

morning workshops

11 am – 12:15 pm

1. What to do When the Diagnosis is Alzheimer's

This workshop provides a clear definition of Alzheimer's disease, identifies the stages, and offers strategies for caregiving throughout the disease progression. Workshop participants will learn strategies for managing the daily challenges presented by Alzheimer's. They'll also learn what to expect as the disease progresses and how to modify their approach to care in order to meet their loved one's changing needs.

Presented by: Elizabeth Smith-Boivin, MSHSA, Executive Director and CEO of the Alzheimer's Association NENY Chapter

2. Understanding and Working with Challenging Behaviors in Alzheimer's Disease

As a caregiver for a loved one, it can be extremely worrisome to experience the challenging behaviors sometimes associated with Alzheimer's disease. In order to learn how to deal with these behaviors, you must first know and understand the disease. Additionally, learning the different types of behaviors indicative to Alzheimer's is crucial so caregiving can be administered safely and comfortably for all concerned. Learn from a panel of experts from the Alzheimer's Center at Albany Medical Center who will address the intricacies of the disease and assist caregivers to help persons with Alzheimer's disease safely navigate difficult times.

Moderated by: Nancy Cummings, Director of Alzheimer's Center of Albany Medical Center

Panelists:

Earl Zimmerman, MD, Director of The Alzheimer's Center at Albany Medical Center, Director of Clinical Research of the Neurosciences Institute at Albany Medical Center

Abdul Qadir Brula, MD, Assistant Professor, Dept. of Psychiatry in the Faculty Practice Group, Albany Medical Center

Dzintra Celmins, MD, Dept. of Neurology at Albany Medical College

Alice Brown, NP, Neuroscience Research Center at Albany Medical Center

3. Intimacy and Alzheimer's Disease

Workshop participants will learn about Alzheimer's disease from the perspective of the person with the disease and his care partner, as Stephen Hume and Candace Darcy share their personal journey through diagnosis and beyond. They will discuss the impact the disease has had on their relationship with each other and their relationships with friends and family. This workshop will help participants understand the effect of Alzheimer's disease on an individual, and a couple, and will share strategies on how to provide effective support to persons with AD and their care partners.

Presented by: Stephen Hume, PhD, diagnosed with Younger-Onset Alzheimer's at age 61, past member of the Alzheimer's Association Early Stage Advisory Group and National Board of Directors, and co-author of "Principles for a Dignified Diagnosis"

Candace Darcy, MEd, Vice President of Behavioral Health Network, Inc. and Stephen Hume's care partner

4. Advance Care Planning for the Caregiver

This workshop will provide the participant with a review of advance care planning documents including Health Care Proxies, Living Wills and the Medical Orders for Life Sustaining Treatments (MOLST) form. In addition participants will gain an appreciation for the importance of having the conversations on which advance care planning depends.

Presented by: George J. Giokas, MD, Director of Palliative Care for The Community Hospice

Use these symbols to help you identify workshops appropriate to your interest and exp

afternoon workshops

1:15 pm – 2:30 pm

5. **Benefits and Services: How to Plan For and Access Them**

Learn about services available in the Capital Region for caregivers and for loved ones. This panel will provide a brief overview of many services and benefits available, including VA compensation and Aid & Attendance; Medicare; Medicaid; respite; geriatric care management services; the senior housing continuum; adult day programs; support groups; the importance of advance planning, and in-home care agencies. Participants will have the opportunity to ask questions, hear from other caregivers, and identify avenues to make caregiving easier.

Moderator: Courtney Van Dyke, MS, Senior Living Specialist for Glen Eddy Senior Living Community

Panelists:

JulieAnn Calareso, Esq., Attorney at Law, Burke & Casserly, PC

Karen Meemken, LMSW, Social Work Case Manager/CHOICES Case Management, St. Peter's Hospital

Thomas H. Walker Jr., CDR USNR-Ret, Senior Counselor, New York State Division of Veterans' Affairs

6. **The Long Goodbye: Living with Anticipatory Grief**

Our society has developed an understanding of the grief process experienced with the death of a loved one, but those who care for individuals with Alzheimer's disease and related dementias experience a different kind of loss and grief. Anticipatory grief is experienced in steps as the person with dementia loses cognitive abilities and caregivers grieve the emotional loss of each part of their loved one's ability and awareness. Although each person grieves their losses in their own personal way, there is common ground among those who suffer anticipatory grief. This workshop provides an opportunity to learn and discuss the anticipatory grief process.

Presented by: Brigitta Giulianelli, MPH, Helpline Specialist and Capital Region West Program Manager, Alzheimer's Association NENY Chapter

7. **The Gift in Being Present**

Being actively present to an individual with Alzheimer's key to giving that individual a moment of "wholeness" even in the midst of their disease. This workshop offers family, caregivers, medical professionals and visitors specific skills and practices they can use to bring wholeness to individuals during their visits. The skills presented are easy to learn and can be used in encounters that last only moments. Best of all, using this method can offer caregivers a profound gift – "a present" – in the midst of life's difficult times.

Presented by: Victoria O. Milne, MS, Maria College, Community Hospice, Four Winds Hospital

8. **Video Biographies: Sharing Their Story, Now and Forever***

This workshop focuses on the benefits of the personal video biography – a presentation that incorporates interviews, images and music drawn from an individual's own life. These videos have the potential to trigger memory and provide engagement and comfort for persons with dementia, while simultaneously providing respite and relief to caregivers, as well as creating a life story for present and future generations. Participants will learn practical information about the basic equipment and techniques needed to produce a simple but effective video presentation.★★

* Basic Knowledge of computers helpful

★★ Assistance and follow up support will be available through the Alzheimer's Association Northeastern New York. Call for more info.

*Presented by: Mark Merrett, Filmmaker, Photographer and Video Producer, Principal of Living Documentaries, LLC
Erica Salamida, Capital Region North Program Manager, Alzheimer's Association NENY Chapter*