

Outline

Normal Aging, Dementia, Depression or Delirium

- Normal aging changes of the mind
- Depression, dementia, and delirium
- Alzheimer's disease and other dementias
- Diagnose, differentiate, and develop a plan of care

Alzheimer's Disease

- Stages
- Assessment
- Getting a diagnosis
- Behavioral issues of early diagnosis
- Management and interventions
- Pharmacological treatments

Driving with Dementia

- Driving safety
- Legal issues
- Assess driving abilities
- How to take the keys away

Wandering

- Reasons why cognitively impaired individuals wander
- Is wandering a bad thing?
- Issues to consider
- Manage a wanderer's behavior

Physical Aggression

- Identify the cause of aggression
- Loss of impulse control
- Regression of the mind/child-like mind
- Manage the problem

Inappropriate Sexual Behaviors

- Normal sexual drive or inappropriate behavior
- Cognitively impaired individuals
- Medication management
- Ethical considerations

Refusing to Eat/Forgetting to Eat

- Reasons why geriatric patients slow or stop eating
- Nutritional needs in a geriatric patient
- Improve nutritional status
- Malnutrition and dehydration
- Alternatives to eating

Sleepless Nights

- Sundowning and behavioral problems in the evening
- Why does sundowning occur?
- Environmental interventions to decrease aggressive behaviors
- Medication management when it becomes problematic

Caregiver Stress

- Physical, psychological, and emotional stress
- Identify caregiver burnout and ways to help
- Assist the caregiver

Other Issues

- Ways to identify potential falls and prevent injury
- Causes for orthostatic hypotension
- Ways to avoid using restraints

Case Studies: Learning from Experience and Mistakes

- How to manage sundowners
- Strategies to improve hygiene
- Reassurance and redirection

Live Webcast Schedule

(Times listed in Pacific)

10:00 Program begins

11:50-1:00 Lunch Break

6:00 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

1. Develop strategies to manage difficult behaviors in seniors who have an altered perception of reality.
2. Identify the signs and symptoms of Alzheimer's Disease and other dementias.
3. Discuss current research on the prevention of Alzheimer's disease, as well as lifestyle factors to slow the disease progression.
4. Summarize the safety issues associated with geriatric patients who drive and identify individuals who pose a safety threat.
5. Explain why wandering occurs in individuals with cognitive impairment and develop strategies to minimize or redirect this behavior.
6. Describe the environmental and behavioral causes of agitation.
7. Differentiate between appropriate and inappropriate sexual behaviors in individuals with dementia.
8. Distinguish between normal sleeping patterns and bedtime issues which could lead to increased health problems.
9. Analyze the physical and psychological changes that affect an elder's desire and ability to eat including the changes in nutritional requirements.
10. Identify the signs of caregiver stress and develop intervention strategies to prevent burnout.

Target Audience: Nurses • Physical Therapists • Physical Therapist Assistants • Occupational Therapists
Occupational Therapy Assistants • Speech-Language Pathologists • Social Workers • Home Healthcare Providers
Nursing Home Administrators • Registered Dietitians & Dietetic Technicians • Recreation Therapists

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Challenging Geriatric Behaviors



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LIVE Interactive Webcast Tuesday, September 22, 2020

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Challenging Geriatric Behaviors

Featuring Author & Nationally-Known Speaker
Steven Atkinson, PA-C, MS



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- Sundowning & wandering
- Physical & sexual aggression
- Eating issues & nutrition
- Driving issues
- Caregiver stress & burn out
- Caregiver survival tips

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Challenging Geriatric Behaviors

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Dealing with cognitively-impaired geriatric patients can be challenging even for the experienced healthcare professional. You will learn strategies to manage behaviors such as:

- Dementia
- Aggression
- Anxiety and depression
- Refusal of food and fluids
- Inappropriate sexual advances

If older adults are routinely under your care, minimize your risk of escalating the problems associated with troublesome, often irrational behavior by attending this program. Gain valuable insights into the causes of challenging geriatric behaviors and learn innovative and practical intervention strategies to improve the care you provide.

“Very dynamic speaker! I thoroughly enjoyed the real-life experiences brought to the conversation!”
~ Anne from WI

Speaker
Steven Atkinson, PA-C, MS, is a Board Certified Physician Assistant specializing in Geriatric Internal Medicine. He practices medicine in the greater Minneapolis area. In addition to his private practice, he has been on the faculty at the University of Utah since 1994 and has been involved in medicine for over 30 years.



Steven is the co-founder of Twin Cities Physicians, which serves older adults in nearly all levels of their care. He has presented nationally for over 15 years, primarily speaking about geriatric-related syndromes. Steven is the author of *Geriatric Pharmacology: The Principles of Practice & Clinical Recommendations, Second Edition* (PESI, 2016) and also sits on several boards whose purpose is to elevate the level of care in medicine for the patients they serve. Steven has been described as a “dynamic” educator and one of the most engaging presenters around. Don’t miss him!


Speaker Disclosures:
Financial: Steven Atkinson is the founder and co-owner of Twin Cities Physicians; and owner of Mindful Geriatrics, LLC. He is an Adjunct Faculty at the University of Utah. Mr. Atkinson receives royalties as an author for PESI Publishing and Media. He receives a speaking honorarium from PESI, Inc.
Non-financial: Steven Atkinson has no relevant non-financial relationship to disclose.

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Physical Therapists – AK, AZ, CA, DE, IL, KY, MI, NC, NY, PA, TX, UT, VA

Speech Language Pathologists - All States


Social Workers – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WY

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This program has been submitted (but not yet approved) for 6.25 continuing education clock hours and 6.25 participant hours from NAB/NCERS. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/83632.

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**** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program**

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