

## **Dementia Care Workshop Series with TEEPA SNOW**

Hosted by Greenwood Neighbourhood Place Society

**July 29th and 30th, 2019**

Olds College Alumni Centre

**Teepa Snow** will be in Olds, Alberta to present her Positive Approach® in Dementia Care Workshop Series. Today's Voice for Dementia, Teepa Snow is one of the world's leading advocates and educators for anyone living with dementia. Teepa's philosophy is reflective of her education, work experience, medical research, and first hand caregiving experiences. Her advocacy efforts led her to the development of the GEMS® dementia classification model and the Positive Approach® to Care training strategies. Teepa Snow is an occupational therapist with 40 years of rich and varied clinical and academic experience. She presents with extraordinary expertise and humor to audiences large and small throughout the world. [www.TeepaSnow.com](http://www.TeepaSnow.com)

### **People who will benefit from attending:**

- Caregivers, Family Members, Friends and Advocates for any persons living with dementia
- First Responders (EMS, Police, Firefighters, etc.)
- Physicians
- Those employed in, or students of: Nursing; Occupational Therapy; Physical Therapy; Recreation Therapy; Speech Therapy; Nutritional Services; Laboratory; Diagnostic Imaging; Social Work; Counselling; Pastoral Care; Mental Health; Reception; Maintenance; Environmental Services; or Healthcare Management and Programming
- Those employed in seniors housing, seniors' services and seniors' support organizations/societies
- Anyone who works with the general public
- Anyone with an interest in learning more about dementia or dementia care

### **COST – Register Early to Save & Avoid Missing Out!**

- **Register before February 1, 2019: \$130 per day**
- **Register after February 1, 2019: \$150 per day**
- **Online registration will close Friday, July 26 at 5:00 PM or at sell-out**

**Register now at <https://gnp-teepasnow.eventbrite.ca>**

# **AGENDA – DAY 1**

**JULY 29, 2019**

*Registration: 7:00 AM – 7:45 AM*

*Workshop: 8:00 AM – 11:30 AM*

## **Dementia 360: Seeing It from All Directions**

This session will provide you with a wide variety of perspectives on dementia. It will help you develop programming and services that meet the needs of all those affected by the disease. It will address dementia-related issues from the point of view of the individuals with dementia, individuals without dementia, family members, caregiving staff, food service and housekeeping staff, maintenance and reception staff, as well as friends and visitors, regulators, and marketing. By the end of this session, you will be able to discuss the impact of dementia on each of these 'players', describe some of the key strategies to meet the needs each has, and begin to develop programming and services that have a high probability of making a positive difference in the lives of all concerned.

Objectives - by the end of this session, learners will be able to:

1. Compare normal aging changes and changes that happen with dementia related behaviours, language skills, memory and learning, thinking and reasoning, motor skills, and sensory processing.
2. Discuss the impact of dementia changes on family relationships and expectations.
3. Discuss the impact of dementia on expectations, roles, relationships, and interactions of staff and care partners.
4. Describe multiple strategies that can be used to improve interactions and outcomes between the person living with dementia and those around them.

***Lunch Break 11:30 AM – 1:00 PM***

*Workshop: 1:00 PM – 4:30 PM*

## **Recognizing & Assessing Medical Emergencies When Dementia is Part of the Picture**

This session is designed to help caregivers provide more effective and accurate assessments of pain status and possible medical emergencies when dementia is present. It is well known that people with dementia have difficulty communicating their needs and distress in a clear and understandable way as the disease progresses. The focus of this session will be to help caregivers use preserved abilities, observable behaviours and signs, and their knowledge of what is 'usual' and 'normal' for the individual to help screen for changes that should be investigated. Emphasis will be placed on distinguishing among changes that typically signal a worsening of dementia, an acute medical condition or emergency, medication side-effects that are significant, 'a bad day', depression, and pain or discomfort that deserves attention and intervention.

Objectives - by the end of this session, learners will be able to:

1. Identify common signals or signs that people with dementia exhibit when 'something' is wrong versus when they are having a 'bad day'.
2. Describe common screening maneuvers that can and should be used to rule out some common problems that can occur when the person has dementia which can result in 'agitation', 'distress', 'sleepiness' or 'worsened disorientation and confusion'.
3. Discuss some of the most common causes for acute changes in function, behaviour, or alertness/distress.
4. Discuss effective techniques to report changes in behaviours to health care providers unfamiliar with the person who has dementia so that appropriate interventions are provided in a timely manner.

# **AGENDA – DAY 2**

**JULY 30, 2019**

*Registration: 7:00 AM – 7:45 AM*

*Workshop: 8:00 AM – 11:30 AM*

## **Why Do They Do That AND How Should I Help?**

This session is designed to provide learners strategies and methods of providing help to people with dementia that recognizes losses and uses retained abilities to promote optimal care and positive outcomes in interactions. Emphasis will be placed on helping learners to approach people with dementia safely and consistently, provide verbal support and responses that reduce distress and improve social engagement, as well as develop behaviours and habits that promote well-being and reduce the risk of negative interactions with people who have a dementing illness. The session will be very interactive with the goal of providing knowledge, skills and attitudes that will change daily outcomes of care.

Objectives - by the end of this session, learners will be able to:

1. Discuss six major factors that impact the behaviour and abilities of a person with dementia.
2. Discriminate among various dementias with their prominent symptoms and progression patterns.
3. Compare lost and preserved skills in multiple areas as dementia progresses.
4. Demonstrates the use of positive interaction and assistance skills to promote optimal functions and reduce resistance and refusals during personal care activities (mouth care, shaving, dressing, toileting, and bathing).
5. Recognize the impact of various environmental factors on the behaviour of someone with dementia.
6. Identify ten commonly unmet needs that create distress and anxiety for people with dementia (including pain).
7. Discuss progression in terms of preserved skills in combination with lost abilities.
8. Explore effective helping strategies and environmental supports when assisting someone throughout the disease process.

***Lunch Break 11:30 AM – 1:00 PM***

*Workshop: 1:00 PM – 4:30 PM*

## **Humour and Caregiving – Learning How to Laugh!!**

The purpose of this session is to help everyone involved in the caregiving situation recognize and use humor to create a more positive and effective partnership and connection. The session will distinguish between humor that is negative or destructive to a relationship or individual and humor that is healthy and energizing. Evidence about the value of humor in staying or getting healthy will be shared. Additional evidence will be discussed related to the value of humor in developing and maintaining healthy attitudes and behaviours in caregiving relationships. Finally specific examples and strategies for introducing humor into caregiving situations and relationships will be provided and demonstrated.

Objectives - by the end of this session, learners will be able to:

1. Describe the difference between constructive positive humour and destructive or harmful humour.
2. Discuss the value of humour in health and healthy relationships.
3. Identify multiple situations in which humour can and should be used in caregiving situations.
4. Compare various methods of introducing humour into caregiving to determine best strategies for a given situation.

## **ACCOMMODATIONS**

- Contact Olds College Campus Housing ([www.choc.ca](http://www.choc.ca)) to reserve a single room, or double occupancy room with a special rate. (Please see your confirmation email for the double occupancy discount code.)

## **MEALS**

- Lunch & light refreshments will be provided.

## **FREE PARKING**

- Please park in Olds College Parking Lot D or DD.

## **LOCATION MAP**

- **Olds College Campus Map**  
<https://www.oldscollge.ca/about/campus/campus-map/index.html>
- The Alumni Centre is located in Building 17 (Bell e-Learning Centre)

## **POLICIES**

- No handouts will be provided at the event.
- No ticket refunds will be provided. If a registrant is unable to attend, then please advise the check-in desk of any substitutions.



*Greenwood Neighbourhood Place Society supports a nurturing, thriving, empowered and connected healthy community. Our goal is to provide a safe and caring resource center for all people in Sundre and surrounding communities by listening, supporting, connecting, communicating, and offering encouragement in a professional non-judgmental environment. We are a non-profit and registered CRA charity (CRA Charity #: 866369374RR0001). [www.mygnp.org](http://www.mygnp.org)*

### **For More Information / Questions:**

Event Details: Cindy Andrus [cindy.andrus@mygnp.org](mailto:cindy.andrus@mygnp.org) (403) 556-4462  
Eventbrite Technical: Sari Werezak [sari@mygnp.org](mailto:sari@mygnp.org) (403) 638-1011

#### **GREENWOOD NEIGHBOURHOOD PLACE SOCIETY (GNP)**

LOCATION: #5 96 2nd Ave NW, Sundre Alberta

HOURS: 8:30 am - 4:00 pm (Monday – Thursday)

PHONE: 403 638-1011 | FAX: 403 638-1012

EMAIL: [info@mygnp.org](mailto:info@mygnp.org) | WEBSITE: <http://www.mygnp.org>