

# 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
- Behavioral issues of early diagnosis
- Management and interventions
- Pharmacological treatments

## Driving with Dementia

- Driving safety
- Legal issues
- Assess driving abilities
- How to take the keys away

## Wandering

- Reasons why cognitively impaired individuals wander
- Is wandering a bad thing?
- Issues to consider
- Manage a wanderer's behavior

## Physical Aggression

- Identify the cause of aggression
- Loss of impulse control
- Regression of the mind/child-like mind
- Manage the problem

## Inappropriate Sexual Behaviors

- Normal sexual drive or inappropriate behavior
- Cognitively impaired individuals
- Medication management
- Ethical considerations

## Refusing to Eat/Forgetting to Eat

- Reasons why geriatric patients slow or stop eating
- Nutritional needs in a geriatric patient
- Improve nutritional status
- Malnutrition and dehydration
- Alternatives to 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

- Physical, psychological, and emotional stress
- Identify caregiver burnout and ways to help
- Assist the caregiver

## Other Issues

- 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
- Reassurance and redirection

### Live Seminar Schedule

- 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.

### 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.

**QUESTIONS?** Call Customer Service: 800-844-8260.

**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.



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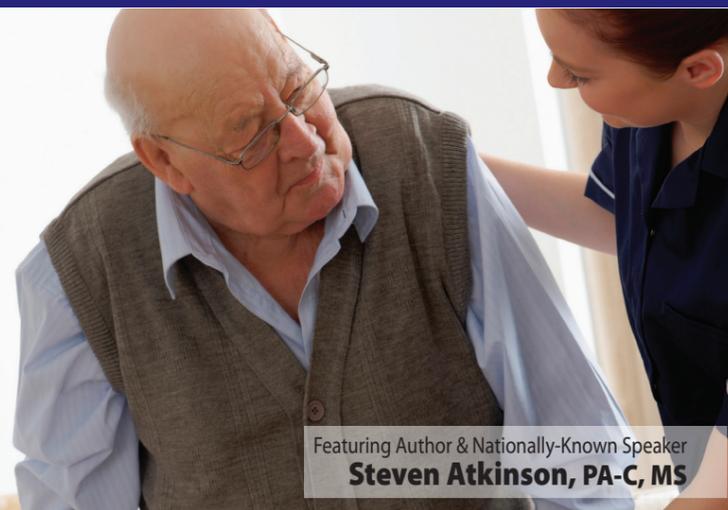
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# Challenging Geriatric Behaviors



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

**KANSAS CITY, MO**  
February 24, 2020

**SPRINGFIELD, MO**  
February 25, 2020

**ST. LOUIS, MO**  
February 26, 2020

# Challenging Geriatric Behaviors

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



- Dementia, depression & delirium
- Sundowning & wandering
- Physical & sexual aggression
- Eating issues & nutrition
- Driving issues
- Caregiver stress & burn out
- Caregiver survival tips

**KANSAS CITY, MO**  
Monday  
February 24, 2020

**SPRINGFIELD, MO**  
Tuesday  
February 25, 2020

**ST. LOUIS, MO**  
Wednesday  
February 26, 2020

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# 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.



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. **Limited seats available; advance online registration required.**

**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

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI HealthCare first. If you are interested in becoming a speaker, or have a new topic idea, please contact Missy Cork at [mcork@pesi.com](mailto:mcork@pesi.com) or call (715) 855-6366.

## Objectives

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.

## 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" on this brochure 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 profession's standards.

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

**Registered Dietitians & Dietetic Technicians:** PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2019 through June 30, 2022. 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 Practitioners, and 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 educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NALB) and approved for 6.25 clock hours and 6.25 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**Kansas Occupational Therapists & Occupational Therapy Assistants:** This course has been approved by the Kansas Occupational Therapy Association for 6.25 contact hours, (Class 1).

**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.

**Illinois Physical Therapists & Physical Therapist Assistants:** PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 6.0 CE Credit Hours.

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

**Geriatric Pharmacology**  
*The Principles of Practice & Clinical Recommendations, Second Edition*  
By Steven Atkinson, PA-C, MS., Seminar Presenter

An optimal guide for anyone seeking straightforward, concise and user-friendly information on medication dynamics for older adults. Fully revised and updated, this invaluable resource has become the go-to favorite for healthcare professionals who want to find the balance between safe medication and adverse drug reactions. (2016)

**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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## How to Register Challenging Geriatric Behaviors

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**Kansas Physical Therapists & Physical Therapist Assistants:** This course has been sent to the Kansas Physical Therapy Association for review.

**APPROVED PROVIDER**

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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).

**Kansas Speech-Language Pathologists or Audiologists:** Approved for 7.5 continuing education clock hours for Kansas licensed Speech-Language Pathologists by the Kansas Department for Aging and Disability Services.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing 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. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Illinois Social Workers:** PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

**Kansas Social Workers:** PESI, Inc. is an approved provider with the Kansas Behavioral Sciences Regulatory Board. Provider #14-006. This course has been approved for 6.0 continuing education hours.

**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.

### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Military Tuition:** 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. **Limited seats available; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesihealthcare.com/coord](http://www.pesihealthcare.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesihealthcare.com/faqs](http://www.pesihealthcare.com/faqs) or call 800-844-8260 for details. **Advance registration required.**  
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**3 Check tuition:**

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### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!  
 **\$24.99\*** *Geriatric Pharmacology, Second Ed.* book  
 **\$17.95\*** *Sexuality & Dementia* book  
\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

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