

A POSITIVE APPROACH TO DEMENTIA CARE

2-DAY VIRTUAL CONFERENCE PRESENTED BY:
THE PIEDMONT DEMENTIA EDUCATION COMMITTEE
 OCTOBER 12 & 13, 2021



PROGRAM



Day 1 / October 12, 2021



10:00am	Welcome & Introductions
10:10am	<p><i>Keynote Speaker - Melanie Bunn</i> A Positive Approach to Dementia Care: Navigating the Journey of Dementia</p> <p>This presentation will address a wide variety of common concerns and issues from the earliest stages of cognitive changes until the end of journey of dementia. It will address Common occurrences during dementia, such as hospitalizations, and provide suggestions for navigating these situations using positive ways to connect and interact.</p> <p>KEYNOTE SPEAKER SPONSORED BY <u>AARP VIRGINIA</u></p> <p>★ <i>After the Keynote talk there will be a Raffle Drawing (Must attend conference to win)</i></p>
11:30am	Break - Visit the Exhibit Hall
11:45am	<p>Resiliency in the Face of Adversity - Alan Rasmussen</p> <p>Mr. Rasmussen discusses characteristics of resilient people that can be learned and practiced to help individuals manage adversity and maintain their physical, mental, and emotional health and well-being.</p>
1:00pm	<p>Staying Engaged at Every Stage - Sara Amos / Emily Ihara</p> <p>This session uncovers the effects of social isolation and loneliness on the senior adult population. Our presenters will offer strategies to engage individuals living with dementia at home and in the community, including the TimeSlips storytelling framework, and other meaningful activities for creative engagement. Caregivers will learn how activities can promote well-being whether working with an individual or with small group sessions.</p>
2:15pm	<p>Parkinson's Disease: Health & Exercise - Virginia Stanley</p> <p>Ms. Stanley will discuss the symptoms of Parkinson's Disease with the decline of the production of dopamine which includes slowness of movement, balance issues, and may include tremors and some level of dementia. She highlights the importance of exercise in maintaining health and quality of life: walking, biking, Rock Steady Boxing; the role of the caregiver in providing support; and the importance of taking care of his or her own health.</p>
3:15pm	Visit Exhibit Hall / Close (Please visit our sponsors!)

EXHIBIT HALL OPEN



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PROGRAM



Day 2 / October 13, 2021



10:00am	Welcome & Introductions
10:10am	<p>Keynote Speaker - Melanie Bunn A Positive Approach to Dementia Care: Coping with Challenging Behaviors</p> <p>This session is designed to help learners better understand why the person they are trying to help may at times exhibit 'challenging behaviors'. Attendees will be introduced to the 'six pieces of the puzzle' that may be used to help determine these contributing factors, which is a problem-solving approach designed to help reduce the intensity, frequency, or occurrence of challenges.</p> <p>KEYNOTE SPEAKER SPONSORED BY <u>AARP VIRGINIA</u></p> <p>★ <i>After the Keynote talk there will be a Raffle Drawing (Must attend conference to win)</i></p>
11:30am	Break - Visit the Exhibit Hall
11:45am	<p>Care Transitions and Healthy Ideas - Laura Daniel</p> <p>Learn about the Care Transitions Program which is an evidence based program to help with patient education, increase patient health participation and responsibility, and reduce hospital re-admissions. Also learn about Healthy IDEAS which is an evidence based program that focuses on identifying depression in seniors and engaging them in their care.</p>
1:00pm	<p>Ageing Services and Medicare & Medicaid - Poppy Foddrell</p> <p>Hear from an expert of The Virginia Insurance Counseling and Assistance Program (VICAP) which provides FREE, unbiased, confidential, one on one assistance for any Medicare beneficiary, any time of the year. Learn about Medicare options and gain knowledge so you are able to make an informed decision about medical insurance, and get the best possible program to suit your needs.</p>
2:15pm	<p>Optimizing Your Mind, Body & Spirit - Amy Kaval</p> <p>Learn important ways to stay focused on what is important and how to take care of ourselves through a healthy lifestyle including nutrition and exercise.</p>
3:15pm	Visit Exhibit Hall/Close (Please visit our sponsors!)

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Thank you:

