

Living well with memory loss: finding the balance

UNCG

2009



Join this group of world renowned gerontology and dementia care experts for this conference on the UNCG main campus. The purpose of this full day conference is to provide innovative best practice methods to maintain an active lifestyle despite the cognitive, emotional and physical disabilities older adults with memory loss so often face. A balance must be found between medical and lifestyle approaches. This conference will highlight the latest research along with best practices from around the world. The target audience is recreational therapists, nurses, rehab professionals, long term care administrators, and advocates for older adults.

UNCG
Weatherspoon Art Museum, Spring Garden
Street, UNCG Campus
Division of Continual Learning, UNCG915
Northridge Street Greensboro, NC
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Sponsors: HHP Center for Women's Wellness, RTH Department, HHP, Institute for Community and Economic Engagement, UNCG Gerontology Research Network.

Living well with memory loss: Finding the balance conference

July 31, 2009

Location: Weatherspoon Art Museum, Corner of Spring Garden & Tate Street,
UNCG, Greensboro, NC 27402

Speakers include:

- HHP Dean Celia Hooper UNCG
- Elizabeth Beattie, Queensland Technical University, Brisbane, Australia
- Kathleen Buckwalter, University of Iowa
- Janet Specht, University of Iowa
- Ann Bossen, University of Iowa
- Sandy Burgener, University of Illinois
- Linda Buettner
- Suzanne Fitzsimmons, and
- Donna Fick and Ann Kolanowski, Penn State University
- Cathi McMahon, Arkansas Tech
- Nancy Richeson, University of Southern Maine
- Karen Rose, University of Virginia
- Kaycee Sink, Wake Forest Baptist Medical Center
- Ingelin Testad, Stavanger Teaching Nursing Home, Stavanger, Norway
- Fang Yu, University of Minnesota
- Sarah Gueldner, Case Western Reserve

Certificates of completion will be available for all conference participants. CEUs available pending approval: nursing, nursing home administrators, and recreational therapy for \$10 charge.

For more information or to register: <http://www.nexternal.com/uncg/Product1341>
To register online you will need a credit card and the information listed below.

Registration fees:

- Early Registration before July 03, 2009 - \$55.00
- Full Registration after July 03, 2009 - \$75.00
- Student Registration, Caregiver Registration, ARROW Trainees - \$30.00
- Continuing Education Registration - \$10.00 (this is a flat fee).

(Check all CEUs that apply)

- Recreation Therapy
- Nursing
- Nursing Home Administrator

License or certification number _____

WORKSHOP AGENDA

8-8:45 a.m. Registration and Coffee

8:45 Opening session: Dr. Celia Hooper, Dean Health and Human Performance –Welcome and the key is communication

9: 00-10:15 Understanding cognitive symptoms and functional decline in older adults: Kaycee Sink, MD, Wake Forest University Baptist Medical Center

10:15-10:30 Break Refresh your coffee or juice and visit posters

10:30-12:00 Panel of experts: Barriers to staying active (pain, stigma, dementia symptoms, delirium, incontinence, apathy, depression, anxiety, sleep, unmet needs for socialization & meaningful engaging activity)

12-1:15 Lunches on your own on Tate Street: Participants will be able to walk to several outstanding local restaurants for a networking lunch. Visit the posters

1:15-3:00 Panel of experts: Overcoming barriers to living an active life. This session provides innovative research based interventions to re-activate and rehabilitate people with memory loss.

3:00-3:15 Refreshment break visit the posters

3:15-3:45 Changes in MDS 3.0 and changes in the national research agenda what this means to individuals living with memory loss in the community and in long term care.

3:45-4:15 Learning from our international colleagues (Ingelin Testad from Stavanger, Norway and Elizabeth Beattie from Brisbane, Australia)

Conference Objectives

Participants will:

1. List the basic steps in evaluating and treating a person with cognitive problems.
2. Describe five barriers to living well after diagnosis.
3. Describe the roles of social support, exercise, and cognitive training in the treatment of dementia symptoms.
4. List national initiatives and their desired impact on dementia care.
5. Discuss the three best practice interventions for persons with memory loss from the international community.