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

Driving with Dementia

 Assess driving abilities • How to take the keys away

individuals wander

Issues to consider

Physical Aggression

• Is wandering a bad thing?

Loss of impulse control

• Manage the problem

Inappropriate Sexual Behaviors

Medication management

Ethical considerations

Manage a wanderer's behavior

Identify the cause of aggression

• Rearession of the mind/child-like mind

Normal sexual drive or inappropriate

Cognitively impaired individuals

Driving safety

Legal issues

Wandering

- Behavioral issues of early diagnosis
- Management and interventions

• Reasons why cognitively impaired

Pharmacological treatments

- Physical, psychological, and emotional stress
- help
- · 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

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

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

behavior

- 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 • Counselors Psychologists

Refusing to Eat/Forgetting to Eat Reasons why geriatric patients slow or • Nutritional needs in a geriatric patient

- Improve nutritional status Malnutrition and dehydration
- Alternatives to eating

stop 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

- Identify caregiver burnout and ways to
- Assist the caregiver

Other Issues

- Reassurance and redirection

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

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Sundowning & wandering

Physical & sexual aggression

Eating issues & nutrition

• Driving issues

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Caregiver stress & burn out

Caregiver survival tips

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Challenging **Geriatric** Behaviors

This is the best seminar on challenging geriatric behaviors that you will ever attend -GUARANTEED! Join Steven Atkinson, PA-C, MS, nationally-known expert, author and speaker on geriatrics for a high-energy, dynamic seminar filled with interesting case studies, insightful discussions and interactive learning. You will leave this seminar with practical techniques that you can apply the next day!

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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Occupational Therapists – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NH, NJ, NV, NY, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY

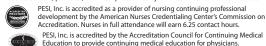
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National Approvals

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Speech Language Pathologists - All States

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day of the program under the Handouts section of the online program.

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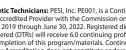
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