

**OUTLINE**

**Identifying Baseline**

- Objective Measurements
- Risk Factors for Escalation of Challenging Behaviors
- Influence of Gender, Cultural and Societal Factors
- Environmental and Interactional Considerations
- Lifelong Patterns and Preferences

**Differentiating Among Dementia, Delirium, and Depression**

- Diagnostic Criteria
- Signs/Symptoms
- Management

**Alzheimer's Disease: Assessment and Management**

- Various Types of Dementia
- Progression and Stages: Retrogenesis
- Pharmacological Treatment Options
- Problems Commonly Associated with Alzheimer's Disease: Difficult Communication, Hallucinations, Resistance/Aggression, Wandering, Sundowning, Malnutrition
- Interventions to Provide a Positive Experience

**Difficult Communications and Hallucinations**

- Contributing Factors
- Verbal and Non-verbal Techniques
- Therapeutic Use of Self
- Reorientation, Reminiscence

**Validation**

- Problem Solving
- Entering Their Reality

**Resistance to Care**

- Routine Hygiene Needs
- Reasons for Resistance
- Successful Techniques

**Physically Aggressive Behaviors**

- Reverse Developmental Behavior
- Behaviors as a Way to Communicate
- Identify the Problem/Trigger
- Environmental and Interactional Factors
- Causes of Escalation

**Wandering and Sundowning**

- Contributing Factors
- Assessment
- Exercise and Activity
- Environmental Management
- Interactional Management

**Food and Fluid Deficit/Malnutrition**

- Reasons Why They May Not Eat
- Ways to Promote Nutritional Intake
- Tips for Persons Who Need Feeding Assistance
- The Eating Environment
- End of Life

**The Family Caregiver as Part of the Team**

- Family Dynamics: Role Change
- Emotions Expressed During Caregiving: Positive and Negative
- Positive Communication Among Staff, Family, and Older Adult
- Assisting the Caregiver to Meet the Needs of the Care Recipient
- Helpful Resources
- Ways to Help Reduce Stress for the Caregiver

**OBJECTIVES**

1. Critique assessment techniques that establish baseline behaviors in older adults.
2. Evaluate factors that contribute to challenging geriatric behaviors and relate them to prevention.
3. Characterize the differences in delirium, dementia and depression in the elderly.
4. Analyze the progression of Alzheimer's disease and related treatment options.
5. Select appropriate environmental, interactional, behavioral, and/or physical/pharmacological interventions to prevent and/or manage challenging geriatric behaviors.
6. Categorize effective and ineffective strategies to manage difficult communications, hallucinations, aggressive behavior, wandering and Sundowning, food and fluid deficit/malnutrition.
7. Recommend resources that provide information or services for caregivers.

**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

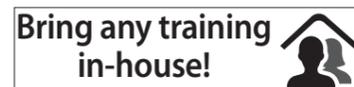


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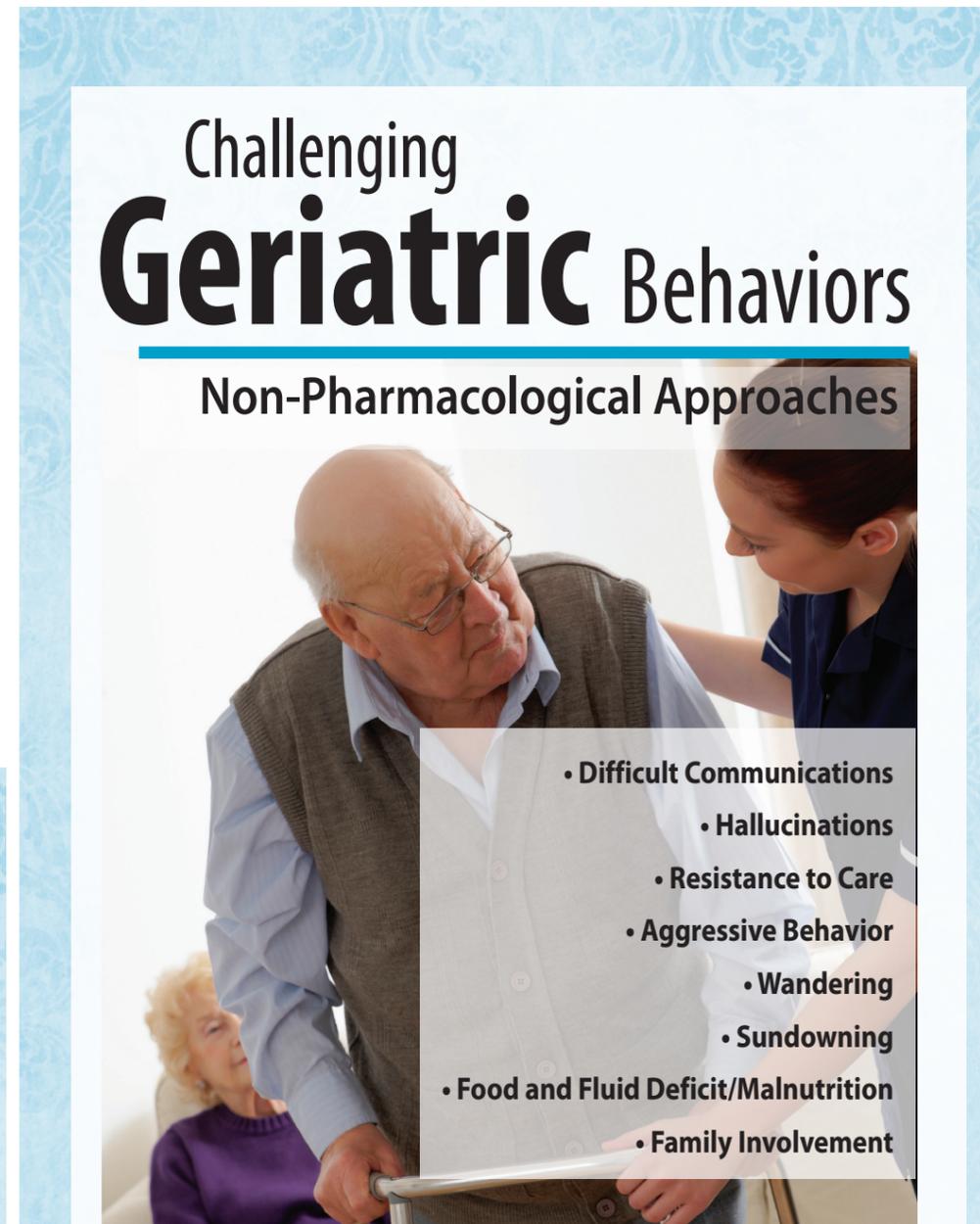
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# Challenging Geriatric Behaviors

## Non-Pharmacological Approaches

Caregivers find many older adult behaviors to be challenging. Dementia and delirium are the most frequent contributing factors. Knowing what to expect and what to do related to specific behaviors can decrease frustration and increase satisfaction for everyone involved. A framework for rethinking challenging behaviors provides guidance for choosing management strategies. Assessment and management techniques are based on theory and evidence. Through interactive discussion, clinical examples, and videos, this program focuses on day-to-day strategies to prevent and/or manage challenging geriatric behaviors.

### SPEAKER

**Latasha Ellis, MSW, LCSW,** is a psychotherapist, consultant, entrepreneur, and national speaker. She is owner of AHSAT Counseling and Consulting, PLLC and founder of AHSAT Center for Integrative Oncology. As a psychotherapist, Latasha's diverse clinical experience stretches over a multitude of settings; including the state of MD Department of Corrections, the VA School for the Deaf, Blind and Multi-disabled, community mental health clinics, inpatient and outpatient medical facilities. Though currently in private practice, Latasha works closely with area hospitals for the provision of psychological services to cardiopulmonary rehabilitation and oncology patients.

Latasha is also a certified clinical supervisor with the National Association of Social Workers, North Carolina Chapter and a certified trainer of Managing Aggressive Behaviors (MAB), through The University of Oklahoma OUTREACH; a program that emphasizes prevention and non-physical intervention strategies, and teaches non-pain producing physical intervention techniques.

Latasha's passion for the field of mental health and behavior management is exemplified by her role as Field Instructor for various universities. She holds a Bachelors of Social Work (BSW) degree from Morgan State University and a Master of Social Work (MSW) degree from the University of Maryland at Baltimore. Her MSW degree holds a concentration in Clinical Social Work with a primary specialization in Mental Health and a secondary specialization in Management and Community Organization. Latasha is currently pursuing her PhD.

#### Speaker Disclosures:

Financial: Latasha Ellis maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Latasha Ellis has no relevant non-financial relationships to disclose.

**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 homestudy credits are available for your profession go to [www.pesihealthcare.com](http://www.pesihealthcare.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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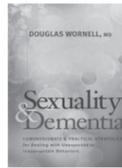
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#### TOP 10 Geriatric Syndromes - Clinical Management Strategies

By Lisa Byrd, PhD, CFNP

In addition to providing a guide to care within a structure of easy-to-use, age-appropriate treatment strategies, this book offers the author's compassionate, experienced discussions of the differing presentations of illnesses in elders. Topics include: falls, sleep, pain, eating problems, confusion (dementia/depression), incontinence, anxiety, living abilities (activities of daily living -ADLS), skin integrity issues and elimination issues. (2011)



#### Sexuality & Dementia - Compassionate and Practical Strategies for Dealing with Unexpected or Inappropriate Behaviors

By Douglas Wornell, M.D.

It is common for a person with dementia to exhibit inappropriate and uncharacteristic sexual behavior, including promiscuity, verbal abuse, aggression, grabbing, exhibitionism, and jealous paranoia. This behavior puts a strain on spouses and partners, as well as other loved ones and caregivers. Now, for the first time, esteemed geriatric neuropsychiatrist, Douglas Wornell, MD, provides essential information and practical solutions to cope with these troubling and often embarrassing actions.

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- 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.



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**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 [cepesi@pesi.com](mailto:cepesi@pesi.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.

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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.

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**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.

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**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, 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.

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