

# Outline

## DAY ONE: Brain Topography, Function, and "Normal Aging"

Temporal Lobe  
Frontal Lobe  
Parietal Lobe  
Occipital Lobe  
Impact of dementia on brain structure and functioning  
How we view the patient - compassion and sensitivity in your work

## Cognitive Disorder and "Forgetfulness"

"Normal aging" and ageism  
Transient Cognitive Decline  
Pre-cursor to dementia  
Mild Neuro-Cognitive Disorder

## Clearly Understand Diagnoses for Alzheimer's Disease and Differentiate it from Other Dementias

Alzheimer's  
Vascular  
Parkinson's  
Lewy Body  
Frontotemporal  
Potentially reversible conditions  
Wernicke-Korsakoff

## Easy-to-Use Cognitive Assessment Tools

Mini-Mental State Examination  
SLUMS  
Clinical applications  
Administration and scoring  
Objective and subjective interpretation

## The Latest Medications and Preventative Treatments

Current medications  
Early and mid-stage Alzheimer's  
Mid and late-stage Alzheimer's  
Preventative treatments  
Alternate interventions

## DAY TWO: Mental Health Evaluation

Depression  
Major depression  
Persistent depressive disorder  
Adjustment disorder  
Grief  
Anxiety  
Schizophrenia  
Bipolar disorder  
Alcohol abuse  
Differentiate dementia and depression  
Practical applications

## Mental Health Interventions

Therapy modalities  
Cognitive-Behavioral Therapy  
Music therapy  
Art therapy  
Pet therapy  
Garden therapy

## Difficult Behaviors Related to Dementia: Triggers and Effective Intervention Techniques

Goals and general concepts  
Individualizing care - strengths and limitations  
Depression  
Delusions and hallucinations  
Potential causes and complications  
Agitation/restlessness - triggers and care planning  
Activities of daily living - structure and engagement strategies  
Tactics for verbal and physical combativeness  
Elopement - reduce risks and action steps  
Adapting as the disease progresses

## Working with Caregivers: Family as Members of the Care Team

The most common questions from family  
Family dynamics  
Normalizing change  
Anticipatory grief counseling  
Caregiver self-assessment scale  
Caregiver stress, depression and guilt -- coping mechanisms  
Coping for the clinician

## Ethics

End of life issues  
Responsibility to patient  
Reporting abuse  
Power of Attorney  
Documentation

## Live Course Schedule (both days)

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

## Target Audience:

Social Workers • Nurses • Speech-Language Pathologists  
Psychologists • Counselors • Nursing Home Administrators  
Assisted Living Facility Administrators • Case Managers  
Long Term/Acute Care Professionals • Physical Therapists  
Occupational Therapists

# Objectives

1. Assess the impact of dementia on brain structure and function.
2. Determine the difference between "normal forgetfulness" and cognitive impairment.
3. Discriminate Alzheimer's Disease from other dementias by identifying manifestations of each type.
4. Articulate the differences between the Folstein Mini-Mental Status examination, SLUMS and MOCA as screening measuring tools for cognitive impairment and dementia.
5. Communicate how difficult questions from family members can be answered with confidence and sensitivity.
6. Establish how clinicians can effectively intervene in delusions, resisting care and combativeness.
7. Articulate how clinical interventions can be adapted to provide patients with individualized care and promote more effective participation in therapy.
8. Correlate patients' strengths and limitations to potential therapeutic approaches for older adults.
9. Specify how professionals can work in partnership with families to improve care.
10. Investigate the concept of caregiver guilt and its implications for the client, clinicians, and those caring for older adults with dementia.
11. Explore how end of life and elder abuse issues inform decisions regarding patient responsibility and documentation.
12. Characterize how to differentiate dementia from depression despite similar clinical manifestations.

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John Ludgate, PhD

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# The Aging Brain & Alzheimer's Disease, Other Dementias

## 2-Day Certificate Course

Bloomington, MN

Wednesday & Thursday  
July 17 & 18, 2019

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# The Aging Brain

# & Alzheimer's Disease, Other Dementias

## 2-Day Certificate Course

- Easy-to-use tools to assess for cognitive difficulties
- Effective interventions for difficult behaviors
- Overcome communication issues that can obstruct quality care
- Identify and reduce safety risks

Bloomington, MN

Wednesday & Thursday  
July 17 & 18, 2019



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# The Aging Brain: Alzheimer's Disease, and Other Dementias: 2-Day Certificate Course

Individuals with dementia interact with a variety of professionals including nursing staff, psychologists, counselors, social workers, OTs, PTs, SLPs, home health aides, adult day center staff, and first responders. Still, many haven't had extensive training on the complexities that make working with this population so challenging.

**Without appropriate training, safety risks grow and opportunities to improve care and quality of life are missed.**

**This 2-Day Certificate Course is a must-have for anyone working with patients facing Alzheimer's disease and other dementias** that will give you the tools, skills and understanding of the disease you need to provide the best care possible.

Over two intensive days you'll discover how you can assess for and differentiate between different types of dementias, overcome the communication issues that can obstruct quality care, work more collaboratively with family and caregivers, maximize daily functioning, and safely and effectively intervene when difficult behaviors arise.

**No matter your profession, you can't afford to miss out on this chance** to get the skills, tactics and knowledge you need to more confidently and capably work with dementia patients.

**Sign up today!**

## Here's What Attendees Are Saying About This Program

"I would recommend this course to anyone who works with older people."

"Probably the best CE program that I have attended."

"Extremely informative and well done. I couldn't possibly think of any way to improve it further."

"Held the audience's interest with every word."

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## Speaker

**ROY D. STEINBERG, PhD**, a gero-psychologist with over 22 years of experience, concentrates his work on diagnosing and facilitating treatment of individuals with Alzheimer's disease and other forms of dementia. He has lectured nationally on the assessment and treatment of individuals with Alzheimer's disease, and on increasing attention on caring for caregivers. Dr. Steinberg is the author of *Forgetting the Memories: A Caregiver's Journey Through Alzheimer's Disease* a guide for caregivers that draws upon his profound knowledge of the disease, its manifestations and treatment, and his great love and tenderness as the son of an Alzheimer's patient.

Dr. Steinberg maintains a private practice in Los Angeles devoted exclusively to serving older adults and their caregivers. He provides evaluation, consultation, and psychotherapeutic services to older adults in nursing homes, assisted living, and medical facilities. Dr. Steinberg provides outpatient consultation, educational, and counseling services to families and other caregivers of older adults to facilitate coping with the process of dementia.

Dr. Steinberg is licensed in New Jersey, Pennsylvania, New York, and California. He received his PhD from the California School of Professional Psychology at Berkeley. He has been featured in numerous media venues, including television, radio, and print.

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Speaker Disclosure:

Financial: Roy Steinberg maintains a private practice. He is an author for AuthorHouse. He receives a speaking honorarium from PESI, Inc.

Non-financial: Roy Steinberg has no relevant non-financial relationship to disclose.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

**Seminar on CD or DVD Package** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



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**\*SAVE** by including these products with your Course registration!



### Mindful Aging

*Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy*

By **Andrea Brandt, PhD, MFT**

The acclaimed Mindful Aging is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity. Through research, inspiring stories of real people, and Dr. Brandt's psychological insight, you'll be able to claim the immense joy and love that are yours to have, the deep wisdom that is yours to share, and the exciting self-discoveries and contributions that are uniquely yours to make.



### Anti-Burnout Card Deck

*54 Mindfulness and Compassion Practices To Refresh Your Clinical Work*

By **Laura Warren, MD, Mitch R. Abblett, Ph.D., Christopher Willard, Psy.D.**

Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction.

## Live Course Continuing Education Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MINNESOTA COUNSELORS:** Application for MN 88HT continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LPC CE hours.

**WISCONSIN COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

**NURSE PRACTITIONERS:** This program offers 165 instructional minutes of pharmacology content which is designed to qualify for 2.75 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

**NURSING HOME ADMINISTRATORS:** This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 12.5 clock hours and 12.5 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

**NURSING HOME ADMINISTRATOR (NAB) PARTICIPANTS ONLY:** To be reported to NAB, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Nursing Home Administrator?" and include your complete NAB # (starts with an R) when prompted. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepsi@pesi.com](mailto:cepsi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepsi@pesi.com](mailto:cepsi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 12.5 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**MINNESOTA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Minnesota Board of Physical Therapy for review. Credit is pending.

**WISCONSIN PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Wisconsin Physical Therapy Association. Credit is pending.

**PSYCHOLOGISTS:** This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACE/MCE provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**MINNESOTA PSYCHOLOGISTS:** Please contact our customer service department at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the most current information.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for 12.5 ASHA CEUs (Intermediate level, Professional area).

**SPEECH-LANGUAGE PATHOLOGISTS ONLY:** To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your CEUs reported to the ASHA CE Registry?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepsi@pesi.com](mailto:cepsi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepsi@pesi.com](mailto:cepsi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## How to Register:

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\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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