

OUTLINE

Mental Health Evaluation

- Depression
- Anxiety
- Alcohol Abuse

Cognitive Disorder and "Forgetfulness"

- Transient Cognitive Decline
- Pre-cursor to dementia
- Mild Neuro-Cognitive Disorder

Diagnostics of Dementing Conditions

- Alzheimer's
- Vascular
- Parkinson's
- Lewy Body
- Frontotemporal
- Reversible Conditions

Cognitive Assessment Tools

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

Differentiate Dementia and Depression

- Clinical indicators of depression and anxiety
- Practical application

Psychopharmacology

- Early and Mid-stage Alzheimer's - Acetylcholinesterase Inhibitors
- Mid and Late-stage Alzheimer's - Neurotransmitter Glutamate
- Alternate interventions

Behavioral Interventions

- Intervention strategies for depression, poor appetite, verbal and physical combativeness, refusing ADL care
- Strategies for coping mechanisms for the caregiver and clinician

Working with Caregivers at Home

- Caregiver guilt
- Depression

Ethics

- Responsibility to patient
- Reporting abuse
- Power of Attorney
- Documentation

“Excellent presentation. I ABSOLUTELY RECOMMEND it to all Mental Health and Health Care professionals.”  
— Mary Lou Hipolito, LCSW

Live Seminar Schedule  
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.

OBJECTIVES

- Analyze the impact of dementia on brain structure and function, and determine the difference between “normal forgetfulness” and cognitive impairment.
- Differentiate dementias from one another by identifying manifestations of each type.
- Articulate differences between the Folstein Mini-Mental Status examination and SLUMS and effectively utilize them as screening measure tools for cognitive impairment and dementia.
- Employ adaptable behavioral interventions that can provide patients with individualized care and promote more effective participation in therapy.
- Investigate the concept of caregiver guilt and its implications for the client, clinicians, and those caring for older adults with dementia.
- Correlate patients’ strengths and limitations to potential therapeutic approaches when developing treatment plans for older adults with dementia.

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

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THE AGING BRAIN

Assessments, Treatments & Interventions for  
Alzheimer's Disease & Other Dementias

ROANOKE, VA  
Tuesday, September 10, 2019

CHARLOTTESVILLE, VA  
Wednesday, September 11, 2019

RICHMOND, VA  
Thursday, September 12, 2019

NORFOLK, VA  
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Alzheimer's Disease & Other Dementias

Easy-to-use tools to assess for cognitive difficulties

Safe and effective interventions for managing difficult behaviors

Skills to enhance communication and daily functioning

Best practices for working with patients and families

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# THE AGING BRAIN

## Assessments, Treatments & Interventions for Alzheimer's Disease & Other Dementias

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.

But whatever your profession, proper skills and understanding of the disease is needed to work with this population. Without the appropriate training, safety risks grow and opportunities to improve care and quality of life are missed.

**This essential training program will provide you with the tools, strategies, and practices you need to best serve patients facing Alzheimer's disease and other dementias.**

In just one day you'll learn how you can better 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.

**Sign up today!** You can't afford to miss out on this chance to get the skills, tactics and knowledge you need to provide the best care possible for these patients!

**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 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.

Speaker Disclosures:

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.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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.

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call 715-855-8225.

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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.**

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## LIVE SEMINAR CONTINUING EDUCATION CREDIT 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 [cepesi@pesi.com](mailto:cepesi@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.

**CASE MANAGERS:** This course has been awarded 6.25 clock hours by the Commission for Case Manager Certification. Full attendance is required.

**COUNSELORS:** This intermediate activity consists of 6.25 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.

**NORTH CAROLINA COUNSELORS:** This intermediate activity consists of 6.25 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.

**VIRGINIA COUNSELORS:** This intermediate activity consists of 6.25 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**NURSING HOME ADMINISTRATORS:** This educational offering has been reviewed by the National Continuing Education Review Service (NCEERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 6.25 clock hours and 6.25 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 [cepesi@pesi.com](mailto:cepesi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto:cepesi@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.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NORTH CAROLINA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is an approved provider with the Illinois Division of Professional Regulation, Provider Number: 216-000071. This intermediate course is approved by the North Carolina Board of Physical Therapy Examiners by virtue of PESI, Inc. approved provider status with the Illinois Division of Professional Regulation. This course qualifies for 6.0 continuing education hours. PLEASE BRING YOUR LICENSE NUMBER WITH YOU TO THE PROGRAM.

### OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 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.

**VIRGINIA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** This course has been approved for 6.25 contact hours by the Virginia Physical Therapy Association. Approval #: CEUL032913.

**PSYCHOLOGISTS AND PSYCHIATRISTS:** The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME 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. This activity consists of 6.0 clock hours of continuing education instruction. 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.

**PSYCHIATRISTS:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for psychiatrists. PESI, Inc. designates this enduring material for a maximum of 6.0 AMA PRA Category 1 Credit(s). Psychiatrists should only claim credit commensurate with the extent of their participation in the activity.

**NORTH CAROLINA PSYCHOLOGISTS:** This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 380 minutes of continuing education instruction.

**APPROVED PROVIDER**  
  
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

**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 .6 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 Pathologists and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto:cepesi@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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**OTHER PROFESSIONS:** This activity qualifies for 380 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

THE AGING BRAIN: ASSESSMENTS, TREATMENTS & INTERVENTIONS FOR ALZHEIMER'S DISEASE & OTHER DEMENTIAS

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

### ONLINE

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#### RICHMOND, VA

**September 12, 2019**

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**September 13, 2019**

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