2023 Winter Alzheimer's Education Series

February 15, 2023 • 12 – 1 p.m. CT

February 22, 2023 • 12 – 1 p.m. CT

March 1, 2023 • 12 – 1 p.m. CT

www.LeadingAgeIowa.org/DementiaSeries

This event is scheduled in a virtual, live-streaming webinar format. To meet the regulatory and education requirements, participants must stay for the entire event to receive credit. Sign-in and sign-out times, as well as attentiveness, will be verified before credit is issued. Contact [Amy Huisman](#) for details or questions.

LeadingAge Iowa and the Alzheimer's Association have partnered to offer 3 webinars for families, caregivers, and professionals who support people living with Alzheimer's and other dementias. Join us for one or all webinars in this series. Information, resources, and tools to help improve quality of life will be included.

Event Agenda

February 15, 2023 | 12 – 1 p.m. CT

Effective Communication

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. Communication is a way to express who we are and how we relate to each other. As the brain changes with Alzheimer's disease or other dementia-related progression, people lose the ability to speak and decode language in the usual ways. The better we understand these changes, the better we can connect with people living with Alzheimer's or other dementias throughout the course of the disease.

- Explore how communication takes place when someone is living with any form of dementia.
- Explain the communication changes that take place throughout the course of the disease.
- Decode the verbal and behavioral messages delivered by someone living with dementia and respond in ways that are helpful to the person.
- Identify strategies to help you connect and communicate at each stage of the disease.

February 22, 2023 | 12 – 1 p.m. CT

Dementia Conversations

The changing needs of the person often signal that it's time to talk. We have heard from many people that tell us that some of the most difficult conversations they had with their parent or family are about going to the doctor to get a diagnosis or medical care; deciding it's necessary to stop driving; and making plans for managing finances or legal documents to be sure the person's wishes are carried out and the costs of future care are covered.

- Share some tips for breaking the ice and having some difficult conversations around some of the most common issues that arise when someone shows signs of Alzheimer's or another dementia.
- Help you plan ahead and build a care team that works and communicates well to reduce some of the stress that can accompany a disease like Alzheimer's.
- Give you an opportunity to hear from people who are experiencing similar issues. These individuals will share how they handled these challenging conversations.
- Connect you with helpful resources to enhance the quality of life for everyone involved.

March 1, 2023 | 12 – 1 p.m. CT


Understanding and Responding to Dementia Related Behavior

Some of the most difficult behaviors for caregivers to understand and address arise in the middle stage of the disease. Behavioral symptoms can be caused by physical discomfort, such as fatigue, hunger, thirst, constipation, full bladder or an uncomfortable room temperature. Behaviors may also be triggered by overstimulation, sadness and loss, boredom, isolation or changes in routine or living situation. Although the

causes may be hard to sort out, it is helpful to take steps to understand and respond to needs expressed through behaviors. We will present an outline of steps to take and will then apply those steps to the most challenging behaviors that caregivers commonly face.

- Review the challenging behavioral aspects of Alzheimer's disease and strategies to use to help address them.
- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address some common dementia-related behaviors.

Faculty

Acacia Deadrick, Community Educator with the Alzheimer's Association Iowa Chapter  **alzheimer's association**
Acacia Deadrick is a writer and a volunteer for the Alzheimer's Association. She enjoys reading, listening to music, and doing crossword puzzles, and she loves delivering programs to educate others about Alzheimer's and dementia.

Continuing Education Information

Iowa Board of Nursing Provider #67 – 1 contact hour for each webinar. Providership regulations do not allow for partial credit to be given for any portion of this program. You must attend the entire session to receive credit. Retain certificate for four years.

For other long-term support and service provider professionals not listed above: Most licensure boards, credentialing agencies, and professional organizations have processes that allow individuals to earn a certain number of CEUs for non-preapproved programs and/or to accommodate self-submission for approval of continuing education hours after the event takes place with proper documentation from the program sponsors. Most also require information objectives, date/time of presentation, agendas, faculty bios, and number of hours earned. If you require information for this purpose, please contact Amy Huisman in advance for assistance.

Registration & Other Information

Register at www.LeadingAgeIowa.org/DementiaSeries.

\$10/contact hour

If not seeking continuing education credit, all sessions in this series are available for free to anyone.

Cancellation/Refund Policy

Refunds will be accepted up to 1 day before the event.

Virtual Programs Code of Conduct

The world of virtual learning is changing how we interact with each other – and our goal is to create a positive, safe and welcoming environment for all program participants. All are expected to abide by our Virtual Programs Code of Conduct. Go to www.LeadingAgeIowa.org/VPCodeofConduct to view the LAI Virtual Programs Code of Conduct.

Photographs, Video & Intellectual Property

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