

## 2025-2026 Assisted Living and Memory Care

### Presentations by Amy House



#### Amy House Bio

Amy House, Certified Dementia Practitioner, Licensed Assisted Living Director and Mentor, Owner & Host of the Podcast Think Dementia, Medicare GUIDE Dementia Care Navigator at Tembo Health & Certified Positive Approach to Care Trainer with Teepa Snow. Amy has presented numerous times for Care Providers of MN, MSP Airport and at the MSG, MSSA, NSWA and U of M Conferences. Amy's podcast Think Dementia answers caregiver questions and is in 54 countries and territories and over 900 cities worldwide. She is a founding member of the Roseville Alzheimer's and Dementia Community Action Team, founding member of the Dementia Friendly Airports Working Group and a dedicated Alzheimer's Association Support Group Facilitator with four monthly support groups.

Amy House has been educating the Twin Cities on dementia for over a decade. Trained by Teepa Snow, Amy's presentations are top-notch and utilize the Adult Experiential Learning Cycle to provide what many have said are the best dementia training they have ever attended. These educational, interactive and engaging presentations will keep everyone focused and leave them with something new each time.



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## Think Dementia Basics

### **Think Dementia Basics**

Amy will walk you through how dementia affects the brain, the most common types of dementia and the symptoms that lead to a diagnosis. By the end of this presentation, you will have the basic knowledge needed to “think dementia” and understand why people living with dementia do the things they do and how to support them with understanding and empathy.

### **Teepa Snow’s Senior Gems**

Dementia affects more than a person's memory- it affects the whole body, how we move, how we see, how we care for ourselves. Learn the stages of Alzheimer's and dementia as Teepa's precious gems and get valuable information that can help you prepare and plan for what is ahead. This presentation is for caregivers, family, friends or professionals, not for the person living with dementia.

## Dementia Communication and Behavioral Symptoms

### **Communicating with Someone Living with Dementia**

Learn why it is important to adapt your communication for someone living with dementia at different stages, ways to communicate effectively for conversation, cares and behavioral symptoms to preserve your relationship and ease stressors for both of you.

### **Working Through Behavioral Symptoms with Dementia**

This presentation will help you to prevent behavioral symptoms for your residents with dementia, identify triggers or communications that make things worse and be able to confidently communicate and use non-medical interventions when behavioral symptoms occur.

### **Teamwork with Behavioral Symptoms**

Is the front-line staff sharing what works well with residents living with dementia that have behavioral symptoms with each other? With the Nurses? This interactive training gets everyone working as a team to solve challenges with cares, refusals and other behavioral symptoms to ensure everyone is learning how to provide for those individuals and care plans have person centered strategies to meet their unique needs.

## **Caregiving Skills**

### **Teepa Snow's Hand Under Hand Caregiver Skills Training**

Learn how to support someone in the late stages of dementia with the hand under hand technique for eating, drinking and personal cares to promote muscle memory. For the person in the middle and late stages, it promotes a partnership during cares instead of having something done "to you" it's "with you."

### **Building a Relationship with Your Memory Care Families- for Frontline Staff**

This is an interactive training for your frontline staff on customer service and understanding how important their relationship with the family is to a successful Memory Care. They will learn the Do's and Don'ts of effective communication with families to build trust.

### **The Price Is Right Assisted Living Addition for Front-line Staff**

Families upset with lost items in the Memory Care? Provide the education for your frontline staff on the safekeeping of resident possessions, a 144G required training, in a super fun and engaging 30-minute game that will get everyone excited when they hear their name to "come on down!"

### **End of Life and Hospice for Front-line Staff, Nurses and Supervisors**

Learn about how the progression of dementia, a fatal disease, looks and what happens to the brain and the entire body. Learn about the benefits of enrolling in hospice months before death instead of just days or weeks. Understand how someone qualifies and when it is time to consider hospice and how to talk to families about enrolling.

### **Everything Incontinence for Front-line Staff**

Changing a lot of bed sheets? Doing extra laundry? Concerns about skin breakdown? Amy shares what happens in early, middle and late-stage dementia with incontinence that includes over 25 years of tips, tricks and which products will save you time and frustration. Stop doing so much laundry and learn how to support your residents with incontinence.

### **Think Dementia with Falls and Protect Your Residents**

Discuss why falls happen, how you can reduce the risk of falls and injuries in a Memory Care and what to do after a resident fall to reduce the risk of it happening again and again. Find out what you can and cannot control as this disease affects the whole body, not just the brain, and learn practical strategies to reduce falls.

### **Mealtime Tips on Nutrition, Hydration and Satisfaction**

Learn how to “think dementia” when it comes to eating and drinking. Amy will discuss common challenges with eating and drinking and share tips on making mealtime successful and ensuring hydration as dementia changes over time.

## **Leadership Skills**

### **Working Together with Your Memory Care Families- for Nurses, Directors and Supervisors of Front-line Staff**

Learn what families should expect from a Memory Care, how to coach families as their role as a caregiver change and how to manage expectations and build trust when there are concerns from the family. Amy’s experience as a Memory Care Director working with concerned families and as a support group facilitator for the Alzheimer’s Association has inspired this presentation that helps facilities and families work together.