



## Hot Topics in Dementia Webinar Series

Back by popular demand LeadingAge Washington, Oregon and California is pleased to offer a series of six webinars on Alzheimer's disease and dementia addressing a variety of "hot topics" in person-centered care, including engagement, sexual expression, honoring resident choice, grief and mindfulness.

This webinar series is designed for all levels of care in senior living from independent housing to skilled nursing there is valuable nuggets of information to learn.

Each webinar will be 90 minutes, one-hour presentation, followed by 30 minutes of discussion.

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### **October 6, 2016 – Innovative Approaches to Engagement in MCI**

Participants will receive a brief overview of mild cognitive impairment (MC) and how it impacts interest and engagement in activities. The session is designed to empower participants with knowledge needed to design an activity program specifically for residents with MCI.

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### **November 3, 2016 – Engagement Across the Course of Dementia: It Takes More Than New Activity Ideas**

Learn what it takes to develop and implement a successful activity program, including establishing a philosophy and guiding principles. The webinar is designed to promote investment in activities that will produce desired outcomes and empower attendees with the knowledge and skills to develop, adapt, and implement successful programming with residents through the course of dementia.

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### **January 12, 2017 – Honoring Choice in Dementia: More than Peas and Carrots**

Deepen your understanding of risk and risk management relative to cognitively impaired residents. This webinar is designed to empower attendees to think about risk in dementia differently, to appreciate the "silent harm" that can occur when choices are not honored (e.g., depression, loss of independence), to recognize "surplus safety," and to engage the person with dementia, family, and themselves in a thoughtful care planning process that identifies and allows acceptable risk as agreed upon.

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### **February 2, 2017 – Person-Centered Approaches to Sexual Expressions in Memory Care**

In this webinar, attendees will learn about sexual needs and behaviors of people with dementia. Most importantly, attendees will be challenged to balance regulatory, legal, safety, and family concerns about the range of intimate behaviors that can develop between residents affected by dementia with the basic ongoing human needs of the individuals involved and their expressed preferences. Be empowered with the knowledge and skills to implement programs and strategies to effectively support the families of residents.

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### March 2, 2017 – An Unspoken Reality in Dementia: Grief and Loss

An “elephant in the room,” grief is a constant companion across the course of Alzheimer’s disease and other dementias but often couched in more comfortable terms, such as “caregiver burden.” This session will explore the grief experience from the perspective of the caregiver, its impact on the post-placement caregiving role and strategies for coping.

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### April 6, 2017 – Applying Mindfulness in Memory Care

Mindfulness, now widely recognized as a way to enhance physical and emotional well-being, is emerging as an innovative approach to help people with dementia and those who care for them, whether at home or in senior living communities, cope with stress, depression, and anxiety. This webinar will explore what’s known about using mindfulness practices in memory care and how you incorporate them in your community.

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**About the Presenter:** Cordula Dick-Muehlke, Ph.D., is a licensed clinical psychologist with 30 years of experience in working with older adults. She is currently the Director of Education at the University of California Irvine, Institute for Memory Impairments & Neurological Disorders (UCI-MIND).

**Hours:** 9:30 a.m. – 11:00 a.m. (1 hour presentation; 30 minutes open discussion)

**CEs:** Continuing education units have been submitted for one (1) hour continuing education unit, per webinar, NHAP/P, RCFE/dementia, BRN, LVN, BBS - WA DSHS approved

**Questions:** Phone: (253) 964-8870 or email Pat at [psylvia@LeadingAgeWa.org](mailto:psylvia@LeadingAgeWa.org)

**Note:** This webinar series will not be recorded for future reference.

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## Registration Form

### Choose your registration option:

Full Series Registration

### Individual sessions:

October 6, 2016    November 3, 2016    January 12, 2017

February 2, 2017    March 2, 2017    April 6, 2017

**CEU:** 1 hour NHAP/P, RCFE/ Dementia, BRN, BBS, LVN \* WA - DSHS (approval pending)

\$79 LeadingAge WA community/per session

\$225 Full Series of 6

\$99 Non Member community/per session

\$255 Full Series of 6

Total: \_\_\_\_\_

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Email (**Required for Confirmation**): \_\_\_\_\_

### Payment:

Check Enclosed    Credit Card    Please invoice

No.: \_\_\_\_\_ Exp.: \_\_\_\_\_ CSC: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

**Webinar log-in information will be sent 2 days prior to each webinar.**

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### Mail or fax your registration with payment to:

**Don't delay! Complete this form and fax to: (253) 964-8876**

**1495 Wilmington Drive, Ste 340, DuPont, WA 98327 \* [www.LeadinAgeWa.org](http://www.LeadinAgeWa.org)**

**Phone: (253) 964-8870 \* Questions? Email Pat at [psylvia@LeadingAgeWa.org](mailto:psylvia@LeadingAgeWa.org)**

**Cancellation Policy:** No refunds for cancellations five (5) working days prior to the webinar. Substitutions are permitted.

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