

Person-Centered Care and Strategies to Avert Challenging Behaviors

Modules #3 and #4 of the 2019 Dementia Care Certificate Program



LeadingAge[®]
Minnesota

Associated
Clinic of
Ppsychology

Dates & Locations

Session #1

September 24 and 25

Sholom Home East
740 Kay Avenue
St. Paul, MN 55102
651.328.2000

OR

Session #2

October 22 and 23

Trillium Woods
5855 Cheshire Pkwy
Plymouth, MN 55446
763.553.7600

Purpose:

This intensive, two-day workshop is specifically designed to equip hands-on caregivers with practical information and knowledge they need to care for individuals with dementia and the necessary problem-solving skills for dealing with challenging behaviors.

Suggested audience:

Direct care staff in all settings. Nurses and dementia program directors will also benefit from this training.



The workshop can be taken as part of the Dementia Care Certificate Program or separately to earn CEUs.

The workshop also meets Minnesota's current mandatory dementia care training requirements for:

- Home care agency staff serving persons with dementia under MN Statute 144A.4796.
- HWS/AL staff in serving persons in memory care programs under MN Statute 144D.065.

It is also designed to build a solid foundation of knowledge on which staff caring for persons with dementia can prepare for the new AL requirements that go into effect in August 2021 and for which rulemaking will begin in 2019.

- For care center staff, this program meets the nursing facility mandatory training requirements under MN Statute 144.6503 Facilities for Alzheimer's Disease or Related Disorder.

Module #3 – Person-Centered Care and Strategies to Avert Challenging Behaviors

Day 1 (September 24 or October 22)

Schedule

8 a.m.	Registration and Continental Breakfast
8:30 a.m. – 3:30 p.m.	Program

Topics

Best Practices and Effective Strategies for Person-Centered Dementia Care

- Communication Skills
- Environmental Scanning
- Biological Needs and Interventions
- Psychological and Social Needs and Interventions
- Preventing, Responding to and Managing Behaviors Generally

Learning objectives:

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

- Recognize how persons with dementia express their sexuality and determine what situations should be addressed as a caregiver.
- Understand what drives persons with dementia to wander, pace and successfully exit your building and 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 when people communicate in these styles.
- Identify what's behind resistance to care and services and learn how to minimize it to build more positive connections and reduce risk of harm to yourself and the individual.

Faculty

Catherine R. Johnson, PsyD LP, Licensed Psychologist, Associated Clinic of Psychology, Minneapolis and
Susan Ryan, OTR/L, Adult Day Program Consultant, St. Paul

Module #4 – Person-Centered Care and Strategies to Avert Challenging Behaviors

Day 2 (September 25 or October 23)

Schedule

8 a.m.	Check-in and Continental Breakfast
8:30 a.m. – 3:30 p.m.	Program

Topics

- Establishing Meaningful and Person-Centered Connections with Your Residents and Clients
- Best Practices and Effective Strategies to Avert Challenging Behaviors
- Best Practices and Effective Strategies to Avert Aggressive Behaviors
- The Doctor is In (Q & A session)
- Assistance with Activities of Daily Living (ADLs) and the Person with Dementia – Supporting the Individual While Getting the Job Done

Learning Objectives

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

- Understand potential physical changes that may result in communication barriers, so you know how to minimize them and promote positive communication.
- Recognize when a person is hallucinating and what you should or should not do to connect with them.
- Discuss displays of paranoia and the best ways to communicate with an individual in this state of mind.
- Identify the potential for expression of aggressive behaviors to avoid escalation, while reducing risk of harm.
- Consider agitation an expression of an unmet need so you can help channel it in more positive directions.
- Describe strategies for partnering with an individual in accomplishing Activities of Daily Living (ADLs) to help them be successful.

Faculty

John Brose, Ph.D., LP, LMFT, LADC, Director, Associated Clinic of Psychology, Minneapolis and **Terrienne Jones**, PhD., OTR/L, Instructor, Occupational Therapy, Center for Allied Health Programs, University of Minnesota, Minneapolis

Registration Information and Fees:

LeadingAge Minnesota Members - \$325 per person

Prospective Members - \$425 per person

Registration fee includes handouts, refreshments and lunch.

How to Register

Register for either Session #1 or #2. Register online at <https://store.leadingagemn.org/eventlist>. Contact Ashley Rogers arogers@leadingagemn.org for registration assistance or if your registration has not been confirmed. Payment is to be made at the time of registration.

Cut-Off/Cancellation

Registration is limited and on a first-received basis. The registration cut-off date/cancellation deadline is three working days before the start of each session. All cancellations must be made in writing and are subject to a \$25 processing fee. No refunds for no-shows but substitutions will be accepted. LeadingAge Minnesota reserves the right to cancel this program.

About the Dementia Care Certificate Program

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 educational series is designed to improve the quality of care given to persons with dementia. It consists of four different modules – two webinars and this two-day workshop and is available for participation in individual topics of interest. To earn the certificate of completion, individuals must participate in all four modules. The certificate is a voluntary credential demonstrating professional study of a particular topic area. It does not denote certification or that someone is certified in dementia care.

Continuing Education Credits

Application is being made to the Minnesota Board of Examiners for Nursing Home Administrators for clock hour credits.

This program has been designed to meet the continuing education criteria for the Minnesota Board of Nursing. LeadingAge Minnesota is an approved provider by the Minnesota Board of Social Work.

Some programs are relevant to the operation of housing-with-services establishments and to the needs of its tenants and may be used toward the continuing education requirements of housing managers. Participants may also request a general certificate of attendance.

For Further Information

Ashley Rogers, Education Coordinator arogers@leadingagemn.org 651.603.3559