

2025-2026 **Caregiver** Presentations by Amy House



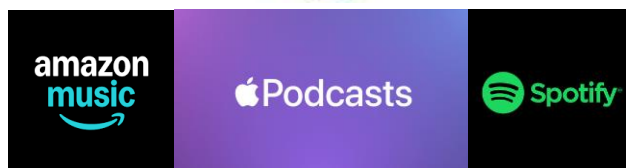
Amy House Bio

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.



ALZHEIMER'S ASSOCIATION®



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.

Late Stage Dementia

Learn how to know when the “early” and “middle” stages of dementia have passed by and your loved one is entering the “late” stages. Understand changes associated with the last stages of dementia and how to care for someone so you can plan and consider how you want the last stages of this disease to be for your loved one.

End of Life and Hospice for Families

Learn about how the progression of dementia, a fatal disease, looks like 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.

Dementia Communication and Behavioral Symptoms

Communicating with Someone Living with Dementia

Learn why it is important to adapt your communication as a care partner or caregiver 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 loved one 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.

Resources and Care Services

An Explanation of Senior Services for Families

Learn about how senior care, from home care and therapy to Assisted Living and Memory Care, is paid for. What do you pay out of pocket, what does Medicare cover, what is an Elderly Waiver, how about Veterans Benefits? This presentation is a broad overview of different types of care and ways to pay for it.

Medicare GUIDE Program with Dementia Basics

Be aware of brain changes and the basics of a dementia diagnosis. Learn about what a person living with dementia and their caregiver/care partners need for quality of life, aging in place. Understand the Medicare GUIDE program and how it supports someone living with dementia to age in place with Care Navigation to connect to local resources, education, 24/7 support, advanced planning and possible funding for respite

Working Together with Your Memory Care Staff

Learn what to expect from a Memory Care, how your role as a caregiver can change and how to bring forth concerns that may be from small preferences to large concerns. Amy's experience as a Memory Care Director and as a support group facilitator for the Alzheimer's Association has inspired this presentation that helps facilities and families work together.

Caregiver Stress

Managing Caregiver Stress and Avoiding Burnout

Learn how caregivers may experience stress along this long journey, how to manage it and avoid burnout when caring for a loved one living with dementia at any stage.

Managing Caregiver Stress with Mindfulness

What is mindfulness and how can it help with the emotional and physical toll of caregiving? Understand myths and facts about mindfulness and Amy will give you some easy practices that you can add to your daily routine to improve your mental and physical health as you care for someone living with dementia.

The Power of Support Groups

Learn the benefits of joining a support group, the connections you can make, specialized support groups out there and how it can reduce the risk of caregiver burnout.

Caregiving Skills

Everything Incontinence for Families

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 all that laundry and learn how to support your loved ones with incontinence.

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 end stages, it promotes a partnership during cares instead of having something done “to you” it’s “with you”.

Think Dementia with Falls to Protect Your Loved One Living with Dementia

Discuss why falls happen, how you can reduce the risk of falls and injuries at home or in a Memory Care and what to do after your loved one falls 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.