



A first-of-its-kind in the nation  
educational partnership between  
Aging Services of Minnesota  
and Alzheimer's Association  
Minnesota-North Dakota and  
back by popular demand!

# 2013 Dementia Care Certificate Program

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Events**

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 **Aging Services  
of Minnesota**  
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## About the Series

As the number of older adults with dementia needing care increases, so does the need for well-trained caregivers who understand the unique aspects of their disease and have the skills and knowledge to respond to their needs.

This comprehensive educational program series is designed to improve the quality of the care given to persons with dementia. It consists of 12 different modules – nine webinars and three one-day hands-on workshops. It can be attended in its entirety to earn a certificate of completion or individually for topics of specific interest. It is also designed for different audiences within the aging services provider continuum in Minnesota's care centers, adult day services and AL/HWS settings, which include, but is not limited to:

- Direct care staff responsible for leading or training peers in dementia care
- Nurses
- Dementia program directors
- Other staff interested in specific topics – social workers, activity directors, chaplains, administrators, managers

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# Series Overview

## WEBINARS

### Module #1 – Overview and Early Dementia Thursday, April 18, 1:30 – 2:30 p.m.

#### Learning objectives:

- Briefly review the regulatory requirements for dementia care and how utilizing best practices for dementia care will also provide direction for your organization's care, services and programs in addition to preserving compliance.
- Review the common types of dementia – their causes, symptoms and stages so you have a better understanding of the range of care and services you may be expected to provide to the customers you serve.
- Identify key resources – both local and national – that will help you and your staff improve their work with people who have different types of dementia.

Presenters: MARSHA BERRY, MA, CAEd, Education Manager; and SARA TUCKER, MA, Early Stage Program Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington

### Module #2 – Related Dementia: What Aging Services Providers Need to Know

Thursday, April 25, 1:30 – 2:30 p.m.

#### Learning objectives:

- Describe Frontotemporal Dementia and Lewy Body Dementia including the causes and stages of each type.
- Become familiar with issues people with FTD and LBD may experience that may impact the service your organization provides to people with dementia.
- Identify key resources – both local and national – that will help you and your staff improve their work with people who have different types of dementia.

Presenter: ANGELA LUNDE, MA, Education Specialist, Mayo Clinic, Rochester

### Module #3 – Mental Illness and Dementia

Tuesday, May 7, 1:30 – 3 p.m.

#### Learning objectives:

- Differentiate between the symptoms of chronic mental illness and dementia.
- Describe some appropriate interventions for residents with long-standing mental illness and dementia.
- Discuss interventions and medications that may not be helpful in working with residents who have the combination of mental illness and dementia.

Presenter: WILLIAM B. ORR, PhD, MD, Founder and Director, Orr and Associates, Emory and Geriatric Behavioral Clinic, Mendota Heights

### Module #4 – Organizational Philosophy of Caring and Its Impact on Dementia Care

Wednesday, May 22, 1:30 – 2:30 p.m.

#### Learning objectives:

- Recognize the critical role an organization's philosophy of caring for persons with dementia has in shaping the services and programs it offers.
- Identify the essential elements of a philosophy of care that is person-centered and strength based and how that influences the quality of life for the older adult and their families.
- Discuss the importance of using respectful language when communicating with those who have dementia and how that influences their response to what is shared.

Presenters: NANCY STRATMAN, Administrator, Cokato Charitable Trust, Cokato; and ANGIE SWETLAND, Director of Customer Relations, Presbyterian Homes and Services, Roseville

### Module #5 – The Appropriate Use of Medication

Tuesday, June 4, 1:30 – 3 p.m.

#### Learning objectives:

- Identify when medications are most appropriately used in dementia care.
- Refresh your knowledge of medications commonly used to treat people with dementia – including their benefits as well as side effects.
- Become familiar with current medication research and what that is likely to mean for future treatment.
- Know what you should be aware of to monitor side effects and reactions to medications your residents/clients with dementia are taking.

Presenters: WILLIAM B. ORR, PhD, MD, Founder and Director, Orr and Associates, Emory and Geriatric Behavioral Clinic, Mendota Heights; and JOE LITSEY, Lead Pharmacist Consultant, Thrifty White Pharmacy Services, Alexandria

## WEBINARS (continued)

### Module #6 – Partners in Dementia Care: Supporting Caregivers and Partners

Tuesday, June 18, 1:30 – 2:30 p.m.

#### Learning objectives:

- Appreciate the toll caring for someone with dementia can take on both formal and informal caregivers and what can be done to prevent and/or cope with burnout.
- Describe how you as a professional caregiver can appropriately support and educate family caregivers in their efforts.
- Discuss examples of common ethical decision-making dilemmas that may arise when caregivers are burning out and what you may be able to do about them.

Presenters: ANITA RAYMOND, LSW, *Geriatric Care Management and Consultation, Volunteers of America-Minnesota, Minneapolis;* and LORES VLAMINCK, RN, BSN, MA, CHPN, *Principal, Lores Consulting, Rochester*

### Module #7 –The Role of the Environment in Promoting Quality Dementia Care

Wednesday, July 10, 1:30 – 2:30 p.m.

#### Learning objectives:

- Understand the impact the environment has on those with memory loss in both negative and positive ways.
- Describe those elements in an environment which can support dementia capable care.
- Identify ways to change and modify the environment that promotes positive outcomes while enhancing quality of life.

Presenters: BETSY BRAWLEY, *Principal, Design Concepts Unlimited, Sausalito, Calif.;* and ALANNA CARTER, LEED-AP, *RSP Architects, Minneapolis*

### Module #8 –The Legal Aspects of Decision-Making

Tuesday, July 23 – 1:30 – 3 p.m.

#### Learning objectives:

- Learn how capacity and incapacitated person are defined by law.
- Review substitute decision-making for persons with dementia – who can legally make what types of decisions for them.
- Learn about tools and options for recognition of a surrogate decision-maker for an incapacitated person.
- Identify the policies and procedures that will assist your organization in the area of decision-making.

- Understand the Minnesota POLST order form and its importance as a health care decision-making tool for persons with dementia.

Presenter: BARBARA J. BLUMER, Attorney, *Blumer Law, Eagan; and JOYCE M. KONCZYK, LSW, Volunteers of America-Minnesota, Minneapolis*

### Module #9 – End-of-Life Care

Tuesday, August 6, 1:30 – 3 p.m.

#### Learning objectives:

- Recognize the special needs of people with dementia at end-of-life.
- Describe the dying process of an individual with dementia and how their physical changes are unique to their illness.
- Become familiar with best practices in end-of-life dementia care that you and your staff can utilize to continue to improve care and service in this important phase of life.

Presenters: LORES VLAMINCK, RN, BSN, MA, CHPN, *Principal, Lores Consulting, Rochester;* and SHERRYL CONROY, RN, *Hospice Nurse Case Manager, Park Nicollet Methodist Hospital, St. Louis Park*

### New to Webinars?

Similar to phone conferences but with a visual enhancement, webinars allow you to train as many of your team members as you want for one low cost per connection from the convenience of your desktop and phone. No costly travel time or expense, and still receive the interactive education experience you need. Computer requirements to ensure a positive viewing experience:

- High speed DSL/cable Internet connection – minimum 56Kbps bandwidth needed to participate.
- 128 MB of RAM (computer memory)

Additional instructions on how you can connect to the webinar and test connections prior to the webinar will be provided in your registration confirmation e-mail.

## LIVE WORKSHOPS

The full day workshops are designed to optimize learning through small class sizes and an interactive learning experiences, work and vacation schedules. Workshop days will be held 8 a.m. – 4:30 p.m. Those wishing to earn CEUs and the certificate of completion must be present and attend all day each of the workshop days. There are two sessions scheduled – each in a different location. Participants may select any day/location they wish to attend, as long as they attend each of the three modules - #10, #11 and #12.

**Session #1 – August 13 & 14 and September 5 – U of M Conference Center, 1890 Buford Avenue, St. Paul**

**Session #2 – August 20 & 21 and September 12 – Ewald Conference Center, 1000 Westgate Drive, Suite #252 (near the Aging Services of MN offices), St. Paul**

### **Module #10 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 1**

**Tuesday, August 13 (1st session – U of M Conference Center, St. Paul) and**

**Tuesday, August 20 (2nd session – Ewald Conference Center, St. Paul)**

#### **Learning objectives:**

Using a framework of best practice models and successful approaches for dementia care, attendees will be able to:

- Recognize how persons with dementia express their sexuality so you know what situations are or are not appropriate for you as a caregiver to address.
- Understand what drives persons with dementia to wander, pace and successfully exit your building so you know better how to address their need for movement while reducing risk of harm.
- Reflect on rummaging behavior and know what it really means to your resident and what, if anything needs to be done about it.
- Analyze why repetitive questioning and storytelling are a part of the diseases' progression and how you can best relate to residents when they communicate in these styles.
- Identify what's behind resistance to care and services so you know what to do to minimize it to build more positive connections to the person with dementia and reduce risk of harm to yourself and the individual.

**Presenters:** MARSHA BERRY, MA, CAEd, Education Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington; CATHERINE R. JOHNSON, PsyD LP, Licensed Psychologist, Associated Clinic of Psychology, Minneapolis; and SUSAN RYAN, OTR/L, Adult Day Health Occupational Therapist, Amherst H. Wilder Foundation, St. Paul

### **Module #11 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 2**

**Wednesday, August 14 (1st session – U of M Conference Center, St. Paul) and**

**Wednesday, August 21 (2nd session – Ewald Conference Center, St. Paul)**

#### **Learning objectives:**

Using a framework of best practice models and successful approaches for dementia care, attendees will be able to:

- Understand what physical changes can occur in persons with dementia that can result in communication barriers so you know what to do to minimize them and promote positive communication.
- Recognize when a resident or client is hallucinating and what you should or should not do to connect with them.
- Discuss displays of paranoia in persons with dementia and the best ways to communicate with the individual in this state of mind.
- Identify the potential for expression of aggressive behaviors in your residents or clients with dementia to avoid having them escalate, while reducing risk of harm.
- Consider agitation an expression of an unmet need so you can help channel it in more positive directions.

**Presenters:** MARSHA BERRY, MA, CAEd, Education Manager, Alzheimer's Association Minnesota-North Dakota, Bloomington; JOHN BROSE, Ph.D., LP, LMFT, LADC, and Director, Associated Clinic of Psychology, Minneapolis; and ANGIE SWETLAND, Director of Customer Relations, Presbyterian Homes and Services, Roseville





## Module #12 - The Art of Engagement: Practical Approaches to Activities

Thursday, September 5 (1st session – U of M Conference Center, St. Paul) and  
Thursday, September 12 – (2nd session – Ewald Conference Center, St. Paul)

### Learning objectives:

- Effectively examine assessment and care planning.
- Identify program design options and methods for implementation.
- Adapt activities and the environment to better meet individuals' needs.

### CEUs

This educational program has been designed to meet the continuing education criteria of the Minnesota Board of Nursing. Application is being made to the Minnesota Board of Examiners for Nursing Home Administrators for clock hour credits. Aging Services of Minnesota is an approved continuing education provider by the Minnesota Board of Social Work. General certificates of attendance will be issued, provided the CEU requirements are met and can be used by individuals to submit their own request for approval.

### How CEUs are Earned

Anyone wishing to earn CEUs for each program module in the series (webinars and workshops) must complete a post test for the program and earn a score of 70% or more. The post test will be sent out following the webinar. Once the post test is completed information on how to access the certificate of attendance will be sent to the individual requesting it.

### About the Dementia Care Certificate

Participants who successfully pass all the post tests from the twelve modules of the training, and attend all day every day each of the workshop days, will earn a *certificate of completion* – which demonstrates in-depth professional study of a particular topic area on a voluntary and individual basis. **It does not denote certification or that someone is 'certified' in dementia care.** Questions on this may be directed to Heidi Simpson, Director of Education, Aging Services of Minnesota,

- Evaluate new and current programs and identify and implement activities focused on the unique needs of the individual.
- Take home ideas you can use to continue improving your organization's dementia care.

*Presenters: MARSHA BERRY, MA, CAEd, Education Manager; DEBBIE RICHMAN, BS, ACC, Associate Program Director, Education and Outreach; and SARA TUCKER, MA, Early Stage Program Manager Alzheimer's Association Minnesota-North Dakota, Bloomington*

hsimpson@agingservicesmn.org. Detailed information about the program's CEU requirements may be found on Aging Services' website and under the program's information on the Events page.

### Registration Fees

- **Individual Webinars:** Aging Services Members - **\$115** per web connection.  
Prospective members - **\$155** per web connection
- **Individual Workshops:** Aging Services Members - **\$150** per person.  
Prospective members - **\$190** per person

**Register online at [agingservicesmn.org](http://agingservicesmn.org) (click on Events) or Fax this registration form to 651.645.0002.** Include a P.O. number or follow up with payment to be received by Aging Services of Minnesota prior to the program. You will receive an e-mail confirmation for this program. Cut-off date and cancellation notice is three (3) working days before the start of the program. All cancellations must be made in writing by the date specified and are subject to a \$25 processing fee. No refunds if cancelled after the cut-off date or for no call/no-shows. Aging Services of Minnesota and Alzheimer's Association Minnesota-North Dakota reserve the right to cancel any program in this series.

### For Further Information:

#### Registration questions:

Kellie Thoen, [kthoen@agingservicesmn.org](mailto:kthoen@agingservicesmn.org)  
Local calls: 651.645.4545 or  
Toll free: 800.462.5368



# REGISTRATION FORM

## Dementia Care Certificate Program



You may use this form to register for each part or the entire series. Each individual program also has its own registration brochure. There is no overall series registration fee.

### WEBINARS (1:30 – 3 p.m. or 1:30 – 2:30 p.m. - see individual program description)

- Module #1 – Overview and Early Dementia – Thursday, April 18 (#6123)
- Module #2 – Related Dementia: What Aging Services Providers Need to Know – Thursday, April 25 (#6133)
- Module #3 – Mental Illness and Dementia – Tuesday, May 7 (#6143)
- Module #4 – Organizational Philosophy of Caring and Its Impact on Dementia Care – Wednesday, May 22 (#6153)
- Module #5 – The Appropriate Use of Medication – Tuesday, June 4 (#6163)
- Module #6 – Partners in Dementia Care: Supporting Caregivers and Partners – Tuesday, June 18 (#6173)
- Module #7 – The Role of the Environment in Promoting Quality Dementia Care – Wednesday, July 10 (#6183)
- Module #8 – The Legal Aspects of Decision-Making – Tuesday, July 23 (#6193)
- Module #9 – End-of-Life Care – Tuesday, August 6 (#6223)

Contact Name \_\_\_\_\_ Title \_\_\_\_\_

E-Mail Address *(required)* \_\_\_\_\_

Aging Services of Minnesota Members - **\$115** per connection • Prospective Members - **\$155** per connection

### WORKSHOPS

**Session #1 – August 13 & 14 and September 5 – U of M Conference Center, 1890 Buford Avenue, St. Paul**

**Session #2 – August 20 & 21 and September 12 – Ewald Conference Center, 1000 Westgate Drive, Suite #252, St. Paul**

Name \_\_\_\_\_ Title \_\_\_\_\_

E-Mail Address *(required)* \_\_\_\_\_

Module #10 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 1

- Tuesday, August 13 (#6623)   **OR**    Tuesday, August 20 (#6633)

Module #11 – Dementia Basics and Practical Approaches to Disease Symptoms – Part 2

- Wednesday, August 14 (#6643)   **OR**    Wednesday, August 21 (#6653)

Module #12 - The Art of Engagement: Practical Approaches to Activities

- Thursday, September 5 (#6663)   **OR**    Thursday, September 12 (#6673)

Aging Services Members - **\$150** per person • Prospective members - **\$190** per person

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Cardholder's Phone \_\_\_\_\_

Or check here to be invoiced (Aging Services of Minnesota members only)

**Send registration form to:**

Aging Services of Minnesota  
2550 University Avenue West, Suite 350 South  
St. Paul, MN 55114

**Fax to:** 651.645.0002



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