

## Outline

### Dementia: Major Neurocognitive Disorders (MND)

Cognitive and psychological changes  
DSM-5® diagnostic criteria  
Etiologies of dementia  
Changes in dementia care

### “Unpacking” Behaviors in Dementia: Case Examples

#### Manifestation, Causes and Management Strategies

Aggression  
Verbal - Screaming, cursing  
Physical - Hitting, scratching, grabbing  
Nonaggression  
Verbal - Repetitive questioning, disagreeing  
Physical - Wandering, pacing, hoarding, rummaging, hiding, voiding, shadowing, resistance  
Affect-Mood - Anxiety, depression, irritability, apathy  
Thought and perception - Hallucinations, delusions  
Vegetative symptoms - Sleep disturbances, sexuality, appetite

### Behavior Management Plan Development

#### A Comprehensive Step-By-Step Guide with Worksheets and Checklists

Explicitly describe the behavior  
Asses impact of cognition, emotion, medical status, personal history on behavior  
Identify the cause of the behavior  
Interventions to address causes of behaviors  
Environmental changes  
Communication changes  
Schedule changes  
Medical changes  
Staff changes

Write a thorough behavior intervention plan for the entire care team  
Evaluate the success of the behavior management plan or reasons for failure

### Write a Behavior Management Plan: Case Examples

Group activity using case examples  
Situations that you encounter on a regular basis  
Apply your knowledge and leave with a behavior plan in place

### Improve Communication with the Person with Dementia

Verbal communication strategies  
Nonverbal communication strategies  
Environmental modifications to enhance communication  
Role play communication strategies

### Compassion Fatigue and Burnout

Impact on dementia care  
Causes, signs and symptoms  
Preventative/remediation strategies to renew your passion!

### Live Seminar & Webcast Schedule (Times listed in Eastern)

**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.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

## Objectives

1. Describe potential antecedents to complex and challenging behaviors common to dementia.
2. Distinguish between the dementia-related behaviors that warrant a behavior management plan and those that do not.
3. List the components of a comprehensive behavior management plan as it relates to symptom management.
4. Differentiate between comprehensive and superficial descriptions of behaviors to inform choice of clinical interventions.
5. Construct a behavior management plan to address causes of problematic behaviors including, but not limited to, communication and environmental changes.
6. Propose behavior management strategies appropriate to address specific behavior manifestations such as hitting, screaming, wandering and hallucinations.

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FRIDAY

January 25, 2019

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# Problem-Solving Challenging Behaviors in Dementia

Person-Centered & Non-Pharmacologic  
Intervention Plans You Can Use the Next Day!

Harrisburg, PA  
Wednesday, January 23, 2019

King of Prussia, PA  
Thursday, January 24, 2019

Mount Laurel, NJ  
Friday, January 25, 2019

Live Video Webcast  
Friday, January 25, 2019

# Problem-Solving Challenging Behaviors in Dementia

Person-Centered &  
Non-Pharmacologic Intervention  
Plans You Can Use the Next Day!

- Meet national and state-level dementia care standards set for 2019. Be a frontrunner!
- Transition towards non-pharmacologic behavior management. Lead the way for change!
- Avoid the real potential consequence of failed dementia behavior management. Register today!

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# Problem-Solving Challenging Behaviors in Dementia

This workshop has been designed specifically for you, the frontline dementia care professional who is providing the best care possible to dementia patients living with moderate-severe stages. They display complex and challenging behaviors, like agitation, hitting, screaming, wandering, delusion, resistance and withdrawal.

Persons with dementia need increasing support that is provided in a way that communicates friendship, compassion and dignity. However, those of us in a support role experience first-hand the frustration, disappointment and even anger that accompanies the day-to-day responsibilities of dementia caregiving—often leading to burnout due to emotional exhaustion, depersonalization of patients and feelings of failure. That is not the personal level of care you sought to give others while in school.

Avoid the real potential consequence of failed behavior management in your dementia care—join Leigh Odom, Ph.D., CCC-SLP, CDP, CADDCT and learn evidence-based non-pharmacologic treatments and person-centered strategies to minimize the effects of dementia behaviors. Attend and walk away with:

- A systematic approach to developing individualized behavior plans that are more likely to work the first time
- Methods to accurately identify common causes and manifestations of challenging behaviors
- Management strategies to directly target the trigger causing the undesired behavior
- Communication strategies to use with persons with dementia as a behavior management strategy
- Strategies to manage the potential consequences of compassion fatigue and burnout

Developing person-centered behavior plans in dementia care results in higher quality care, increased quality of life for the patient and decreased provider burnout. For your benefit and that of your patients, register today and get the dementia care training to be a better problem-solver!

## Speaker

**Leigh Odom, Ph.D., CCC-SLP, CDP, CADDCT**, is an associate professor of speech-language pathology at Western Carolina University. She has been practicing as a speech-language pathologist for nearly 15 years almost exclusively with families affected by neurogenic communication disorders. As the lead academic and clinical instructor of neurogenic content in her department, Dr. Odom has been teaching both graduate and undergraduate neurogenic courses since 2008. Dr. Odom is a Certified Dementia Practitioner and a Certified Alzheimer's Disease and Dementia Care Trainer, frequently collaborating with families and healthcare providers to improve dementia care as a dementia care trainer and support group facilitator. She has published nearly 20 articles in peer-reviewed research journals, and has led numerous trainings at state and national professional conferences. Dr. Odom is a member of the American Speech-Language-Hearing Association, the Academy of Neurologic Communication Disorders and Sciences, and the North Carolina Speech-Hearing-Language Association.

Speaker Disclosures:

Financial: Leigh Odom maintains a private practice. She is an associate professor at Western Carolina University. Dr. Odom receives a speaking honorarium from PESI, Inc.

Non-financial: Leigh Odom is a member of the American Speech-Language-Hearing Association; Academy of Neurologic Communication Disorders and Sciences; and the North Carolina Speech-Language Hearing Association.

### Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on January 25, 2019, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesirehab.com/webcast/67006](http://www.pesirehab.com/webcast/67006).

**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 CDs or DVDs 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 homestay credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.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.

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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.



### Growing Mindful Card Deck: Mindfulness Practices for All Ages

By Mitch R Abblett, PhD & Christopher Willard, PsyD

Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the *Growing Mindful* card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!



### 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.

Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction.

Questions? Call customer service at 800-844-8260

### 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" 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 [cepsi@pesirehab.com](mailto:cepsi@pesirehab.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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**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.

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**REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED:** PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2018 through June 30, 2019. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

**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 program has been submitted (but not yet approved) for 6.25 continuing education clock hours and 6.25 participant hours from NAB/NCERS. Call our customer service department at 1-800-843-7763 for further information.

**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.

**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.

**NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the New Jersey State Board of Physical Therapy for review.

**PENNSYLVANIA PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Pennsylvania State Board of Physical Therapy. Approval pending.

**PSYCHOLOGISTS:** This activity consists of 6.25 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. 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.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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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).

\*\* Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.

**SOCIAL WORKERS:** PESI, Inc. Provider #11062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**NEW JERSEY SOCIAL WORKERS:** Please contact PESI, Inc. at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for information about continuing education credits for social workers.

**PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL 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. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

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

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PROBLEM-SOLVING CHALLENGING BEHAVIORS IN DEMENTIA: PERSON-CENTERED & NON-PHARMACOLOGIC INTERVENTION PLANS YOU CAN USE THE NEXT DAY!

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