

Course Descriptions

Learning Institute™

2010

Professional Workshops

TTT01: Train the Trainer© Course 1: Nuts and Bolts of Dementia Care

This course lays the foundation for understanding dementia care by exploring the background of dementia, diagnosis, stages of the disease, treatments and re- search. Considerable attention is given to developing caregiving techniques from a cultural perspective. Emphasis is placed on training techniques useful for all courses in Train the Trainer©. While each course is a stand alone, it is recommended that this course be taken as the first in the series. (3-hour course)

TTT02: Train the Trainer© Course 2: Effective Communication in Dementia Care

Utilizing interactive training, this course provides the learner with information on verbal, nonverbal and written communication techniques for persons with dementia. In addition, special considerations involving cultural influences, hearing and visual impairments will be addressed. (3-hour course)

TTT03: Train the Trainer© Course 3: Problem Solving and Managing Behavioral Issues in Dementia Care

A cultural perspective for caregiving is used to provide participants with information and techniques for Activities of Daily Living: bathing, dressing, eating, toileting and ambulation. The challenging behaviors of agitation, combativeness, hallucinations, incontinence, sleeplessness, sundowning, unpredictable situations and wandering are explained and potential solutions are developed in an interactive environment. (6-hour course)

TTT04: Train the Trainer© Course 4: End of Life

This course assists caregivers of individuals with advanced Alzheimer's disease and related dementias by providing information and techniques for physical and emotional care issues. It explores concepts of grief, guilt, and decision making to maximize the dignity, comfort and respect of individuals with the disease. Ideas will also be examined regarding how to help in anticipatory and post death bereavement. Considerable time is devoted to caregiving techniques and pain management for end of life. (6-hour course)

TTT05: Train the Trainer© Course 5: Sexuality and Intimacy

Problems and concerns about intimacy in Alzheimer's disease and other dementias are varied and complex. This course explores the multiple ways affection and self-esteem needs are expressed by persons with dementia as well as changes in behavior such as bold behavior, exposure, depression and misinterpretation. Sensitive to the cultural perspectives, appropriate interventions are discussed as well as adaptations for home and residential setting. (3-hour course)

TTT06: Train the Trainer© Course 6: Spirituality

This course provides ways caregivers can support persons with dementia in body, mind and spirit. Participants will gain an understanding of spiritual and religious care. Various religious traditions are highlighted with an appreciation for culture. Techniques for assisting the person to feel connected are discussed. (3-hour course)

TTT07: Train the Trainer© Course 7: Meaningful Activities for Dementia Specific Care

Activities represent who we are and what we're about. For the person with dementia, they can mean the difference between feeling loved and needed or feeling unloved and unnecessary. Using an interactive approach and new techniques such as the Montessori Method, this course provides participants opportunities to explore how daily living activities can become meaningful activities. (3-hour course)

TTT08: Train the Trainer© Course 8: Strategies for Creating Better Care Environments

The potential of the physical environment, both internal and external, to play an active role in shaping and supporting independence, stimulation and quality of life for individuals with Alzheimer's disease and related dementias is developed in this course. Special emphasis is placed on principles behind design and the importance of utilizing the environment as a therapeutic tool. Interactive experiences expose the learner to utilizing design principles so that they can become active participants in the evolution of the care environment. (3-hour course)

TTT09: Train the Trainer© Course 9: Music and Dementia – Making a Connection

This course explores ways in which music can be utilized with persons with dementia to decrease challenging behaviors, recall memories and provide means of communication. Through interactive activities, participants will discover first hand the benefits of music. Emphasis is placed on how music can be adapted to work with persons in all stages of the disease. Basic recommendations are discussed regarding the appropriate use of music in residential settings. (3-hour course)

TTT10: Train the Trainer© Course 10: Dementia, Art, and the Quality of Life

The therapeutic benefits of using art in caregiving are explored with an emphasis on cultural applications; the use of art as a preverbal and nonverbal expression of communication; and the importance of art in recognizing changes in ability throughout the stages of the disease. (3-hour course)

TTT11: Train the Trainer© Course 11: How to Work with Families

This course teaches health care workers how to work effectively with families and other caregivers of individuals through the stages of Alzheimer's disease and related dementias. It explores the relationship between the professional caregiver and the family caregiver and how family systems change with the introduction of paid supports (i.e., in home and out of home care). Participants also develop sensitivity to acculturation as well as the multicultural and generational needs of the caregiver and health care worker. (3-hour course)

TTT12: Train the Trainer© Course 12: Health, Wellness... and You!

This course teaches the importance of maintaining health and wellness in all areas of life. The Wellness Tree (a segmented outline of positive health practices) illustrates topics including fitness, nutrition, stress and cultural & biological influences on quality of living. Participants will learn lifestyle changes, strategies to improve health and wellness, and applications for working with persons with dementia. (6-hour course)

PW01: Public Policy & Legislative – How to Get Involved

This program will explain public policy and advocacy. A summary of the importance of becoming an effective advocate will be included. The political process at the federal and state levels will be described. Opportunities to become involved in public policy will be discussed.

PW02: Elder Abuse and Dementia

Elder abuse will be defined utilizing an overview and a specific behavioral approach. Scams will be discussed as well as ways to protect against them. Examines the do's and don'ts for individuals, families and friends to stop elder abuse. Suggestions for advocacy will be explored.

PW03: Developmental Disabilities and Dementia

The focus of this program will be on Developmental Disabilities, Alzheimer's disease and Dementia through group discussion. Ten warning signs of Alzheimer's disease will be identified. The risk of Alzheimer's disease among the developmental disabilities population will be outlined. Stages of the disease will be listed, as well as suggestions for approaches to care in each stage.

PW04: Depression and Dementia

The program will describe depression and will discuss evaluation and diagnosis. Treatment options and strategies for interventions will be examined.

PW05: Nutrition and Enhancing the Dining Experience for Person with Dementia

This program will focus on the importance of nutrition and will explore ways to prepare food for

easier eating. Interventions to make mealtime calm and comfortable will be suggested.

PW06: Pain Management and Assessment

Discussion explores types of pain and describes potential barriers to pain assessment for individuals with dementia. Describes observation of behavioral symptoms, mood, and body language as a technique in pain assessment. Specific approaches to intervention will be included.

PW07: End of Life and Hospice Care and Dementia Care

This workshop will discuss late stage Alzheimer's disease and the impact it has on providers, peers and family members. Information will be provided about late stage signs and levels of medical care. The importance of legal documents, such as living wills, and health care proxies will be discussed. Tips for helping the bereaved will be included.

PW08: Frontal/Temporal Lobe Dementia

This program will define Frontotemporal Dementia and their sub-types. Symptoms of Frontotemporal Dementia will be discussed and compared with those of Alzheimer's disease. Methods of diagnosis, disease progression, and treatment will be explored.

PW09: Alcohol Dementia and Depression

This workshop examines the complex factors involved with older adults who have a dementia diagnosis, a depression diagnosis, and continue to use and/or misuse alcohol. Coping skills for caregivers and community resources will be discussed.

PW10: Developing Staff Partnerships in Dementia Care and Planning

This program will discuss the importance of "partnering" with professional and non-professional caregivers when developing person-centered dementia care. Specific suggestions to enhance partnering skills will be explored. Basic dementia care practices that are necessary to include in quality care planning will be described.

PW11: Neuropathology of Alzheimer's Disease

This workshop will explore the structural and chemical changes in the brain that occur in individuals with Alzheimer's disease. An explanation of the role of plaques, tangles, and neurotransmitters will be included. The program will also discuss potential factors that may increase the risk of dementia such as: age, family history, genetics, environment, diabetes, vascular conditions, and Down Syndrome.

PW12: Mini Mental Status Exam

The focus of this program will define the history, purpose, and nature of the MMSE. The benefits and limitations of the MMSE will be explained and the expected changes in MMSE over the course of Alzheimer's disease will be described.

PW13: Alzheimer's Disease Medications

The program will focus on the types of medications that are currently available to treat Alzheimer's disease. The medications discussed will include cholinesterase inhibitors, memantine, anti-psychotic drugs, and analgesics.

PW14: Acute Hospitalization and Alzheimer's Disease

Discusses issues related to acute hospitalization for the person with Alzheimer's disease. Describes interventions to improve communication and to help manage personal care for hospitalized individuals with Alzheimer's disease.

The program will identify areas that are important to include in discharge planning.

PW15: Spirituality and the Person with Dementia

This workshop helps the learner to appreciate the spiritual needs of persons with dementia and interpret activities to help fulfill spiritual needs.

Teachings on grief/loss from major wisdom traditions (Judaism, Christianity, Buddhism, and Islam) will be explored. Come learn from various faith traditions how to nurture the spirit and find ways to reduce stress.

PW16: Current Developments in Research

This program will identify numerous areas of promising Alzheimer's disease (AD) research and discuss factors that may increase or decrease the risk of developing AD. Promising research into ways to slow or lessen the effects of this disease will be described.

PW17: Creating a Caring Environment

The focus of this program will analyze behavioral criteria and design responses for various settings (home, assisted living, special care). Participants will develop an understanding of the relationship of the physical environment to people within it and how the physical environment can be used as a therapeutic tool.

PW18: Caregiver Efficacy Coping and Empowerment for Professionals

This program will discuss issues that contribute to professional caregiver stress and describe warning signs of increased stress. Interventions to managing stress will be explored.

PW19: Screening – CT – MRI – PET

The workshop will describe both functional and structural screening tools that are currently available to help diagnose Alzheimer's disease and related dementias.

PW20: Caregiving for the Sandwich Generation

This program will focus on the generation called, "Baby Boomers" born between 1946-1964 dubbed the "Sandwich Generation ". It has been stated that the "Baby Boomers" are the fastest growing segment of the population in America. This program will explore the expectations and needs of the "sandwich generation" by taking a closer look at the middle year's generation, and the impact they will have on society.

PW21: Culture and Religion

This workshop will discuss culturally sensitive health care practices. The focus of the program will describe religion and how it impacts the delivery of health care and will broadly define characteristics of religious groups common to upstate New York.

PW22: Heritage, Culture and Dementia

The program will outline how dementia progressively impairs memory and describes how heritage is important to dementia care. Culturally sensitive health care practices will be discussed.

PW23: Advance Directives

The workshop will explain what Advance Directives are in New York State and will outline why Advance Directives should be completed. Health Care Proxy's and Living Will's are described as well as special considerations for Advance Directives. End of life signs and levels of medical care will be discussed.

PW24: Senior Anxiety Disorders- with a movie

This program will describe possible anxiety disorders and outline strategies for interventions. Treatment options will be discussed.

PW25: Senior Anxiety Disorders- no movie

This program will describe possible anxiety disorders and outline strategies for interventions. Treatment options will be discussed.

PW26: Autopsy

The workshop will identify reasons for a brain autopsy including process and procedures. Discussion will include religious/cultural considerations and arrangements for the funeral.

PW27: Sexuality and Intimacy

The program will discuss behavior change regarding sexuality in individuals with Alzheimer's disease and related dementias. Affection and self-esteem needs for individuals with Alzheimer's disease and related dementias will be identified using a cultural perspective. Interventions for appropriate and inappropriate sexual behavior will be described and coping strategies for caregivers will be explored.

PW28: Person Centered Care- Meaningful Activities

The discussion will focus on activities in the physical, social, intellectual, spiritual and

creative areas. Approaches and environments that work will be described.

PW29: Sensory Impairments

This program will discuss how the chemical senses change with normal aging and Alzheimer's disease. The changes in vision, hearing, and balance associated with normal aging will be compared to those found with progressive dementia.

PW30: Violent Aggression

This workshop will outline causes of behavior change and will describe categories of behavior. The Unmet Need Model of Behavior Management will be discussed.

Issues regarding domestic violence and institutional aggression will be explored.

Considerations and suggestions for angry or agitated behavior interventions will be described as well as common sense safety tips.

PW31: Home Safety

The program will compare memory and sensory changes associated with normal aging and with Alzheimer's disease. Participants will develop an understanding of the relationship of the physical environment to people within it and how the physical environment can be used as a therapeutic tool.

PW32: Warning Signs, Risk Factors, and Helpful Tips and Techniques

The focus of this program will compare normal aging, dementia and Alzheimer's disease. The warning signs and risk factors for dementia will be discussed. Helpful prevention tips will be explored and the benefits of early diagnosis will be described.

PW33: How to Work with Families

This workshop will help to identify common reactions and emotions that family members experience along with the introduction of paid supports. Caregiver coping styles will be explored. The importance of partnering will be discussed and ways to partner with family caregivers to improve the quality of life for individuals with Alzheimer's disease and related dementias will be suggested.

PW34: Alzheimer's Disease and Successful Visiting

This program differentiates Alzheimer's disease from other diseases with dementia and will discuss diagnosis and treatment of Alzheimer's disease. The importance of visits is explored along with suggestions for communication techniques to use while visiting.

PW35: Lewy Body Dementia

This program will focus on describing the risk factors associated with Lewy Body Dementia. Symptoms of Lewy Body Dementia that are also common with those of Parkinson's disease and Alzheimer's disease will be discussed. Descriptions of symptoms used to determine a "probable" or "possible" diagnosis of Lewy Body Dementia will be included. Current treatments for the disease will be explained.

PW36: Stress – A Clinical Analysis

This workshop will identify stress, discuss various theories about stress, outline strategies for successfully coping with stress, and cover community agencies that can help empower caregivers.

PW37: Law Enforcement

This foundational workshop is designed for members of the law enforcement and security community. An overview of aging, dementia, and Alzheimer's disease is offered. Memory and sensory processes are discussed. The pathology of Alzheimer's disease, communication techniques, and frequently encountered behaviors are covered. Public safety issues, including home safety, driving, gun safety, suicide, aggressive behavior, shoplifting, indecent exposure, abuse and neglect, disaster preparedness, and wandering, are covered. The workshop concludes with an overview of the Medic Alert + Safe Return(c) program and effective search and rescue techniques.

PW38: Fire/Rescue, EMS, and 911 Dispatchers

Normal aging, dementia, and Alzheimer's disease are compared and contrasted in this workshop. Details about Alzheimer's disease are shared, especially as they relate to enhancing communication with persons with dementia and improving approaches to challenging behaviors. Because 6 in 10 people with dementia will wander, the Medic Alert – Safe Return(c) program is outlined and effective search and rescue techniques are shared.

PW39: Aging, Dementia, and Alzheimer's: for Faith Communities

This workshop is designed for a local community of faith, leaders, and larger community. Normal aging will be compared with dementia and Alzheimer's disease. Alzheimer's disease will be covered in detail, including diagnosis, treatment, risk factors, prevalence, and warning signs. Basics of communication and approaches to behaviors will be covered. A sample Alzheimer's Ministry will be outlined that reaches out to meet the needs of both the loved one with dementia and their caregiver. An inclusive, graceful Care Team approach is presented.

PW40: Prion Diseases

This workshop will describe prion diseases, with a focus on human prion diseases. Epidemiology, incidence and prevalence will be reviewed. Symptoms, expected progression, prognosis, treatment and research will be discussed. Classic Creutzfeldt-Jakob disease (CJD) will be compared with variant CJD. Community resources will be reviewed.

PW41: Huntington Disease

Huntington's disease is described, including epidemiology, symptoms, expected progression, genetic testing, prognosis, treatment, and areas of research, social and legal issues, and community resources.

PW42: Diagnostic Screening and Imaging Modalities for Dementia

Structural and functional medical imaging has made significant advancements in the past ten years. This seminar will describe the types of screening tools currently being used to assist in a dementia diagnosis, describe the differences between the common technologies, discuss current research, and review sample images.

PW43: Arteriovenous Malformations and Other Vascular Lesions

This professional workshop will define arteriovenous malformations and other vascular lesions of the central nervous system. Epidemiology, incidence and prevalence, symptoms, brain and spinal cord damage, and location will all be considered. Cavernous malformations, capillary telangiectases, and venous malformations will also be evaluated. Cause, detection, and treatments will be reviewed.

PW44: The Challenges of Normal Aging

Aging is a privilege! But it also brings with it many challenges. This workshop will discuss cognitive and sensory changes associated with aging, aging trends, caregiver rolls, housing options, health care options, the importance of financial and legal planning, and the importance of community resources.

PW45: "Cognitive Disorders and the DSM-IV®"

This workshop for professional audiences provides an overview of the classification system of the Diagnostic and Statistical Manual – 4th edition, of the American Psychiatric Association, related to Cognitive Disorders. Also covered is a basis for multi-axial assessment and a review of the sub-sections related to delirium, dementia, amnestic and other cognitive disorders.

PW46: Culture Change and Quality Residential Care

This workshop will define culture change, list, core person-centered values, develop person-centered language, describe a continuum of person-centered care, evaluate the cost and quality of culture change, and outline the process of getting ready. This curriculum draws deeply from the values and the beliefs of the Pioneer Network.

PW47: The Basics of Good Home Care

This class will focus on the ten warning signs, communication with individuals and family, involvement of family and support services, behaviors, decision making, general home care planning and provision.

PW48: Personal Care Guide

This workshop will address on social relationships and meaningful interactions, pain management, personal care in bathing; oral care; dressing; grooming; toileting, eating and drinking, falls, and wandering.

PW49: Safety and Personal Autonomy/Home Safety

This program will discuss restraint free care, home environment, general safety, fall and accident prevention, bathroom safety, medication safety, kitchen safety, food safety, guns and firearms.

PW50: End of Life Care

This program will focuses on communication with individuals and family, assessment and care for physical symptoms, assessment and care for behavioral symptoms, emotional and spiritual support, family participation in end of life care.

PW51: Making The Most of a Home Visit/Considerations for Those Who Live Alone

This class will address providers need to understand safety issues as well as a person's specific needs when conducting a home visit. It is especially important to build rapport and develop effective communication with a person with dementia living alone. Frequently, individuals with dementia who live alone have a strong sense of independence, so building rapport may take time.

PW52: Clinical Medication Management/Transitions in Care

This workshop will address the use of dementia medications.

PW53: Caregiver Stress/Elder Abuse and Neglect

Family caregivers can find themselves in poor health as a result of their responsibilities. Providers can assess family caregivers to determine what type of support is needed. Persons with dementia may have difficulty speaking up about or noticing abusive or neglectful situations. This workshop will focus on what to look for and communication techniques to help as you intervene.

PW54: Travel Outside the Home/Emergency Preparedness/Provider Self Care

Often, travel outside the home with a person who has dementia can be challenging. This workshop will provide strategies for travel, guidelines to use in the event of an emergency, and ways to strengthen your professional support system.

PW99: Other: for Professional Caregivers

PW100: Annual Symposium

Started in 2002, this annual event is designed for professionals in the field of aging. It is a neutral forum for research and best practices to be presented and for professionals to advance their skills in dementia care.

Non-Professional (Dementia)

CS01: Adjusting to Residential Care

The program discusses making a smooth transition, for both the individual with dementia and the caregiver. Topics such as choosing the right time to move, personalizing the room before admission, need for conversations with the provider of care, new role for caregiving, importance of communication.

- CS02: Assertiveness in Emergency and Public Situations/Hospitalization
Topics to be covered include emergency situations, public situations, and hospitalization. Discussion is also included on hospital visits and hospital stay.
- CS03: Autopsy: Toward a Better Future
The topics addressed in the program include: reasons for a brain autopsy, process and procedures for brain autopsy, religious/cultural considerations, arrangements and arranging for the funeral.
- CS04: Caregiving During Holidays and Special Family Events/Travel
Discussion is focused on what to do regarding holidays, vacation and visiting. Specific interventions and suggestions are explored.
- CS05: Caregiver Efficacy: Coping and Empowerment
The focus of the program is directed to effects of Alzheimer's disease on caregivers, signs of caregiver stress, importance of planning and steps to a healthy caregiver.
- CS06: Caregiving for the Sandwich Generation
The discussion explores expectations of the middle years along with needs of generations. The developmental tasks of the middle years and sandwich generation solutions are presented.
- CS07: Community Resources
The program looks at available resources such as medical services; support groups; legal services; financial services; and care services including safe return, respite, residential and hospice care.
- CS08: Creating a Comprehensive Care Plan
The discussion will focus on creating a personal and financial profile, making decisions to plan for the future, to include becoming knowledgeable about the disease, connect with community resources and expand your support system.
- CS09: Dealing with Denial – How to Tell Other Individuals
The discussion will explore symptoms of denial and appropriate ways to work with the diagnosed person's denial and denial in family members. Interventions and ways to work through denial are also discussed.
- CS10: Dementia vs. Normal Aging
This program compares thinking behavior of normal aging and dementia. It focuses on how memory works and discusses stages of illness.
- CS11: Discussing Treatments with Your Doctor
The program will focus on benefits of treatment of Alzheimer's disease, including cholinesterase inhibitors, anti-inflammatory drugs, and anti-oxidants as well as how to talk with your doctor.
- CS12: Driving and Dementia
The discussion of this program revolves around the position that individuals with Alzheimer's disease should be discouraged from driving, but final determination should be made with involvement of the individual with the disease, their caregivers and health professionals. Warning signs for drivers with dementia, tips for balancing independence, and safety tips for caregivers and safe return are discussed.
- CS13: Effective Communication
This discussion focuses on changes in communication, approaches to listening, approaches to communicating successfully such as use of voice and body language.
- CS14: End of Life Decision Making for the Cognitively Impaired

The program covers honoring the person's wishes including living wills, durable powers of attorney for health, late stage signs, levels of medical care, resolving family conflicts and hospice.

CS15: Evaluating Health Care Providers and Facilities

The program explores respite care, residential care, hospice care, and selecting a care provider.

CS16: Family Dynamics and Conflicts

The topics of family support, family dynamics including varying levels of involvement, help with children, and long distance caregivers are discussed. Interventions such as family meetings and placement are discussed.

CS17: Final Stage: What to Expect

The discussion focuses on treating the person with compassion and respect and honoring the individual's wishes regarding aggressive, conservative, palliative and hospice care. Specific caregiving techniques, interventions and coping with feelings.

CS18: How To Talk To Your Doctor

The discussion will explore choosing a doctor you can talk to, tips for communication, what you should say in talking about your own health, including sensitive topics.

CS19: How To Utilize Home Care

The discussion explores determining care services in the area of respite including: companion services, personal care, household assistance and skilled care, and adult day care and hospice care. Selecting a provider is also discussed.

CS20: Is A Support Group For You?

The discussion explores what a support group is, the benefits, the stigma and what it is not. Focus is also placed on what the support group experience is like.

CS21: Life After Diagnosis

The program covers services that may be needed including: medical, legal, financial support groups, information and referral, respite care, and residential care.

CS22: Local/State/National Advocacy

Topics covered in this presentation include introduction to public policy, why advocacy is important, becoming an effective advocate by knowing the political process, the players and how to get involved.

CS23: Long Distance Caregiving

The program explores concerns about safety, nutrition and health as well as anxiety and guilt. Interventions of support systems, Family Medical Leave Act, and how to make the most of visits are discussed.

CS24: Managing Challenging Behaviors

The program discusses possible reasons for changes in behavior, common behavior, the ABC's of behavior, and tips for the caregiver.

CS25: Managing Grief and Guilt

The program explores why individuals feel guilty with tips for handling guilt. Grief is explored from stages of grief for Alzheimer's disease caregivers, causes of grief for caregivers, grief responses, behaviors and finally the five tasks of grief work.

CS26: Meaningful Activities for Persons with Dementia

The discussion will focus on activities in the area of physical, social, intellectual, spiritual, creative, work related and spontaneous. Attention will be directed to approach and the environment.

- CS27: Memory Loss: Is It Always Alzheimer's Disease
Memory loss is examined regarding types, complaints, and possible causes. This is contrasted with causes and definitions of dementia. Since Alzheimer's disease is a form of dementia, this is explored as to symptoms and where to go for help.
- CS28: Newest Alzheimer's Treatment Modalities
The program discusses use of medication, what is available, and how they work. Other treatment modalities such as statins, vitamin E, and estrogen among others are explored.
- CS29: Nutrition and Dementia
This program focuses on maintaining a reasonable body weight, danger signs, how to prepare food and suggestions to make mealtime calm and comfortable.
- CS30: Pain Assessment and Management
Since individuals primarily suffer pain from causes other than dementia and Alzheimer's disease, the discussion focuses on assessment of behavioral symptoms, mood, body language, verbal communication with specific approaches to intervention.
- CS31: Role Changes and Transitions
The topics covered in this program include new roles and responsibilities, changes in your relationship, family and friends, the need for planning and suggestions for coping.
- CS32: Safety Concerns
The topics developed during this presentation include an understanding of wandering, prevention of wandering, making the home safe and preparation for a wandering incident.
- CS33: Safe Proofing Your Home
The program covers the considerations of safety concerns and Alzheimer's disease with particular emphasis on how to accommodate visual changes, avoiding injury, hazardous objects and substances. A safety checklist is discussed.
- CS34: Sexuality and Intimacy
The topics discussed include affection and self-esteem needs of the individual with Alzheimer's disease and related dementias, changes in behavior, interventions and strategies for caregivers.
- CS35: Spirituality and Caregiving
The program discusses the spiritual needs of persons with dementia and ways to help fulfill spiritual needs and activity. Other issues discussed are teachings on grief/loss from major wisdom traditions (Judaism, Christianity, Buddhism, Islam).
- CS36: Steps to Understanding Legal and Financial Issues
This program covers determining legal capacity, understanding legal documents, issues related to finding a lawyer and financial planner, information important to bring to a meeting, typical expenses and financial resource options.
- CS37: Taking Care of Yourself
This discussion will cover warning signs of caregiver stress, ways to reduce caregiver stress, symptoms of depression, treatment of depression and the benefits of support groups.
- CS38: Techniques for Families Giving Daily Care
The discussion focuses on suggestions and tips for routine personal care activities of bathing, dressing, grooming, toileting, eating and dental care.
- CS39: What's Happening in Research?

The program provides an overview of research both national and local, current thinking regarding major risk factors, current clinical trials, and a historical overview of progress in diagnosis and treatment.

CS40: Working with Your Physician Through the Diagnosis Process

The discussion for this program focuses on meeting with your doctor, questions to be asked before diagnostic testing, the diagnosis process and what questions to explore if the diagnosis is made.

CS41: Alcohol/Dementia and Depression

This program will examine complex factors involved with older adults who have a dementia diagnosis, depression diagnosis, and continue to use or misuse alcohol. It will also discuss coping skills for caregivers, community linkages, and the concept of harm reduction.

CS42: Brain Wellness Strategies

This workshop explores normal aging brain changes, surveys possible risk factors for cognitive decline and discusses protective factors to assist with preventing cognitive decline.

CS43: Communication Through the Stages

The program reviews the ten commandments of communication and explores various approaches for the specific stages of Alzheimer's disease and related dementias.

CS44: Helping Children Cope

The program discusses communication, behavioral change indicators for children and teens, emotional reactions, and explores age appropriate interventions.

CS45: How to Avoid Having a Loved One Mistreated

This workshop discusses elder abuse utilizing an overview and specific behavioral approach, scams, six ways to protect from scams and suggestions for family, friends, and individuals to stop elder abuse.

CS46: Humor

This program explores aspects of humor and laughter, benefits of humor and health, and steps to a humor filled life.

CS47: Medicaid (Nursing Home Finance)

This workshop explores the role of Medicaid in long-term care and discusses information necessary to make an application to the program.

CS48: Music and Dementia

This seminar discusses the many therapeutic benefits of music. Participants will be given suggestions of how they can use music as a means of communication with their loved one.

CS49: Renewal – Life After Caregiving

This program addresses grief and grief work, what is necessary to resolve grief, and specific interventions for moving on.

CS50: Stress Relief

This workshop explores warning signs, the grieving process, how to cope with grief and possible solutions to reducing stress.

CS51: Seminar for Understanding Alzheimer's Disease

This seminar provides foundational information about aging, dementia, and Alzheimer's disease. It also explores statistics, the diagnostic process, ten warning signs, research, communication tips, elemental approaches to behaviors, and how to

connect with community resources.

CS52: Aging, Dementia, and Alzheimer's Disease

This seminar will contrast normal aging with dementia and Alzheimer's disease, discuss other causes of dementia, identify ten warning signs, review treatment options, review the stages, and list research strategies. (English and Spanish)

CS53: Do I Have Your Attention?

This program simply and directly states why Alzheimer's disease is important to the average individual. The latest dramatic statistics are shared, including incidence and prevalence, morbidity and mortality, cost of care, ten warning signs, and caregiver stress.

CS54: Healthy Body, Healthy Brain

This class provides the student with information about the various causes of memory loss and what can be done to lead a brain healthy lifestyle. (English and Spanish)

CS55: When Seniors Need Assistance

This seminar will discuss changes of normal aging, address when most seniors begin to need assistance in daily living, and list strategies for healthy aging.

CS80: Maintain Your Brain™

This seminar is for baby boomers and healthy seniors. It provides a fresh, hopeful attitude towards aging, making informed choices that result in a lower risk factor, and making improvements in brain health and vitality. This seminar is a product of the national office.

CS81: Know the 10 Signs (1-hour)

This seminar will overview the 10 signs of dementia, the importance of seeing your doctor, and what can be done with an early diagnosis of Alzheimer's disease. Interactive videos are included.

CS82: Know the 10 Signs (2-hour)

This seminar will overview the 10 signs of dementia, the importance of seeing your doctor, and what can be done with an early diagnosis of Alzheimer's disease. Interactive videos are included.

CS83: When Seniors Need Assistance – Preparing Yourself and Your Loved Ones for “The Golden Years”

Students will explore changes of normal aging, discuss when most seniors begin to need assistance in daily living, and list strategies for healthy aging.

CS90: Caregiving 101: Normal Aging, Dementia, or Alzheimer's?

Individuals often ask the question, “are my memory problems normal, or something that I should have checked out by my doctor?” This caregiver seminar, the first in the Caregiver University series of 11 seminars, explores the cognitive changes associated with aging, dementia, and Alzheimer's disease (and related dementias). Ten signs are shared, incidence and prevalence are covered, and risk factors are discussed. Information about becoming connected with services is discussed. (English and Spanish)

CS91: Caregiving 102: “Alzheimer's Disease: Understanding Behaviors and Making Improvements!”

Individuals with progressive cognitive diseases often exhibit challenging behavior, contributing to frustration, caregiver burn out, and even unsafe conditions. Behavior theory is taught as a foundation to approach many common behaviors. Suggestions

and strategies for problem prevention and problem solving are offered.

CS92: Caregiving 103: "Honor My Decisions: Making Plans"

This two-part discussion will provide information about advance directives, with a focus on the new MOLST form. This workshop will explain what advance directives are and why they should be completed. Health Care Proxy, Living Will, and special considerations will be discussed. The second portion of this discussion will focus on the financial and legal considerations seniors face as they age. Aspects of Medicare, Medicaid, Insurance, Federal and State Tax Benefits, and eligibility will be covered.

CS93: Caregiving 104: "Keep Me Safe: Strategies for Improving the Environment"

This two-part discussion will cover the topics of safe proofing the home and driving with dementia. The home will be discussed with a special emphasis on avoiding injury, hazardous objects and substances, and supportive modifications. Driving decisions will be addressed with tips for balancing independence, professional assessment, and appropriate intervention.

CS94: Caregiving 105: "Tell Me What I Need to Know - Listen to What I Have to Say: Improving Communication with Persons with Dementia"

This two hour discussion will focus on changes in communication, approaches to listening, and new strategies for keeping the connection with persons as they transition through every stage. Verbal and non-verbal techniques will be discussed.

CS95: Caregiving 106: "Make My Life Better! Improving Dining and Tips for Personal Care for Persons with Dementia"

This informative education event will address the dining and personal care aspects of dementia. It is possible to employ research proven techniques to have good screening and preventive systems for nutritional care, to assure proper nutrition and hydration, and to promote mealtimes as pleasant and enjoyable activities. Techniques are taught that improves hygiene and quality of life for both people with dementia and their caregivers.

CS96: Caregiving 107: "I Am Not Losing My Mind! The Mental Health Aspects of Dementia"

This seminar will address the mental health aspect of dementia. More than 90% of people with Alzheimer's disease will eventually develop mental health symptoms, about 50% of people with Alzheimer's will experience depression, about 30% of people with Alzheimer's disease will experience anxiety, and between 30% and 50% of people with Alzheimer's disease will experience psychosis.

CS97: Caregiving 108: "Keep Me Comfortable: Pain Assessment and Treatment for Persons with Dementia"

This seminar will address the issue of pain and dementia. One in five older Americans regularly take pain medication. Between 45% and 80% of nursing home residents have substantial pain that is under treated. Untreated pain results in numerous physical, social, and spiritual complications in the elderly. Perception of pain does NOT decline with age. Learn what can be done when you partner with your doctor to make the life of your loved one more comfortable.

CS98: Caregiving 109: "Give Me Hope: Alzheimer's and the Promise of Research"

This educational event that will address the issue of Alzheimer's research. Consider the following: More than 10 million U.S. Baby boomers will develop Alzheimer's disease. No treatment is available to delay or stop Alzheimer's disease. Only five medications today are approved that temporarily slow worsening symptoms for about

half of the individual who take them, and only for six to twelve months, on average. Risk reduction is one of the most exciting recent developments in the dementia research arena. Other exciting areas of research include the discovery of biomarkers, disease slowing or stopping medication, adaptive approaches. Learn what is being done by the thousands of researchers around the globe who are working to improve your life.

- CS99: Caregiving 110: "Helping One Another: Falls, Restraint-Free Care, and Wandering"
This caregiver seminar addresses the issue of Alzheimer's disease and falls, restraint-free care, and wandering. Effective strategies have been developed that will reduce the likelihood of falls and the need for restraints for persons with Alzheimer's disease. More than 60% of people with Alzheimer's disease will wander. Enrollment in the Medic Alert + Safe Return™ program will decrease the likelihood of your loved one becoming lost, and increase the likelihood of their safe return if they should become lost. The new program "Comfort Zone" will also be covered.
- CS100: Fall Community Forum
A local leader in the medical community is recruited to present their research or treatment approaches for persons with dementia.
- CS101: Spring Community Forum
A local leader in the medical community is recruited to present their research or treatment approaches for persons with dementia.
- CS102: African American Conference
Started in 2008, this is an annual event planned by leaders in the African American community for members of the African American community. The goal is to reach out to traditionally underserved constituents.
- CS103: Spanish Language Conference
The goal is to make this an annual event, planned by leaders in the Spanish language community for traditionally underserved Hispanic / Latino persons with dementia, caregivers, and families.
- CS105: Early Stage Conference
An annual event planned by persons with dementia and their care partner for persons with dementia and their care partner. The goal is to bring hope and wellness to the dementia and caregiving experience.
- CS150: Other (dementia) for Family Caregivers

Non-Professional (Non-Dementia)

- CS60: Caring for an Aging Loved One: Week 1
How to Get Started; Aging Trends; Sensory Impairments and Mental Health
(2-hour seminar)

This seminar emphasizes the importance of pre-planning and understanding community services that are available to help assess the older adult's needs and situation; discusses how to develop an individual care plan, and what to look for in professional advisors; reviews factors that influence aging and explains the causes and effects of sensory changes; and explains the importance of identifying mental health concerns in the older person such as isolation, depression, grief, dementia, substance abuse and suicide. In

addition, caregivers are provided with information to help them understand common causes and symptoms related to mental health concerns and how to address and manage them.

CS61: Caring for an Aging Loved One: Week 2

Caregiving: Communication; Roles and Responsibilities (2- hour seminar)

This seminar is designed to help the caregiver develop their communication skills and role as a good health advocate; and discusses the importance of identifying caregiver stress and ways to take care of yourself. This seminar helps the caregiver to gain insight and understand changing roles and responsibilities.

CS62: Caring for an Aging Loved One: Week 3

Health Systems; Home Care and Alternative Housing Options (2-hour seminar)

This seminar assists the caregiver in understanding different levels of health care, managed care and in identifying local health provider systems. This seminar explains the different levels of home care personnel and coverage for services. Caregivers will learn how to access services and understand the home care continuum (scope of services, primary payers, current providers). In addition, the various elder housing options in the community are discussed, along with tips for choosing/selecting appropriate housing.

CS63: Caring for an Aging Loved One: Week 4

(Part I)

Hospital (Acute) Care (1-hour seminar)

This seminar assists the caregiver in understanding how to advocate for one's older adult. Learn what questions to ask a physician about the hospital stay and the discharge and/or rehabilitation process. The seminar provides an overview of the process for selecting certified and licensed homecare agencies and other outpatient services.

Week 4 (Part II)

Skilled Nursing Facilities and P.A.C.E. Programs (1-hour seminar)

The seminar is designed to help the caregiver understand the necessary steps in considering a nursing home placement; how to know if the person needs placement; what to look for in a tour and how to choose the best program; understand guidelines in quality of care, regulatory requirements and residents' rights; and learn about short-term transitional care and become familiar with options for care via P.A.C.E. programs.

CS64: Caring for an Aging Loved One: Week 5 (Part I)

Financial Planning (1-hour seminar)

This seminar outlines the important steps and goals in financial planning. Caregivers learn the basic financial questions to ask and how to organize financial records; gain access to counseling and assistance about various types of insurance through the HIICAP program; and learn how to obtain information about various types, costs, and benefits of health coverage.

Week 5 (Part II)

Elder Law: Estate and Medicaid Planning; Advance Directives (1.5 hour seminar)

This seminar assists the caregiver in preparing for estate and Medicaid planning through gaining familiarity with the specialty of Elder Law and its practitioners. The seminar outlines Medicaid eligibility rules, application and documentation needed. The caregiver will also become more aware of the need for advance directives to address important end of life issues via financial and health care planning.

CS65: Caring for an Aging Loved One: Week 6 Nurturing the Human Spirit (2-hour seminar)

This seminar discusses the process of aging as a life-long spiritual journey. Caregivers learn from various faith traditions ways to nurture the spirit and find ways to reduce stress. Caregivers have the opportunity to reflect on various forms of stress reduction such as meditation, journaling, centering exercises, etc.

CS66: Caring for an Aging Loved One: Where Do I Start?

CS67: Caregiving, Communication and Family Dynamics

CS68: Honoring and Preserving Memories

CS69: Seniors and Anxiety:

CS70: Spirituality:

CS71: Driving and Senior Safety

CS72: Understanding Health Care In Our Community

CS73: Rebuilding Life

This seminar will define grief and the work of grief, explain what is necessary to “resolve grief,” and discuss specific interventions and suggestions for moving on.

CS99: Other: for Family Caregivers

Faculty Biographies



Todd R. Goddard, M.Div., Learning Institute™ Director

Todd R. Goddard is the Learning Institute™ Director of the Alzheimer's Association, where he has worked since 2005. The Learning Institute™ provides person centered, culturally sensitive, dementia specific caregiving education for both family and professional caregivers, covering a nine county region in upstate New York. The faculty is comprised of three full-time educators, numerous contract educators, and over 30 professional specialists who volunteer their time to teach for the Learning Institute™. Over 3,500 professionals and 700 family caregivers receive education on an annual basis.

Todd is an ordained Elder and parish pastor in the United Methodist Church with over 23 years of experience. He has previously served as an Intermediate Life Support Emergency Medical Technician in Wayne County and volunteer chaplain for the City of Miamisburg Police Department, Miamisburg, Ohio. Todd has also been a psychiatric assessment officer for Clifton Springs Hospital & Clinic, a crisis counselor for Eastway Community Mental Health Corporation, Dayton OH, and has taught for the Mental Health Association, OASIS, and the Mercy Center with the Aging.

Nanette S. Friedman, B.A., Education Coordinator

Nanette Friedman is currently an Education Coordinator for the Learning Institute with the Alzheimers Association here in Rochester, New York. Nanette spent many years in New Jersey where she worked for United Way of Greater Mercer County, the County of Mercer and Caregiver Volunteers. She has held positions in Program Management, Community Development, Fundraising, and Funds Distribution. While at Caregiver Volunteers in Ocean County, NJ, Nanette coordinated the Alzheimer's Respite Care Program which placed trained volunteers in the homes of persons with dementia and their families. Nanette was responsible for providing training to the volunteers and facilitating workshops for interested individuals and support groups in the community.

Nanette's resume includes her stint as a Peace Corps Volunteer in Botswana. She taught 7th and 8th grade math and science. She also worked in a photographic safari camp north of Maun, Botswana. While living in New Jersey, Nanette, her husband Ron, and son Sebastian owned a family business – Paint Island Canoe & Kayak. Nanette's family currently lives in Penfield. She holds a B.A. degree from the University of Rochester.

Eve M. Moses, B.S., Education Coordinator

Eve Moses is currently an Education Coordinator for the Learning Institute with the Alzheimer's Association here in Rochester, New York. Eve has worked in the field of Aging services in Monroe County for more than 20 years. Prior to working for the Alzheimer's Association, she was the Executive Director of Generations Social Adult Day Care Programs for 14 years. During that time, she developed the social programs at Generations and implemented an intergenerational component for the company. She worked closely with caregivers on issues related to managing the chronically ill while helping to maintain them in the community.

Eve's resume also includes working for Monroe County Office for the Aging for 5 years and with ARC Crittenden Day Treatment Program as a team leader for the Senior Citizen population. Eve has been a volunteer facilitator for the Alzheimer's Association support groups for 15 years and lives in West Irondequoit with her two sons, Tom and Kevin. She holds a Bachelor of Science degree in Education from SUNY Cortland.

Leonor Buitrago, B.S., Education Coordinator

Leonor Buitrago teaches courses for the Learning Institute™ with a particular focus on Spanish language constituents. She has worked as a Spanish language translator, interpreter, and instructor for Catholic Family Center and Language Intelligence in Rochester, NY. She has also worked as a Market Researcher and Economic Analyst in Sao Paulo, Brazil and for the Federation of Coffee Growers in Bogota, Colombia. She is fluent in Spanish, Portuguese, and English.

Leonor earned a Bachelor of Science in Economics from Universidad Santo Tomas, Bogota, Colombia and is a graduate of the Certificate Program in Marketing Strategies, Plan, and Budgets from the University of California, Irvine CA. She is a Train the Trainer© graduate and

served as a volunteer faculty member and as a contract faculty member for the Learning Institute™. Leonor volunteers extensively managing social and cultural events for senior citizens.

Ralph H. Richards, B.S.R.T. (R), B.P.S. (MR), Adjunct Lecturer / Consultant

Ralph Richards teaches courses for the Learning Institute™, with a special focus on African-American constituents. As a Registered Diagnostic Medical Radiographer, he retired as a regional sales manager / vice president in the health imaging division of Eastman Kodak Company. He has traveled the world teaching medical imaging in diverse, multi-cultural locations.

Ralph also serves on the Board of Directors for the Alzheimer's Association, co-coordinator of the Mt. Olivet / Alzheimer's Faith-based Support Group Ministry, an Assembly Delegate to the National Alzheimer's Association, Steering Committee Member for the United Way of Rochester, and is listed in Who's, Who's, honors in leadership and occupational Achievements. He holds a certificate as a registered medical radiographer from the University of Maryland, a Bachelor of Science degree in Radiology Business Management from George Washington University, Washington DC, and an Advanced Professional Studies Degree in Imaging Sciences (MRI) from Upstate Medical University, Syracuse, NY.