

Beyond the Boundaries

Building on Success in Senior Housing

Wednesday, August 27, 2003

“No, I’m Not Okay. I’m Losing My Brain!”

**A Practical, Hands-on Approach
to Activities in Senior Housing**



**2003
Senior
Housing
Seminar
Series**

Sponsored by:

**Wisconsin Association
of Homes and Services
for the Aging**

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WAHSA's 2003 *Beyond the Boundaries* seminar series recognizes the unique issues and needs of today's senior housing professionals. Through this four-part educational series, you will discuss what senior housing managers need to know, consider nursing issues and concerns in senior housing, learn practical activities that enhance independence for senior housing residents in the early stages of memory loss, and explore practical approaches to quality assurance in senior housing. By attending multiple seminars, you will have the opportunity to earn a reputation as a professional who is willing to go ***Beyond the Boundaries*** to build the future for senior housing.

This is the third seminar in the four-part series.

Every day we serve seniors who are “losing their brains.” Some literally lose their brain piece by piece to devastating disease processes such as Alzheimer's Disease and related dementias. Others experience the less profound -- but still life-changing -- experience of age-related memory loss, coupled with decreased vision and hearing. And, often in the early stages of these processes, we might not know exactly what is occurring in the brain -- so it's important to teach our senior housing professionals real-life, nuts and bolts information for a multitude of situations, such as:

Why “words” sometimes don't work so well.
Why “Do you want to...” is so often answered with, “No.”
Why “reassurance” isn't at all reassuring.
Why “collecting” and “hoarding” become more commonplace.
Why blue and green may increase confusion.
Why the food is “never good,” and the temperature is “always too cold.”
Why some outings are great, while others are a disaster.

Through role play, exercises, and discussion, you will learn to apply and teach simple, but powerful techniques that make life better for seniors experiencing cognitive impairments. Specific topics will be generated by attendees, but likely will include: Teaching senior housing professionals “the languages” of Alzheimer's Disease, memory impairment, hearing loss, and vision loss; reducing frustration, agitation, and isolation; environment and design considerations; preserving independence and control through meaningful activities; and resources for continued education. Attendees are encouraged to bring real-life scenarios and questions to this interactive workshop.

“No, I’m Not Okay. I’m Losing My Brain!”

Wednesday,
August 27, 2003

**Howard Johnson Hotel
& Antiqua Bay
Water Park
655 Frontage Road
(I-90/94, Exit 87)
Wisconsin Dells, WI
(608) 254-8306**

Presenter

**Erin (Doucette) Bonitto
MS, ADC
Founder, Gemini Consulting**

Described as a “rare find” and “a breath of fresh air,” Erin (Doucette) Bonitto is a nationally-recognized speaker, educator, and consultant who delights audiences with ideas that actually work in the real world. Erin’s career began at age 16 in the dish-room of a local nursing home -- but her experience has expanded to include resident quality of life, Alzheimer’s programming, cultural change, and promoting a positive image of long term care and assisted living. Erin’s award-winning resident programs have been featured by numerous newspapers and television newscasts; and she has earned a Master’s Degree in Gerontology. Long term care professionals from all backgrounds -- in more than 35 states -- have praised Erin’s down-to-earth style and uplifting, real-life stories.

Schedule

Please Note: The seminar topics and specific agenda will be determined on-site by those attending. We will spend the first half-hour determining which topics are most relevant for those in attendance and the flow of the day will be determined by that time. Following is a general topic outline and general learning objectives. Times are only estimates, as additional topics may be added based on attendee requests.

8:00 a.m. to 9:00 a.m.
Registration

9:00 a.m. to 10:30 a.m.

- ◆ Overview of cognitive impairments, including age-associated memory loss and Alzheimer’s Disease.
- ◆ Additional Topics as requested.

10:30 a.m. to 10:45 a.m.
Refreshment Break

10:45 a.m. to 12:00 noon

- ◆ Communicating with those who have memory and sensory impairments
 - What changes occur to anyone who ages?
 - What happens to communication in early Alzheimer’s Disease?
 - Suggested strategies for communication
- ◆ Additional topics as requested

12:00 noon to 1:00 p.m.
Lunch

1:00 p.m. to 2:30 p.m.

- ◆ Environmental impacts on communication and memory
- ◆ Practicing communication skills in senior housing settings
- ◆ The successful senior housing professional

2:30 p.m. to 2:45 p.m.
Refreshment Break

2:45 p.m. to 4:00 p.m.

- ◆ Engaging seniors in meaningful activities
- ◆ Recommended resources for continued education

4:00 p.m.
Adjournment

“No, I’m Not Okay. I’m Losing My Brain!”

Who Should Attend this Seminar

This seminar is specifically adapted for Wisconsin’s senior housing and assisted living professionals serving residents with memory impairment and/or early dementia.

What You Will Learn:

By completion of this seminar, the learner will be able to:

1. Compare and contrast Alzheimer’s-type dementia and age-associated memory loss.
2. Discuss how Alzheimer’s Disease and related dementias damage the brain, including emotional, personality, physical, communication, thought process, and memory impairments that might be recognized in the earliest stages of the disease process.
3. Identify which parts of the brain often are undamaged by either Alzheimer’s Disease or age-associated memory loss.
4. List common barriers to effective communication with seniors in assisted living and senior housing settings.
5. Demonstrate simple and respectful approaches for minimizing common communication barriers including approaches for seniors who have cognitive impairment, hearing or vision loss, stroke, or depression.
6. Demonstrate simple and effective approaches for communication with elderly who are early- to mid-stage Alzheimer’s Disease or other forms of irreversible dementia.
7. Generate ideas for environment and design that reduce confusion and increase independence.
8. Discuss and demonstrate many simple, but meaningful activities that can increase independence and control.
9. Develop role play scenarios and exercises that are effective teaching tools.
10. List useful resource materials to recommend to seniors, their families and senior housing professionals.

Registration Deadline

August 6, 2003

Registration Fee

To attend any one of the four seminars:
\$110 per person

To attend any two of the four seminars:
\$200 per person

To attend any three of the four seminars and earn the **Beyond the Boundaries** certificate:
\$270 per person

To attend all four seminars and earn the **Beyond the Boundaries** certificate:
\$320 per person

To qualify for the multiple seminar discount, you must register on one registration form for all seminars you plan to attend. If you register for each seminar separately, you will be charged the higher registration fee.

Seminar Logistics

Dates & Location

Howard Johnson Hotel
Resort & Antiqua Bay
Water Park
(608) 254-8306

Room Rates:

Night of August 26: \$86

Continuing Education Credits

Registration

Wednesday, August 27, 2003

"No, I'm Not Okay. I'm Losing My Brain!"

This seminar will be held at **Howard Johnson Hotel Resort & Antiqua Bay Water Park** (formerly the Holiday Inn of Wisconsin Dells), 655 Frontage Road, **Wisconsin Dells**, Wisconsin 53965; (608) 254-8306. **Directions:** From Interstate 90/94, exit on Exit 87 at Wisconsin Dells, which also is Highway 13. Go to the stoplight and turn left on Highway H. Almost immediately, turn left onto the Frontage Road and follow this road to Howard Johnson Hotel Resort & Antiqua Bay Water Park.

A small block of rooms is available at Howard Johnson Hotel Resort for the night of August 26, 2003 To book overnight accommodations at the group discounted rate, please contact Howard Johnson Hotel Resort and request a room within the WAHSA block.

Wisconsin Association of Homes and Services for the Aging is approved by the National Association of Boards of Examiners for NHAs as a Certified Sponsor of Continuing Education. Each of the four seminars in this series will qualify for five (5.0) hours of continuing education for nursing home administrators.

Senior housing professionals may attend any one, any two, any three or all four seminars in this series; however, only those who attend at least three seminars will receive the ***Beyond the Boundaries*** recognition certificate.

Registration fees are as follows:

To attend any one of the four seminars:	\$110 per person
To attend any two of the four seminars:	\$200 per person
To attend any three of the four seminars and earn the <i>Beyond the Boundaries</i> certificate:	\$270 per person
To attend all four seminars and earn the <i>Beyond the Boundaries</i> certificate:	\$320 per person

This registration fee covers seminar instruction, handout materials, continental breakfast, break refreshments and lunch.

To register for any or all of these seminars, please complete the enclosed registration form (note the deadline for each seminar) and return your completed form with the appropriate remittance to WAHSA, 204 South Hamilton Street, Madison, WI 53703. If you have any questions, please call WAHSA at (608) 255-7060.

