

NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH AUTHORITY

PRESENTS

LOST AND FOUND: A DEMENTIA JOURNEY

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ALPENA COMMUNITY COLLEGE
GRANUM THEATRE
665 JOHNSON STREET, ALPENA, MI

FRIDAY, MARCH 24th, 2023
9:00 AM – 4:00 PM

6 SOCIAL WORK CE CREDITS



TARGET AUDIENCE: SOCIAL WORKERS, COUNSELORS, PSYCHOLOGISTS, AND FRONT LINE/SUPPORT STAFF
CONTENT LEVEL: BEGINNER TO ADVANCED

ABOUT THE INSTRUCTOR: Jen Haak, LBSW, is currently a dementia specialist at Life Circles – PACE (Program for the All-inclusive Care of the Elderly) in Muskegon, Michigan. She has both professional and personal lived experiences with dementia that assist her in supporting others. She works with Life Circles staff, care partners and people living with dementia using Teepa Snow's PAC model. Jen Haak has been at Life Circles for the past 3 years. Prior to Life Circles, she worked at Healthwest (Muskegon County's Community Mental Health) for 18 years. She was a case manager on the Assertive Community Treatment Team, also provided behavioral health support for individuals with developmental/intellectual care needs and supervised an IDD/MI Intensive Case Management Team.

COURSE DESCRIPTION: A dementia diagnosis can be a daunting reality. It is easy to focus on the current losses and become overwhelmed trying to anticipate future losses. Thankfully, understanding brain changes and learning how to support/approach people living with dementia can make all the difference. In this presentation, a brief overview will be provided for 4 different types of dementias (Lewy Body, Vascular, Frontotemporal and Alzheimer's). Attendees will learn about the sensory integration changes that can occur as this disease progresses and ways to accommodate these sensory changes. This presentation will also review strategies for neutralizing stressful moments. Teepa Snow's Positive Approach to Care (PAC) education offers a meaningful life worth living for both the person living with dementia and the care partners that have joined in on this dementia journey.

LEARNING OBJECTIVES:

After attending this course, participants will be able to...

1. Attendees will be able to identify how visual/spatial changes progress in a person living with dementia.
2. Attendees will learn how to use neutralizing statements to help restore a sense of calm during times of high stress for a person living with dementia.
3. Attendees will learn a Positive Physical Approach (PPA) for individuals living with dementia; visual, before verbal, before touch.
4. Attendees will learn the purpose of a "connector" to help engage a person living with dementia before making an "action request."
5. Attendees will be able to identify 4 more common types of Dementia and maybe last.
6. Attendees will learn how to neutralize distress and focus on connection versus correction.

COURSE OUTLINE:

9:00 a.m. – 9:15 a.m.	Introduction
9:15 a.m. – 9:30 a.m.	Lifestyle correlations in people living with dementia (diabetes, sleep apnea, hypertension).
9:30 a.m. – 10:00 a.m.	Introduction of 4 more common types of dementia (LBD, FTD, Vascular, ALZ).
10:00 a.m. – 10:45 a.m.	Brain change education <ul style="list-style-type: none">a) Visual/spatialb) Prefrontal cortexc) Left/Right temporal lobes
10:45 a.m. – 11:00 a.m.	Break
11:00 a.m. – 11:30 a.m.	Introduction of PPA (visual, before verbal, before touch). <ul style="list-style-type: none">a) Educationb) Chance to practice (touch on hand under hand).
11:30 a.m. – 12:00 p.m.	Connectors and Action Requests <ul style="list-style-type: none">a) Connectors help engage and activate a person living with dementia.b) Action Requests are worded in such a way that it feels less like a demand and more like an opportunity to be helpful to someone else (meaning and purpose).
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 1:10 p.m.	Review agenda for PM.
1:10 p.m. – 2:00 p.m.	GEM States <ul style="list-style-type: none">a) Strength based approach to explain brain change and the progression of dementia. Ageism/stigma associated with dementia and older adults.b) Care partners, professional also experience brain change.c) Connecting how stress impacts brain change and skills/thinking/language. More education about hand under hand <ul style="list-style-type: none">a) Open/closed circuits in the brain.b) Ways it can be used (connection, feeding, transferring, walking, personal care).c) Chance to practice.
2:00 p.m. – 2:30 p.m.	Behavioral/Emotional Dysregulation <ul style="list-style-type: none">a) Iceberg metaphor showing what we see and what we don't see and how that prompts our curiosity of understanding/exploring unmet needs.b) Reviewing the 5 unmet needs.
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 3:45 p.m.	Neutralizing Distress <ul style="list-style-type: none">a) Some scenarios cannot be solved with words or care partner actions (hallucinations/delusional thinking).b) Focus on connection versus correction.c) Avoid Reality Orientation with someone that is not oriented to reality.d) Teepa's 5 apologies.e) Practice some neutralizing statements (before engaging in distraction, problem solving). Focus is on helping the person with dementia feel heard and seen.
3:45 p.m. – 4:00 p.m.	Q&A and Course Evaluation

REGISTRATION INFORMATION: COMMUNITY PARTNERS—FREE NeMCMHA STAFF—FREE

[Register Here](#)

Call Genny Grimshaw at (989) 358-7842, or GGrimshaw@nemcmh.org, if you have questions, need more information, or require special accommodations.

Registration closes Monday, March 20, 2023.

Cancellation notice is appreciated.

COURSE COMPLETION & CE INFO:

Social workers must sign in/out of the training, attend the entire course, provide their license number, and complete a course evaluation to earn CE credit. You will receive your certificate within 30 days of course completion.

Northeast Michigan Community Mental Health Authority (NeMCMHA), Provider #1767 is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continue 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. NeMCMHA maintains responsibility for this course. ACE provider approval period: 05/19/2022 – 05/19/2025. Social workers completing this course receive 6 social work continuing education credits.

For more information about NeMCMHA services and training opportunities, please visit: nemcmh.org. NeMCMHA is funded, in part, by the Michigan Department of Health and Human Services.