

*11th Annual*  
**Edna Gates Conference  
on Alzheimer's Care**

**Edna**  
 **Gates**  
**2006**

**Monday & Tuesday  
November 6 & 7, 2006**

**Troy Marriott**  
200 W. Big Beaver Road, Troy, Michigan 48084-9856

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**Michigan's Premier Dementia Education Conference**

*11th Annual*

## **Edna Gates Conference on Alzheimer's Care**

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***Edna Gates  
1913 – 1995***

Edna grew up in central New York, finishing high school at the age of 15. She attended Cornell University and had a career as a secretary for more than 30 years as a civilian employee of the federal government. First, she worked with Senator LaFollett while he investigated the condition of migrant workers in the days of *The Grapes of Wrath*, then in London, during the last months of World War II with the OSS, precursor to the CIA. She worked with General Lucius Clay while he governed Berlin during the Russian blockade of the city and last, with Kip Siegel at Conduction in Ann Arbor.

She was married for almost 30 years to Robert Gates and lived in St. Louis. Alzheimer's disease began to manifest itself when she was in her early 70s. She spent her last three years, following the death of her husband, at Huron Woods, a residential program in Ann Arbor, surrounded by love and giving pleasure to those who knew her.

The family of Robert and Edna Gates has generously created an endowment in their memory. This special gift enables the Optimal Life Designs in Dementia Care team to work in partnership with professionals and organizations statewide to develop an annual conference that highlights new developments in dementia research and innovations in caring for persons with cognitive loss and their families.

***“The Opening Plenary Sessions of the Edna Gates Conference are moving and very powerful as we listen to the personal stories told by individuals living with cognitive loss and their families. Their courage and personal journeys will resonate with me for a long time to come.”***

– Eleanor K. Poster, RN, C, BSN, FACDONA  
AREA I and Membership Chair Michigan NADONA/LTC  
Remediation Nurse MPRO, Bloomfield Hills, Michigan

***“The Edna Gates Conference is an excellent resource for quality information that can be applied in any setting. As an administrator and a clinician, I continue to be inspired and motivated through the educational legacy left by Edna Gates. This is the one conference that focuses on innovative person-centered care techniques and cutting edge interventions supported by research. I feel so strongly about this conference, that I budget for staff attendance each year and our team is always grateful for the experience.”***

– Susan M. Huber, RN  
Administrator, Huron Woods

# Welcome to the *11th Annual* Edna Gates Conference on Dementia Care

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This year's program builds upon a tradition of bringing leaders in service innovation from Australia, the United Kingdom, Canada and the United States to share their collective experiences and understanding about strategies that can enhance the lives and care of people living with cognitive loss and their families. The legacy of Mrs. Edna Gates continues to give voice to individuals with first-hand experience, from whom we can learn about essential qualities of good communication and person-directed supports.

## Learning Objectives

The annual conference and two one-day Pre-Conference programs provide the opportunity to examine a number of important issues. Participants will:

- Increase their awareness about the value of creative expression, exercise, Tai-Chi and enhanced meal-time experiences on personal wellbeing.
- Identify strategies that can improve recognition, assessment and responses to physical pain, acute symptoms of behavioral distress and enhance the quality of end-of-life care.
- Recognize the importance of attending to the distinct needs, abilities, rights and contributions that family caregivers make in providing long range supports.
- Identify key factors to consider in evaluating person and family-centered practice.

The conference offers two special Pre-Conference Sessions on November 6 followed by the main program on November 7. The program includes three plenary sessions in the morning and a choice in the afternoon of attending either one 3.0-hour Intensive or two 1.5-hour workshops.

## Presenters

Highlighted below are presenters who have received national and international recognition for the significant contributions they have made to their respective areas of practice:

- **Carmen Bowman**, a former nursing facility surveyor from Longmont, Colorado, educator and consultant with the Centers for Medicare and Medicaid Services, will discuss some of the common culture change practices and the implications for regulations.
- **Gilbert Bordillon** and **Jitka Zgola**, authors of *Bon Appetit! The Joy of Dining in Long Term Care*, will offer an experiential learning opportunity which demonstrates core elements of a quality dining service or meal program that can be implemented in multiple care settings.
- **Alan Dengiz**, a highly respected geriatrician, will provide an update on our current understanding of normal age-related memory changes and the spectrum of dementias including Alzheimer's disease, vascular dementias, Diffuse Lewy Body dementia and the frontotemporal dementias, including new research findings on prevention, possible causes and available treatments.
- **Nancy Guberman**, a professor of social work at the University of Quebec in Montreal, will stimulate participants to examine their current vision and approach in working with family caregivers and introduce a partnership model that recognizes and supports their valuable role in health services and long term care.
- **Hilary Lee**, an occupational therapist and dementia consultant from Australia, will introduce participants to a unique weaving technique that serves as a medium to build communication, connection and creative expression among people with varying levels of cognitive ability.
- **Margo McCaffery**, a national leader in pain management, will introduce clinical practice guidelines and techniques that can be used to assess and help older adults who experience acute or chronic pain.
- **Tracy Packer**, a gerontological nurse consultant from the United Kingdom, will introduce a process and benchmarking tool which organizations can use to measure current performance on six domains of person-centered care and target quality improvement efforts.
- **Lin Noyes Simon**, a quality and research specialist with the National Hospice and Palliative Care Organization, will highlight key elements and health outcomes that physical exercise and Tai Chi can have on the mobility and well-being of individuals with dementia.
- **David Staffens**, a nationally recognized geropsychiatrist with Duke University Medical Center in North Carolina and **Jayne Yatzak**, an occupational therapist with Botsford General Hospital Geropsychiatry, will discuss new findings and approaches, both pharmacological and non-pharmacological, to responding to behavioral symptoms.
- **Richard Taylor**, an advocate and writer, will share salient experiences he has encountered in living with probable Alzheimer's disease and present exercises that give participants an opportunity to develop a new perspective about the process of communication.
- **Ladislav Volicer**, a national leader in palliative care with people who have advanced dementia, will examine medical and psychological issues that may arise and offer ideas about specific strategies, policies and regulatory efforts that can improve end-of-life care experiences.

# The 11th Annual Edna Gates Conference on Alzheimer's Care

November 6 & 7, 2006

## CONFERENCE SPONSORS

*Optimal Life Designs in Dementia Care would like to acknowledge and thank the following sponsors for their very generous support of the Eleventh Annual Edna Gates Conference on Dementia Care. Without their support, this event would not be possible.*

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Sister of the late Mrs. Edna Gates

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## Physical Pain: Assessment and Use of Analgesics in Persons with Cognitive Loss

**Time: 8:30 am – 4:15 pm**

**Onsite registration will begin at 7:30 am**

### Who Should Attend?

All health care professionals who work with individuals experiencing pain. This includes: nurses, clinical pharmacists, rehabilitative therapy professionals, psychologists, pain management professionals, clinical educators, geriatric nurse practitioners and social workers.

### Learning Objectives

Participants will:

- Understand and apply a clinical practice guideline for pain management in persons with cognitive impairment.
- Correct common misconceptions
- Be able to implement standards of care for assessment and use of analgesics.
- Recognize the difference between pain control and addiction.
- Identify specific methods to assess an individual's pain and set pain management goals.
- Identify facts about analgesics that contribute to logical drug choices, doses, routes, and combinations for safe and effective relief of acute and chronic pain.

### Program Description

Individuals with cognitive loss are at high risk for under-diagnosis and treatment of physical pain. This can stem from potential impairments in language that impede one's ability to verbally communicate with others, memory and abstract thinking, and the inability to interpret sensations as painful. This one-day Intensive program will introduce practical techniques that can be used to assess and help older adults with acute or chronic pain. Emphasis will be upon the use of clinical practice guidelines for pain control as a means to improve the standard of practice in pain management. Content includes assessment tools and specific guidelines for safe and effective use of three groups of analgesics.

### Program Outline

- A. Pain as a science and a responsibility
  - Current clinical practice guidelines
  - Under-treatment and harmful effects of pain
  - Harmful effects of pain
  - Definitions and classifications of pain
- B. Misconceptions that hamper assessment and treatment
  - Authority: Health team member versus person in pain
  - Individuals who do appear to have pain but either say they do or pathology indicates they do

- Addiction
  - Addiction versus physical dependence and tolerance
  - Likelihood of addiction resulting from use of opioids for pain relief
- Prevention of respiratory depression
- C. Hierarchy of Pain Assessment Measures
  - Special Challenges in assessment: Non-verbal individuals
- D. Analgesics
  - Three analgesic groups: Overview of nonopioids, opioids and adjuvants
  - Nonopioid analgesics
  - Morphine-like opioid analgesics
  - Adjuvant analgesics for neuropathic pain
- E. Wrap Up and Evaluation

### Workshop Materials

Each participant will receive a 54-page syllabus and copy of the American Pain Society's 2003 Clinical Practice Guideline on *Principles of Analgesic Use*. The syllabus provides a summary material covered in the program and includes supplemental materials and extensive references.

### Presenter

- **Margo McCaffery**, RN, MS, FAAN, is a co-author of *Pain: Clinical Manual*. 2nd Edition, (1989). Mosby. She has been a consultant in the development of guidelines for pain control, including those prepared by the Agency for Health Care Policy and Research, the American Pain Society and the World Health Organization. She is a founding member of the International Association for the Study of Pain and has discussed the care of individuals with pain in numerous articles, videotapes and CD-ROMs. Ms. McCaffery resides in Los Angeles, California and is self-employed as a nursing consultant on pain relief and conducts programs throughout the United States, Australia and Canada.



**Cost:** Please see page 11 for Registration Fee details.

**Lunch:** Lunch will be provided from 12–1 p.m. and is included in the registration fee.

### Contact Hours for Nurses

Take advantage of this unique opportunity to complete the minimum one contact hour in pain and pain symptom management necessary for license renewal. Continuing education contact hours in pain and pain symptom management may include, but are not limited to, courses in behavior management, psychology of pain, pharmacology, behavior modification, stress management, clinical applications and drug interventions.



## Innovations in Dining: A Critical Quality Indicator in Long-Term Care Settings

**Time: 8:30 am – 4:30 pm**

**Onsite registration will begin at 7:30 am**

### Who Should Attend?

Anyone who is committed to transforming culture in long term care settings to ensure choice and dignity in eating and the way meal-times are organized. This includes: CEOs; nursing home and assisted living facility administrators; quality assurance managers; department heads; executive chefs and cooks; dietitians; certified dietary managers of facility, congregate and home-delivered meal programs; coordinators of specialized dementia care units; nurses, occupational and speech therapists; adult day service program managers; senior center directors; activities professionals; recreation therapists; personnel of regulatory agencies and marketing directors. We strongly recommend organizations send a multidisciplinary team of staff. All will benefit from this opportunity for experiential learning about innovative approaches to offering meals and designing physical and social environments which also meet compliance standards.

### Program Description

This special session draws upon the *Bon Appetit! Dining Enhancement Program* to examine quality of care through the medium of meal-time experiences. It gives meal-times within long term care settings their proper focus. Not only are meals a meaningful activity of the day, they also reflect an important quality assurance indicator for an organization.

A well-functioning dining program provides tangible evidence that a quality system is in place. It addresses elements which directly affect people who live there (or participate in meal services), such as the quality of food, physical environment and social interaction. It also reflects the manner in which information gathering, assessment, appropriate helping techniques and staff education are conducted. A quality dining service relies on interdisciplinary team communication, cooperation and adherence to a clearly-stated mission statement. These are essential components of an organization's successful operation.

The manner in which meals are planned and conducted in a dining area is a tangible demonstration of an organization's adherence to its mission and standards in terms of delivering person-centered care, service orientation, staff training and development, efficient use of human resources and materials, product awareness and much more.

The Pre-Conference Program includes a special luncheon and dining experience designed to illustrate approaches that can be used to prepare and serve appealing foods to individuals who find eating a challenge, due to difficulties with chewing, swallowing or motor coordination. Participants will experience first-hand tasty, alternative food choices that can be incorporated into a quality dining service or meal program.

### Learning Objectives

Throughout the day participants will:

- Explore the meaning of meals within our own lives.
- Demonstrate the importance of meal times in preserving one's dignity, autonomy and quality of life.
- Demonstrate ways an effective mealtime program shows staff how to foster respectful relationships with people who live in that setting or use a meal service, and with one another.
- Describe how these important elements ensure accurate and tangible evidence of quality care overall.
- Identify elements that must be in place to initiate and support this type of program or service.

### Presenters

- **Jitka Zgola**, OT(C), is a retired occupational therapist from Canada who has worked extensively with individuals who have cognitive loss, family caregivers and professionals in direct service and administration. She now lectures and consults internationally and continues to contribute to the field as an author, educator and advisor to carers of individuals with Alzheimer's disease and related disorders. Jitka Zgola has authored numerous articles and books including *Doing Things: A Guide to Programming for Persons with Alzheimer's Disease and Related Disorders* and *Care That Works: A Relationships Approach to Persons with Dementia*. Both are published by Johns Hopkins University Press. Her latest initiative in conjunction with international food and beverage consultant, Gilbert Bordillon, is the *Bon Appetit! Dining Enhancement Program*.
- **Gilbert Bordillon** is a graduate of the Thonon les Bains College of Hotel Management in France. He is a hotel, restaurant and marketing consultant to both new and restructured operations, offering development and total environment concepts, menus, marketing, standards and quality control, and suggestions for hiring, training and evaluating staff. He is responsible for the development and continued successful operation of world-class restaurants and hotel food services in Canada, Europe and the Middle East. Gilbert Bordillon and Jitka Zgola have collaborated over the past 10 years to reintroduce the flair of hospitality into senior services, bringing nutrition, manageable and tasty foods to their tables. Their contributions toward enhancement of the dining atmosphere, efficiency and pleasure to this field are narrated in the book, *Bon Appetit! The Joy of Dining in Long-Term Care*.

**Cost:** Please see page 11 for Registration Fee details.

The registration fee for this Pre-Conference Program includes the expense of a luncheon that has been designed and specially prepared as an experiential learning tool.

**Lunch:** Lunch will be provided from 12–1 p.m. and is included in the registration fee.

Continuing education credits will be available for nurses, nursing home administrators, dietitians, dietary managers, occupational therapists, recreation therapists, activity professionals, social workers and speech therapists.



## Morning Program (8:30 a.m. to 12:00 p.m.)

**7:30 a.m.** Registration, Continental Breakfast & Exhibits

**8:30 a.m.** Opening Remarks and  
An Introduction to Mrs. Edna Gates  
*Anne Robinson, Executive Director*  
*Optimal Life Designs in Dementia Care*

**8:45 a.m.** Walking Down the Same Road in Different  
Ruts: Alzheimer's From the Inside-Out

*We are not the same you know. We never were and never can be. We stumble down Alzheimer's Avenue together yet the disease and our respective needs, desires and perceptions keep us apart. How can we effectively bridge communication gaps that emerge between care partners and individuals with the disease?*

This Opening Session provides an important perspective that can lead to better but not perfect communication and help care partners to appreciate more fully, *Alzheimer's From the Inside Out*. Participants will have the opportunity to hear the powerful story of one man's personal journey with Alzheimer's disease. It includes the passage of a fulfilling career in psychology to moments of anguish and resilience as he experiences changes in cognitive abilities. Dr. Richard Taylor will share some observations about experiences he has encountered in communicating with others and examine the potential impact that unintentional, insensitive remarks on individuals seeking to find meaning, purpose and joy in their own journey of living with *Alzheimer's From the Inside Out*.

**Presenter:** Richard Taylor, Ph.D., is a retired professor and organizational psychologist who was diagnosed with probable Alzheimer's disease four years ago. As an advocate, writer and volunteer for the National Alzheimer's Association, Dr. Taylor strives to improve public awareness about dementia and the types of supports that can benefit and enhance the lives of individuals with cognitive loss.



**9:30 a.m.** Person-Centered Support: Essential  
Scaffolding for Psychosocial Well-being

*What can we learn from Dr. Richard Taylor and others about the process of communicating and seeking information, support and assistance from healthcare professionals?*

*What essential skill sets are required to actively consult and engage individuals in assessing their needs, to solicit their distinct wishes regarding the types of supports they desire and to honor their preferences in the manner in which help is delivered?*

This Second Plenary Session challenges participants to explore a fuller meaning of the widely used term 'support' within the context of a framework of 'person-centered care' and consider the ways by which these principles can be incorporated into daily experiences across the care continuum. As we consider Richard Taylor's life now and the various services he and his family may use in the future, Ms. Packer will consider

what can be done to create opportunities for them to flourish and function optimally as he experiences the various stages of dementia – including later stages. How can this notion of 'support' be tailored to encourage ongoing social relationships, self-expression, personal growth and maintain well-being, in order to recognize and address essential socio-psychological needs? Drawing on international innovations as well as her extensive experiences in the United Kingdom, Ms. Packer will illustrate the implications such questions have for families, program managers and staff who offer community, in-home services and facility-based care.

**Presenter:** Tracy Packer, RN, is a Gerontological Nurse Consultant and Training and Strategic Development Consultant to the Dementia Care Trust in Bristol, England. Ms. Packer is licensed by the Bradford Dementia Group at Bradford University, to teach Dementia Care Mapping at both Basic and Advanced Level and has spent the last twelve years developing and supporting services for persons with cognitive loss. Her work has been widely published and she is the Consultant Care Practice Editor for the *Journal of Dementia Care*. Ms. Packer and other colleagues in the United Kingdom recently developed a self-assessment benchmarking tool for use by organizations wishing to measure their own performance across key domains of person-centered care. This tool has been based on the pioneering work of the late Professor Tom Kitwood, with whom Ms. Packer co-facilitated the first Dementia Care Mapping courses in Ohio and North Carolina in the U.S. in November 1998.

**10:40 a.m.** BREAK

**11:00 a.m.** Often Invisible Yet Dying to be Recognized:  
Families and Friends Caring for People  
with Dementia

Family members and friends are assuming 70-80 percent of care for people who have dementia, but do so with little recognition or support from policy makers, health care and service providers. Despite the many rewarding aspects of caregiving, research shows that family caregivers face numerous issues in adjusting to their role. Caregiving can have extreme negative consequences on one's health and well-being. For example, caring for an elderly husband can increase his wife's risk of death by 60%. Yet, family caregivers are not generally considered 'clients' of health and social service systems. This presentation raises questions about our current visions and approaches in working with families and the status of family caregivers in relation to service delivery. It proposes a partnership model which views family caregivers as separate persons with distinct needs, rights and aspirations of their own, including the rights to assessment and support, in making the choice to take on, modify or leave their caregiving role.

**Presenter:** Nancy Guberman, M.S.W., is a professor of social work at the University of Quebec in Montreal, Canada and Director of the university-affiliated Center of Research and Expertise in Social Gerontology. She has been involved in research on caregiving and home care policy and practice for twenty years and has co-authored several books and numerous chapters, research reports and journal articles on these subjects. With colleagues in Canada, Professor Guberman has developed an assessment tool for family caregivers called the C.A.R.E. Tool. She is a frequent speaker at international forums and conferences about caregiver assessment issues in practice settings.

**12-1 p.m.** LUNCH & Exhibit Viewing



## Afternoon Program (1:30 TO 4:45 p.m.)

Participants may choose to attend EITHER:

- **Two sets of Workshops**, each 90 minutes in length, designed to provide information about new or alternative methods to conduct assessment or treatment, design programs or plan interventions. There are four workshops to choose from. Three of the workshops will be offered twice. The two blocks of workshop offerings will be held from 1:30 p.m. to 3:00 p.m. and from 3:15 p.m. to 4:45 p.m. *OR*
- **One 3-Hour Intensive Session**, designed to provide more in-depth discussion, experiential exercises and examination. There is a total of seven Intensive sessions from which you may choose one.

## Afternoon Workshops:

### **Workshop 1. Can You 'Walk the Talk' in Communicating with Someone Who Has Dementia** (Only offered from 1:30 - 3 p.m.)

This highly interactive session builds upon issues raised in Dr. Richard Taylor's morning Plenary Session. Dr. Taylor will present five common issues which often impede good communication among health care professionals, carers and the individuals they support. Participants will have the opportunity to try out some new ways of communicating through the use of simulation exercises and role plays.

**Presenter:** Richard Taylor, Ph.D., is a retired professor and organizational psychologist who was diagnosed with probable Alzheimer's disease four years ago.

### **Workshop 2: Keep Them on Their Feet! Benefits of Exercise and Tai Chi for People with Cognitive Loss**

This interactive workshop is for people who are interested in learning ways to minimize the effects of aging and brain changes and physical impairments on mobility. Individuals with Alzheimer's disease and related conditions may experience a cascade of decline in their ability to navigate their environment. Results of a demonstration exercise program show that people in the middle stages of dementia can actively participate in a forty-five minute exercise program. No significant decline in their physical ability was noted over a nine-month period. The pilot exercise program was designed and conducted by the Alzheimer's Family Day Center in Washington, D.C. to maintain and improve the physical mobility of people with dementia, with grant support from the Administration on Aging. The exercise program has two distinct segments. The first segment is twenty-five minutes long and consists of exercises developed by a physical therapist and accompanied by big band music.

The second half of the program uses modified Tai Chi and traditional Chinese music composed to enhance personal well-being.

**Presenter:** Lin Noyes Simon, Ph.D., RN CHPN, Formerly Founding Director of the Alzheimer's Family Day Center, Quality and Research Specialist, National Hospice and Palliative Care Organization, Washington, D.C.

### **Workshop 3. How Can We Improve End-of-Life Care Experiences of Persons with Dementia?**

This session will examine the medical and psychiatric issues that may arise in advanced and terminal stages of dementia. Specific strategies for enhancing the quality of life of individuals who exhibit these issues will be presented. The speaker will also share his recommendations for advocacy efforts and changes in institutional policies and regulations that can improve end-of-life care experiences for persons with dementia

This workshop provides a unique opportunity for participants to interact with one of the world's leading authorities who pioneered the hospice approach to care for persons with advanced dementia. Sixteen years ago, Dr. Volicer established one of the first Dementia Special Care Units which introduced the concept of structured palliative care for persons with advanced dementia. His research has systematically evaluated the effects of implementing palliative care options and their implications for evidence-based practice. Dr. Volicer has published numerous articles, chapters and edited four books, including the landmark book, *Hospice Care for Patients with Advanced Dementia*.

**Presenter:** Ladislav Volicer, MD, Ph.D., School of Aging Studies, University of South Florida, Tampa, Florida.

### **Workshop 4. Mild Memory Loss and Dementia: When Should We Worry? How Can We Prevent, Assess and Treat Changes in Cognition?**

Recent advances in longevity, research and medical practice have stimulated greater public interest and awareness about the differences between normal aging and dementia. This session provides an update on our current understanding of normal age-related memory changes and the spectrum of dementias including Alzheimer's disease, vascular dementias, Diffuse Lewy Body dementia and the frontotemporal dementias. Characteristics of Mild Cognitive Impairment will be discussed in relation to prevention strategies one can incorporate to optimize cognitive functions and possibly delay dementia from occurring. New and interesting research findings on prevention, possible causes and available treatments for dementing illnesses will also be highlighted.

**Presenter:** Alan Dengiz, M.D., Director of Geriatric Medicine, St. Joseph Mercy Health System, Geriatric Health Services, Ann Arbor, MI.



## Afternoon Intensive Sessions

### **Intensive A.** From Dietary to Dining: Enhancing Mealtime Experiences for Persons with Dementia and Their Dining Partners

This interactive session is directed to people in care settings who assist persons at mealtimes who have cognitive loss. Brain changes that accompany Alzheimer's disease and related conditions require modifications in dining environments, the process of eating and communication approaches we use. Jitka Zgola will explore the meaning of mealtimes in our own lives, as well as those of persons with cognitive loss and the importance of creating an atmosphere that reflects the personalities of each individual. She will discuss approaches that can be used to invite individuals to the dining room and techniques for assisting someone with eating that preserves the individual's pleasure, dignity and autonomy. The session will also explore the challenges of resisting the impulse to feed someone and appreciating the intimate nature of feeding someone with significant impairments. Strategies for ways in which staff can work as a team and value of developing an education program that promotes ongoing learning will also be presented.

**Presenter:** Jitka Zgola, OT (C), Giverny Consultants, Wreck Cove, Nova Scotia, Canada.

### **Intensive B.** Creative Expression and Communication in Persons with Dementia

This interactive session is intended for all who are interested in offering meaningful creative expression programs for persons with cognitive loss. New approaches to creative arts programming will be highlighted. Hilary Lee, an occupational therapist from Australia, will describe a unique weaving project, *Cherished Dreams and Childhood Dreams*, in which fifteen individuals with dementia created an intergenerational tapestry with a group of high school students. Participants will be introduced to a weaving technique called *Hooked on Hessian* and will learn how to adapt this medium for use by individuals with different cognitive levels. This session will also examine a) criterion for selecting individuals to participate and an appropriate functional assessment tool; b) how to structure the environment; and c) use of the Well-Being Profile as a tool to evaluate program outcomes. Videotape vignettes from a variety of creative arts programs will illustrate how these experiences foster social networks, encourage self-expression and stimulate personal growth.



**Presenter:** Hilary Lee, OTR, MS, Advanced Dementia Care Mapper, Certificate IV in Clinical Aromatherapy, Dementia Consultant, Chair of Society for the Arts in Dementia Care, Perth, Australia.

### **Intensive C.** Enhancing Communication, Understanding Selfhood and the Effects of Positioning in Relation to People with Alzheimer's Disease

This is an advanced session for experienced professionals who are interested in exploring ways in which communication among people with Alzheimer's disease and other people can be enhanced. The first segment will introduce a theoretical framework for thinking about aspects of selfhood that continue to exist when someone has dementia. The discussion will examine elements of Positioning Theory that can help us better understand potential negative impacts on people with Alzheimer's disease that stem from nonsupportive exchanges they have with others. The concepts of *malignant positioning* and *malignant social psychology* will be explored as examples of factors that may contribute to misunderstandings and miscommunication. All too often, words, actions and responses on the part of a person with Alzheimer's disease are mistakenly attributed to the disease rather than dysfunctional ways in which he or she is treated.

**Presenter:** Steven R. Sabat, Ph.D., Professor of Psychology, Georgetown University, Washington, D.C. Dr. Sabat is a neuropsychologist and the author of a landmark book, *Alzheimer's Disease: Life Through a Tangled Veil*.



### **Intensive D.** Things They Said That Would Not Normally Come Up In Assessing Your Clients: Challenges and Benefits of Assessing Family Caregivers

This interactive seminar is designed to help participants develop an expanded vision for assessing and working with family caregivers. It will identify various elements to consider when evaluating the needs and abilities of family caregivers to take on, continue or let go of caregiving responsibilities. The implications of the major caregiver intervention approaches will be presented. Participants will have the opportunity to discuss challenges of implementing caregiver assessment in their daily practice and reflect on its potential benefits to caregivers, service providers and community and long-term care practice. The seminar will also discuss specific issues related to implementing family caregiver assessment, such as who should be assessed, when, where and by whom. Examples of selected assessment tools will be introduced to illustrate potential domains and questions to consider.



**Presenter:** Nancy Guberman, M.S.W., is a professor of social work at the University of Quebec in Montreal, Canada and Director of the university-affiliated Center of Research and Expertise in Social Gerontology.



## Afternoon Intensive Sessions

### **Intensive E. Compatible Companions: Nursing Home Regulatory Compliance and Culture Change**

A growing number of nursing home administrators and clinical managers recognize the value of culture change. Yet, some have questions about the feasibility of implementing alternative care approaches which comply with federal regulatory standards. This Intensive session is designed to illustrate ways in which many of the current federal regulations embody what the writers of nursing home reform legislation intended. The session will begin with a brief history of the Omnibus Reconciliation Act, OBRA 1987, and a clip from the film, *When You Remember Me*, that depicts life in a nursing home during the 1970's. State regulations, reminders, myths and tips regarding the monitoring survey process, and culture change will each be discussed. Participants will also be placed in the role of a surveyor to discuss common culture change practices and specific regulations that pertain to each one. The survey tag for Dignity (F241) will be reviewed in relation to undignified language that is used in long-term care; alternative language will be introduced for consideration. The speaker will also highlight new interpretative guidelines that have been issued by the Centers for Medicare and Medicaid Services (CMS) and their impact on the care of individuals with dementia.



**Presenter:** Carmen S. Bowman, MHS, ACC, Educator and Former Nursing Facility Regulator, Owner of Edu-Catering: Catering Education for Compliance and Culture Change, Longmont, Colorado.

### **Intensive F. Person-Centered Support: Working, Living and Growing Together**

This session is intended for anyone interested in learning about a new 'Person-Centered Benchmarking' tool that has been developed in the United Kingdom and ways in which it has been used to monitor and evaluate person-centered care across care settings. Drawing on the principles that underpin the Dementia Care Mapping methodology, this 'Person-Centered' Benchmark has been developed to complement the Department of Health Benchmarking Model known in the United Kingdom as the 'Essence of Care' Framework. The Essence of Care literature provides 'Benchmarks' that address 'Privacy and Dignity' and 'Promoting Nutrition' amongst other core domains within care delivery to Older Persons, as part of the Department of Health publication of the National Service Framework for Older People. Caroline Baker, Paul Edwards and Tracy Packer drew on their extensive experiences of Mental Health, Acute Care and Community Settings across the United Kingdom, to adapt the existing Benchmarking Model developed with extensive user involvement and consultation and rolled out across the

United Kingdom. Once the Person-Centered Care Benchmark was completed it was then piloted across a number of organizations. Come and participate in a thought-provoking discussion about ways in which programs can measure current performance in providing person-centered care and target quality improvement efforts.

**Presenter:** Tracy Packer, RN, is a Gerontological Nurse Consultant and Training and Strategic Development Consultant to the Dementia Care Trust in Bristol, England. Ms. Packer is internationally recognized for her pioneering work in developing and supporting services for persons with dementia across care settings.

### **Intensive G. Behavioral Symptoms in Dementia: New Insights and Interventions** *(Registration will be limited to 70 participants)*

Behavioral symptoms among persons with dementia are consistently reported to be among the most stressful aspects of providing care to these individuals. They are frequently misunderstood, pose a significant threat to the individual's well-being and often occur when help is needed with personal care activities.

This seminar will examine new findings and approaches in using pharmacological and non-pharmacological interventions to treat behavioral symptoms such as agitation, aggression, sleep problems, hallucinations and difficulties performing daily tasks. The frequency and impact of behavioral symptoms and the clinical evidence regarding medication will be presented. This session will also provide a framework for understanding the underlying causes of behavioral symptoms. Examples of non-pharmacological interventions such as Simulated Presence Therapy, Light Therapy, Sensory Stimulation and Pleasant Events will be presented. Non-pharmacological interventions have been used to enhance cognition, affect and performance of activities of daily living; to reinforce a positive sense of self; and reduce agitation. Participants will have the opportunity to apply information from this presentation to a case study using someone from their care setting.



**Presenters:** David C. Staffens, MD, MHS, Professor of Psychiatry and Medicine, Duke University Medical Center, Durham, North Carolina.

Jayne Yaczak, MS, OTR/L, occupational therapist, Botsford General Hospital Geropsychiatry Services, Farmington Hills and Curriculum and Training Consultant to Optimal Life Designs in Dementia Care, Hamburg, Michigan.

# Registration Form

November 6 & 7, 2006



## Registration Deadline is November 1, 2006

**Register EARLY: The 2005 conference sold out!**

Several options for registration are available. Use the Conference Registration Fee Schedule to select the best option for you.

- Individual Rates for one day or both days
- Group Rates for one day or both days (*This special rate requires a minimum registration of four or more staff*)
- Student Rate for the Main Program on November 7 (*This special rates requires that students submit a photo copy of your Student I.D with Registration Form*).

The Registration Form can be downloaded online after September 30, 2006 at: [www.optimaldementiacare.org](http://www.optimaldementiacare.org)

### I. Registration Fee Schedule

Registration Option	Individual Rate	Group Rate	Student Rate	Amount Enclosed
<b>Option A</b> 1-Day Only: November 6 PreConference Program A: Physical Pain (Fee includes lunch & materials)	\$125	\$105 x ( ) # of people		
<b>Option B</b> 1-Day Only: November 6 PreConference Program B: Innovations in Dining (Fee includes a special program luncheon & materials)	\$135	\$115 x ( ) # of people		
<b>Option C</b> 1-Day Only: November 7 Main Conference Program C: Plenaries, Intensives, Workshops (Fee includes a lunch & materials)	\$160	\$140 x ( ) # of people	\$120	
<b>Option D</b> 2-Days: November 6 & 7 PreConference Program A on Physical Pain and The Main Conference Program	\$260	\$220 x ( ) # of people	\$240	
<b>Option E</b> 2-Days: November 6 & 7 PreConference Program B on Innovations in Dining and The Main Conference Program	\$280	\$240 x ( ) # of people	\$255	

### II. Continuing Education Credits

Continuing Education (CE) Credits are available for a separate fee of \$20 per person. This one-time fee includes BOTH days of the conference.

For nurses, application has been made to the Michigan Nurses Association and is pending approval for 7.6 contact hours for the November 6 Pre-Conference Special Program A on Physical Pain; 8.5 contact hours for the Pre-Conference Special Program B on Dining Innovations and 7.1 contact hours for the Main Conference on November 7.

For nursing home administrators, application has been made to the Michigan Board of Nursing Home Administrators and is pending approval for 6 hours for the November 6 Pre-Conference Special Program A on Physical Pain; 7 hours for Pre-Conference Special Program B on Dining Innovations and 6 hours for the Main Conference on November 7.

For social workers, application has been made to the NASW-Michigan Chapter and is pending approval for 6 contact hours for the November 6 Pre-Conference Special Program A on Physical Pain; 7 hours for Pre-Conference Special Program B on Dining Innovations and 6 hours for the Main Conference on November 7.

CE applications are also pending approval for dietary managers, dietitians, recreation therapists, activity professionals, adult foster care home providers and occupational therapists.

All other disciplines will receive a certificate for CE credits equivalent to the nursing hours.

**Total Amount Enclosed: \$20 x ( )# of people = \$\_\_\_\_\_**

### III. Method of Registration

Please select one method of registration (check one)

- A. Mail: Optimal Life Designs in Dementia Care  
P.O. Box 128, Hamburg, MI 48139
- B. Telephone: Call 810.231.2723
- C. Fax: Dial 810.231.2743

#### Method of Payment (check one)

- Check or money order made payable to Optimal Life Designs in Dementia Care (Federal ID# 20-2221266)
- My organization will pay the registration fee. The P.O. number is \_\_\_\_\_

VISA     MasterCard

Credit Card No. \_\_\_\_\_

Expiration Date \_\_\_\_\_

Print Name as it appears on card \_\_\_\_\_

Authorized Signature \_\_\_\_\_

**Payment MUST accompany the Registration Form and should be received by November 1. Submit to: Optimal Life Designs in Dementia Care, P.O. Box 128, Hamburg, Michigan 48139.**

**The registration fee is non-refundable, however, substitutions are welcome.**

# Individual Registration

November 6 & 7, 2006



Clearly print or type your name as you would like it to appear on your name badge. This form may be duplicated for additional registrants.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

**Check all that apply:**

- This is my first Edna Gates Conference
- Please exclude my name from the attendee list
- I prefer a vegetarian lunch
- I have a special disability that requires accommodation to participate

**I plan to attend Pre-Conference Program A on November 6:**

*Physical Pain: Assessment and Use of Analgesics in Persons with Cognitive Loss*

To apply for CEUs, make your selection at the bottom of the page.

**I plan to attend Pre-Conference Program B on November 6:**

*Innovations in Dining: A Critical Quality Indicator in Long-Term Care Settings.*

To apply for CEUs, make your selection at the bottom of the page.

**I plan to attend the Main Conference Program on November 7:**

To apply for CEUs, make your selection at the bottom of the page.

Select ONE of the options below. For the Main Conference Program Afternoon, you may choose to attend ONE INTENSIVE (3.0 hours) OR TWO WORKSHOPS (Each 1.5 hours)

**Choose ONE 3 hr. INTENSIVE (1:30 p.m.–4:45 p.m.)** A.  B.  C.  D.  E.  F.  G.

**OR**

**Choose TWO 1.5 hr Workshops (1:30 p.m.–3:00 p.m., 3:15 p.m.–4:45 p.m.)** 1.  2.  3.  4.   
2.  3.  4.

Check 2 boxes below

**A CERTIFICATE OF CONTINUING EDUCATION CREDIT is available to professionals licensed in a field from one of the categories below. Check the one(s) for which you want to apply:**

- Activity Professional
- Certified Dietary Manager
- Nursing (RN & LPN)
- Nursing Home Administrator
- Adult Foster Care Home Provider
- Michigan Social Worker
- Ohio Social Worker
- Dietitian
- Recreation Therapist

Occupational therapists and occupational therapy assistants (OTR/COTAs) will receive Certificates of Attendance that can be used to meet the renewal criteria requirement, PDU ID#3 for NBCOT. CE application for Michigan social workers has been submitted to the NASW-Michigan Chapter and is pending approval.



# Group Registration

November 6, 2006

## For Pre-Conference Program A on Nov. 6 (8:30 a.m.-4:15 p.m.)

*Physical Pain: Assessment and Use of Analgesics in Persons with Cognitive Loss*

Name of person filling out Group Registration Form \_\_\_\_\_

Organization Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone (\_\_\_\_\_) \_\_\_\_\_ Daytime Fax (\_\_\_\_\_) \_\_\_\_\_

E-mail Address \_\_\_\_\_

List below the names of the staff who will be attending Pre-Conference Program A. Using the CEU Key at the bottom of the page, include the CEU category each person would like to apply for.

**1** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

**2** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

**3** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

**4** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

**5** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

### CEU KEY

AP - Activity Professional

NHA - Nursing Home Admin.

OSW - Ohio Social Worker

DM - Dietary Manager

AFC - Adult Foster Care Home Provider

RD - Registered Dietitian

N - Nursing (RN & LPN)

MSW - Michigan Social Worker

RT - Recreation Therapist

**OTR/COTAs.** Occupational therapists and occupational therapy assistants will receive certificates of attendance which can be used to meet the requirements for renewal criteria, PDU ID#3 for NBCOT.

CE application for Michigan social workers has been submitted to the NASW-Michigan Chapter and is pending approval.



# Group Registration

November 6, 2006

## For Pre-Conference Program B on Nov. 6 (8:30 a.m.-4:30 p.m.)

*Innovations in Dining: A Critical Quality Indicator in Long-Term*

Name of person filling out Group Registration Form \_\_\_\_\_

Organization Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone (\_\_\_\_\_) \_\_\_\_\_ Daytime Fax (\_\_\_\_\_) \_\_\_\_\_

E-mail Address \_\_\_\_\_

List below the names of the staff who will be attending Pre-Conference Program B. Using the CEU Key at the bottom of the page, include the CEU category each person would like to apply for.

1 First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

2 First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

3 First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

4 First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

5 First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

Special Need       Vegetarian Meal

### CEU KEY

AP - Activity Professional

NHA - Nursing Home Admin.

OSW - Ohio Social Worker

DM - Dietary Manager

AFC - Adult Foster Care Home Provider

RD - Registered Dietitian

N - Nursing (RN & LPN)

MSW - Michigan Social Worker

RT - Recreation Therapist

**OTR/COTAs.** Occupational therapists and occupational therapy assistants will receive certificates of attendance which can be used to meet the requirements for renewal criteria, PDU ID#3 for NBCOT.

CE application for Michigan social workers has been submitted to the NASW-Michigan Chapter and is pending approval.



# Group Registration

November 7, 2006

## For Main Conference Program C on November 7

This form may be duplicated if you need more space. List below the names of each person attending the Main Conference and check off the specific session(s) each person will attend in the afternoon. Using the CEU Key at the bottom of this page, identify the CEU category each person wants to apply for.

Name of person filling out Group Registration \_\_\_\_\_ Day Phone \_\_\_\_\_  
 \_\_\_\_\_ Fax \_\_\_\_\_  
 Organization Name \_\_\_\_\_ E-mail \_\_\_\_\_

**1** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

**Choose ONE 3 hr. INTENSIVE** (1:30 p.m.–4:45 p.m.) A.  B.  C.  D.  E.  F.  G.   
**OR**  
**Choose TWO 1.5 hr Workshops** (1:30 p.m.–3:00 p.m., 3:15 p.m.–4:45 p.m.)  
 Check 2 boxes below  
 1.  2.  3.  4.   Vegetarian Meal  
 2.  3.  4.   Special Need

**2** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

**Choose ONE 3 hr. INTENSIVE** (1:30 p.m.–4:45 p.m.) A.  B.  C.  D.  E.  F.  G.   
**OR**  
**Choose TWO 1.5 hr Workshops** (1:30 p.m.–3:00 p.m., 3:15 p.m.–4:45 p.m.)  
 Check 2 boxes below  
 1.  2.  3.  4.   Vegetarian Meal  
 2.  3.  4.   Special Need

**3** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

**Choose ONE 3 hr. INTENSIVE** (1:30 p.m.–4:45 p.m.) A.  B.  C.  D.  E.  F.  G.   
**OR**  
**Choose TWO 1.5 hr Workshops** (1:30 p.m.–3:00 p.m., 3:15 p.m.–4:45 p.m.)  
 Check 2 boxes below  
 1.  2.  3.  4.   Vegetarian Meal  
 2.  3.  4.   Special Need

**4** First & last name \_\_\_\_\_ CEU category # \_\_\_\_\_

**Choose ONE 3 hr. INTENSIVE** (1:30 p.m.–4:45 p.m.) A.  B.  C.  D.  E.  F.  G.   
**OR**  
**Choose TWO 1.5 hr Workshops** (1:30 p.m.–3:00 p.m., 3:15 p.m.–4:45 p.m.)  
 Check 2 boxes below  
 1.  2.  3.  4.   Vegetarian Meal  
 2.  3.  4.   Special Need

<b>CEU KEY</b>	AP - Activity Professional	NHA - Nursing Home Admin.	OSW - Ohio Social Worker
	DM - Dietary Manager	AFC - Adult Foster Care Home Provider	RD - Registered Dietitian
	N - Nursing (RN & LPN)	MSW - Michigan Social Worker	RT - Recreation Therapist

**OTR/COTAs.** Occupational therapists and occupational therapy assistants will receive certificates of attendance which can be used to meet the requirements for renewal criteria, PDU ID#3 for NBCOT.  
 CE application for Michigan social workers has been submitted to the NASW-Michigan Chapter and is pending approval.

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*“The Edna Gates Conference is an excellent educational resource that focuses on the challenges that both healthcare providers and caregivers encounter when caring for persons with dementia. New ‘cutting edge’ developments in research and practice are provided by national and international experts.”*

— Rennee Beniak, RN, BS, LNHA,  
Director of Long Term Care, MPRO

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**Be sure to stop by our Resource Center.  
It will be filled with Exhibitors who will have  
the products and services you are looking for.**

- Affordable HomeCare – “The Live-In Specialists”
- Alzheimer’s Association
- Arden Courts Alzheimer’s Assisted Living
- Avalon Hospice
- Brown Jewish Adult Day Care Program
- Comfort Keepers
- Estate Planning Institute Group, LLC
- First Choice
- Forest Pharmaceuticals
- Geropsychiatry Services Botsford General Hospital
- Global Home Care, Home Care Helpers
- Great Lakes Home Health and Hospice & Home Medical Equipment
- Huron Woods
- Macomb College Center for Continuing Education
- McMahon and Associates Ltd.
- MPRO
- NADONA
- Pine Rest Christian Mental Health Services
- Presbyterian Villages of Michigan
- The Gideons International
- Jim Schuster, Certified Elder Law Attorney
- Sunrise Senior Living
- TEACH
- Trinity Continuing Care Services
- Visiting Physicians Association
- Wayne State University Institute of Gerontology
- Westland Convalescent Rehabilitation Center

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P.O. Box 128, Hamburg, MI 48139



11TH ANNUAL  
**Edna Gates  
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Alzheimer’s Care**

**November 6 & 7, 2006**

**Earn CEUs**

*Last year’s conference  
sold out. Register EARLY!*