

## **Advocacy in Aging**

*Friday, November 1st and Saturday, November 2nd*



***First rule in decision making – be informed.***

*ASAGA will be live streaming via Zoom for this event for participants outside the Anchorage area. Please find more information in this brochure.*

FRIDAY NOVEMBER 1<sup>st</sup> Agenda

**Speaker: Teepa Snow, MS, OTR/L, FAOTA**

**Brain Changes in Dementia      9am to 10:15am**

You may not be able to see the brain, but changes are happening. Learners will understand the structure changes in the brain and how the changes often vary based on the type of dementia present as well as how these changes contribute to every day function. Learn what is normal and not normal with aging but also what else might contribute to not normal symptoms.

**Break: 10:15 to 10:45am**

**How Life Long Personality Traits and Preferences Impact Dementia      10:45am to 12:15pm**

Learners will understand how lifelong traits and preferences determine choices, behaviors, reactions and responses. Appreciate the value of knowing individual preferences and how these tendencies are critical in interactions with others, especially those living with dementia. Have more control over “how things go” by understanding techniques in matching information and structure to needs and preferences.

**Lunch Break 12:15 to 1:45 with ASAGA Annual Meeting 12:45**

**LUNCH SESSION 1:00 to 1:30**

**Alzheimer’s Resource Agency of Alaska**

Alaska is privileged to have an organization dedicated to serving individuals, families and professionals affected by Alzheimer’s disease and related dementias for 35 years! Learn what they can offer to you. Make sure to stop by their table to gather valuable information!

**Coping with Challenging Behaviors      1:45pm to 3:15**

Care partners often struggle with “challenging behaviors.” Learn to focus on looking beyond the disease to recognize other possible factors. Learners will be introduced to “six pieces of the puzzle” that may be used to determine contributing factors. Understand this problem-solving approach to reduce the intensity or frequency of the challenges. The overall goal of this session is to reduce unproductive conversations and resistive behaviors by using effective verbal and physical skills.

**Break 3:15 to 3:30**

**SILENT AUCTION ENDS AT 3:30**

Conference Details

This year’s conference will be held at

**BP Energy Center  
900 E. Benson Blvd  
Anchorage, Alaska**

**Friday - 8:00 to 5:00  
Saturday 9:00 to 4:00**

**Friday Meals  
Light Breakfast  
Lunch**

**Saturday  
Continental Breakfast  
Pizza lunch**

Coffee, tea and water stations are available for all day use.

Please bring layers to regulate your own comfort level.

Applications are submitted to NASW and ABA for CE and CLE consideration for both days

SUPPORTED BY:



## **Learning the Art of Being an Advocate and Partner**

**3:30 to 5:00**

Learners will better understand how dementia changes relationships and interactions and how the importance of balancing engagement activities. Understand the most effective methods for advocating for a person living with dementia. The main goal for this session is to help learners recognize the need to change expectations, care and plans as dementia progresses without becoming, negative, hopeless or increasing stress.

## **End of Day 1 at 5pm – Receipt of Surveys for Certificates in the Lobby**

### Saturday November 2<sup>nd</sup> Agenda

## **Speaker: Steven A. Weisblatt, M.D., F.A.P.A.**

### **“IT’S NOT JUST DEMENTIA! – WHAT EVERY GUARDIAN (OR CAREGIVER) NEEDS TO KNOW ABOUT MENTAL HEALTH”**

Everyone would vote for accuracy in the assessment and treatment of mental health problems – unfortunately accuracy isn’t running.

Most often, psychiatric assessment in the elderly and disabled is simply whether or not the person is suffering from dementia and / or maladaptive behavior and the “clinician” prescribes drugs to moderate “symptoms”. This usually involves medicines given for complaints of poor sleep, depressed mood, agitation, irritability, etc. without sufficient attention to differentiating the potential *causes* for the presenting problem. Often, this process places further limitations on the individual’s already-limited mental and behavioral function, requires a higher level of care and does not allow elderly and disabled patients to live to their best potential. Whereas brain damage is generally irreversible, *co-morbid* mental health symptoms – e.g. from prescribed medications, circadian rhythm dysfunction, hypothyroidism, and inappropriately prescribed psychotropics - can be reversed! To do this requires a very accurate assessment.

The purpose of this talk, broken into three objectives, is to equip guardians and caregivers with a method to help maximize the potential of their patient by identifying co-morbid, unrecognized, medical problems or misdiagnosed or mistreated brain chemistry imbalances.

**Objective 1 from 9am to 10:30:** Identify common causes of behavioral change and decreased cognition in individuals that may not be caused by brain damage or dementia.

#### **10:30 to 10:45 Break**

**Objective 2 from 10:45 to 12:15:** Understand how to evaluate a person for a comorbid, sub-syndromal mood disorder.

#### **12:15 to 1:30 Lunch Break**

**Objective 3 from 1:30 to 3:00pm:** Recognize when a patient may be receiving medication treatment that only palliates symptoms – or may even be increasing them – rather than treating a co-morbid psychiatric syndrome to remission.

#### **3pm to 4pm – “Ask the Doctor” OR Pick up certificates for Day 2**

## Registration Information

**8 a.m. August 15, 2019 through October 28, 2019 at 6pm**

Registration	Friday Only	\$65.00
8/15 to 10/22	Saturday Only	\$45.00
	Both Days	\$85.00
Late Registration	Friday Only	\$95.00
10/23 to 10/28	Saturday Only	\$65.00
	Both Days	\$135.00

Registration will end on **10/28/19** and a notice will be posted on the website if door registration is available first come first serve. Door registration will be \$95.00 each day. Space is limited so register early! **There is no live streaming registration after 10/22/19.**



ASAGA is happy to announce that this year, we will be able to offer live streaming to participants OUTSIDE THE ANCHORAGE AREA. If you live within the Municipality of Anchorage, please attend in person at the BP Energy Center at 1014 Energy Court. For those registering for the live stream, we are on the honor system that you will register all of those individuals who are participating. A short survey will be emailed to you for the certificate of attendance which will be provided upon receipt of the survey. There will be a separate registration link for live streaming and registration will be monitored. You must sign in with your name to ensure you are in attendance.

ASAGA will be using Zoom Meeting. There will be a test of Zoom for all registered participants on **October 23<sup>rd</sup>, 2019 from 4:30 to 5pm**. You may join us at anytime during that timeframe to ensure your system is able to use Zoom. ASAGA is unable to provide any technical assistance and there will be no refunds available should you not be able to stream due to having to pay vendors so please consider prior to registering.



**TEEPA SNOW, MS, OTR/L, FAOTA**

Originally from West Virginia and western Pennsylvania, Teepa now lives outside Chapel Hill, North Carolina. She is a graduate of Duke University with a degree in Zoology. She received her MS degree from the University of North Carolina in Chapel Hill. She has a wealth of clinical, teaching, and research experiences that have informed and influenced her philosophy, approach, and practice. Teepa has worked as part of Duke University Medical Center's Neuro-Rehabilitation Team, at UNC-CH's Geriatric Clinic, as an OT director in a head injury facility, as a clinical specialist in geriatrics for a Veteran's Administration Medical Center, and as a therapist and restorative care coordinator for long term care facilities. Her hands-on caregiving experiences include providing direct care in community and wellness centers, day programming sites, home care settings, assisted living and CCRC communities, long term care facilities, out-patient clinics, hospitals, hospice, and rehabilitation settings. Teepa currently has a clinical appointment with Duke University's School of Nursing. She has held a clinical appointment with both Duke and UNC-Chapel Hill's School of Medicine for over 20 years. Previously, she served as the Director of Education and Lead Trainer for the Eastern N.C. Chapter of the Alzheimer's Association, as well as the Program Director of Durham Technical Community College's OTA program.

If you are wondering why Teepa is such a great trainer. Perhaps it is because, when it comes to learning styles and activity preferences, Teepa is a combination of doer, watcher, and talker. She likes almost all forms of crafts and arts, although she is only good at some. She also enjoys time outdoors and various forms of activity, such as hiking, running, climbing, biking, canoeing, and exploring. When stressed she cleans and cooks. When relaxing she cooks, reads, walks, sews, knits, builds, creates, and gets into home or yard alteration or renovation projects.



**STEVEN A. WEISBLATT, M.D., F.A.P.A**

Dr. Weisblatt received his medical degree from SUNY Downstate Medical Center and completed his residency in Psychiatry at the Albert Einstein College of Medicine. He served for fifteen years on the psychiatric teaching faculty at Einstein and for eight years on the faculty at SUNY Downstate. He is boarded in General and Geriatric Psychiatry and served on the Consultation Liaison Service, consulting on elderly medical and surgical patients while at Einstein. Dr. Weisblatt has three decades of experience evaluating the accuracy of diagnosis and effectiveness of treatments for people with disabilities (co-author of the APA guidelines for residency training directors, co-author of the "Standards of Care" chapter in an international text as well as expert consultant to the Attorney General of N.Y. State, the U.S. Dept. of Justice and the Canadian Health Ministry. He has spoken widely on the topic of accurate diagnosis and effective treatments especially in complicated patients with mood disorders. He is an active member of the International Society for Bipolar Disorders and a Fellow of the American Psychiatric Association. He originated and authored the "Clinician's Corner" column in Bipolar Magazine and has served as an expert consultant to the federal government in both the U.S. and Canada as well as state and local governments and healthcare organizations throughout North America. He maintains offices in Stamford, CT and serves patients in New York, Connecticut, Maine, Pennsylvania and Florida.

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# CONFERENCE PARTNERS

ASAGA is honored to have our partners! We thank them for their support and commitment!



**Alzheimer's  
Resource  
of Alaska**

**Patrice Icardi  
Attorney at Law**



# TABLE SHOWCASES

One of ASAGA's main goals is to help with the delivery of information that can help families navigate care. ASAGA is excited to have amazing showcases this year. We thank them for their support!

