

Join the Alzheimer Society for
a day of learning

2013 care4u



A conference for family and friends
caring for a person with dementia.

Saturday, November 2, 2013

Canadian Mennonite University, 500 Shaftesbury Blvd, Winnipeg, MB
Registration: 8 am Conference: 9 am - 4:00 pm Cost: \$40/includes lunch



Keynote Speakers:

**Tiffany
Chow**

MD, FAAN,
FANPA
Toronto, ON

Compassion Starts with the Caregiver's Well-being:

Compassion succeeds most when extended to self first. Dr. Chow reviews the principles of compassion with creative and thoughtful approaches to happiness and joy while living together.



**Tara
Maltman-
Just**

B.Sc.(Pharm.),
RPh, ABAHP,
FAARFM,
Winnipeg, MB

Calling all Caregivers: Hidden Health Hurdles Ahead:

Through an exploration of caregiver stress and its impact on the body, Tara Maltman-Just will help caregivers navigate the road to vitality by adopting key strategies for success.

Register online at
alzheimer.mb.ca/care4u2013

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Alzheimer Society

MANITOBA

Dementia Care & Brain Health

204-943-6622 ext. 203

mmathews@alzheimer.mb.ca

Event Sponsor

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Register by October 1st and be entered to win a fabulous
Early Bird Caregiver Respite Package



9:00-9:15 am **Welcome! – Wendy Schettler, CEO, Alzheimer Society of Manitoba**

Keynote Presentations:

9:15-10:00 am **Compassion Starts with the Caregiver’s Well-Being**

Compassion succeeds most when extended to self first. Join Dr. Chow as she reviews the principles of compassion with creative and thoughtful approaches to happiness and joy while living together. **Dr. Tiffany Chow, MD, Senior Clinician-Scientist at the Rotman Research Institute, Staff Behavioural Neurologist at Baycrest’s Ross Memory Clinic, Toronto, ON**

10:00-10:30 am **Morning Break**

10:30-11:15 am **Calling all Caregivers: Hidden Health Hurdles Ahead**

Through an exploration of caregiver stress and its impact on the body, Tara Maltman-Just will help caregivers navigate the road to vitality by adopting key strategies for success. **Tara Maltman-Just, B.Sc.(Pharm.), RPh, ABAAHP, FAARFM, Board-Certified Diplomate, Advanced Fellow, Licensed Pharmacist and Founder of Vitality Integrative Medicine, Winnipeg, MB**

11:30 am **Lunch**

12:45 **Concurrent Sessions A-E**

A Caregiver Quality of Life alongside Frontotemporal Degeneration (FTD)

FTD leads to social challenges for the caregiver and the person that they are supporting. Overcoming barriers to isolation is one of the most important factors in caregiver success. Join Dr. Chow as she reviews tips for remaining socially connected while utilizing home support services within your community.

Dr. Tiffany Chow, MD, FAAN, FANPA

B 7 Steps to a Better Brain

Whether your goals are improved mood, energy or memory, there’s no need to delay. You and your family can achieve a better balance in your lives by enhancing brain performance today.

Tara Maltman-Just, B.Sc. (Pharm.), RPh, ABAAHP, FAARFM

C Financial Abuse: What is it and how to protect people with dementia from it?

Jana Taylor, Legal Counsel for the Public Trustee, Province of Manitoba

D Couples Share their Experiences in Living with Dementia: Lessons for Caregivers

Maintaining your relationship, and role as partner or spouse, is paramount when couples face a dementia journey. Independence, freedom, and choice are examined through research findings.

Nancy McPherson, MSc, Assistant Professor, Brandon University, Teri Miller & Sharran Mullings, Students, Master of Psychiatric Nursing, Brandon University

E P.I.E.C.E.S.™ (Session 1)

P.I.E.C.E.S.™ represents six domains of people with dementia: **P**hysical health, **I**ntellectual capacity, **E**motional health, their **C**apabilities, their **E**nvironment and **S**ocial background. Caregivers who understand P.I.E.C.E.S.™ often experience reduced levels of stress and improved relationships with those that they care for. Session 1 explores the **P**hysical, **I**ntellectual and **E**motional domains. (Attendance certificates will be issued to healthcare staff who attends both sessions.)

Joyce Klassen, P.I.E.C.E.S.™ Dementia Care Educator, Alzheimer Society of Manitoba

2:00 - 2:30 pm **Afternoon Break**

Health Fair in the Great Hall

Care for the Caregiver

11:15 am-12:30 pm & 2-2:30 pm

Our health fair focuses on you - the caregiver! Students from the University of Manitoba Faculties of Nursing, Kinesiology and Recreation Management join the Alzheimer Society of Manitoba staff to lead caregivers through non-invasive assessments that require minimal activity.

Participants will receive education and support materials that can be taken home and shared with a doctor. Sign-up in the coffee lounge at Morning Break to participate. Health Fair participants will be entered to win a special caregiver respite basket.





2:30 pm **Concurrent Sessions F-J**

F Recognizing the Potential Within

When caregivers understand the capabilities of people with dementia, their approach to communication, tasks, and social situations can be modified to maximize a sense of purpose and belonging for the person that they care for.
Tracy Seib, BSW, Education Coordinator, Interlake - Eastern Regional Health Authority

G The Family Perspective

Participants will hear heartwarming stories from our panel of spousal caregivers as they share experiences, joys and challenges from their dementia journeys. An extended Q & A will provide participants the opportunity to share and learn from one another.
Caregivers: Terry Cousins, Lucie Kuly, Susan Gustafson

H Let's Talk! Ideas for Maintaining Relationships Through Communication

Explore ways to enhance interaction with people with dementia as their communication abilities change.
Jennifer Licardo, Education Coordinator, Alzheimer Society of Manitoba

I Oral Health... Don't Brush It Off!

Are you finding it hard to brush the teeth of those you care for? Did you know that the health of your mouth can affect your overall health? As Alzheimer's disease or another dementia progresses, many other oral symptoms and problems may start to develop. You will learn some tips on how to keep the mouth healthy and how to create an oral health routine that will work!
Mary Bertone, RDH, BSC(DH), Centre for Community Oral Health, University of Manitoba

J P.I.E.C.E.S.™ (Session 2)

Participation in session 1 is recommended, but not mandatory. In this session of *P.I.E.C.E.S.™* the **C**apabilities, **E**nvironment and **S**ocial domains of the person with dementia are explored. (Attendance certificates for health care staff participating in both sessions 1 & 2 will be available at the registration table at the end of Session 2.)
Joyce Klassen, P.I.E.C.E.S.™ Dementia Care Educator, Alzheimer Society of Manitoba

3:45-4:00 pm **Closing Comments— Norma J. Kirkby, PHEC, Program Director, Alzheimer Society of Manitoba**

Past Care4U participants have said:

"I will recommend the conference. Wonderful ideas to incorporate into home and work."

"Wonderful Conference. Will bring the information into the workplace."

"Exceptional day! Excellent job of organization."

"Very informative and well organized."

"Excellent speakers."

"Thought provoking and well organized."

Education & Support

Fall 2013 Classroom Education

Dementia impacts individuals, families and communities. Our eight-week **Experiencing Dementia** program unites families and community members with individuals who are experiencing the early stages of dementia. Topics include: understanding the disease progression, effective communication skills, changing behaviours, coping strategies, options in community living and community resources. Class times: Wednesday & Thursday mornings from 10:00-11:30am.

For more information contact Cheryl Demasi at 204-943-6622 ext. 229 or cdemasi@alzheimer.mb.ca or visit us at the Care4U registration table.



Register online at alzheimer.mb.ca/care4u2013 or fill out form below and mail or fax to the Alzheimer Society of Manitoba

Name: _____ Email: _____

Mailing Address: _____ City: _____ Prov: _____ Postal Code: _____

Phone: () _____ Fax: () _____

<p>Please indicate your top three choices for Sessions A-E</p> <p>1st choice _____ 2nd choice _____ 3rd choice _____</p>	<p>First choice selections will be accommodated whenever possible.</p>	<p>Concurrent session selections are on a first-come first-serve basis and will be confirmed on November 2, 2013.</p>
<p>Please indicate your top three choices for Sessions F-J</p> <p>1st choice _____ 2nd choice _____ 3rd choice _____</p>		<p>The Alzheimer Society reserves the right to place participants into alternate sessions if second or third choice selections are not provided.</p>

Registration – \$40.00 (includes lunch)

Please select: No dietary restrictions Vegetarian Gluten Free

Registration and Payment Options:

- 1) Online: Register and pay securely online at alzheimer.mb.ca/care4u2013.
- 2) By Mail: Please complete the registration form and include your form of payment.
 Mail to: Alzheimer Society of Manitoba, Suite 10-120 Donald Street, Winnipeg, MB R3C 4G2
- 3) By Fax: 204-942-5408 - Complete the registration form. Payment by credit card only.

Credit card: VISA/Mastercard: _____ / _____ / _____ / _____ Expires: _____ / _____

Cardholder's Name: _____

I have enclosed a personal cheque made out to "Alzheimer Society of Manitoba."

For further registration assistance please contact
 Maria Mathews, Manager of Client Support at
mmathews@alzheimer.mb.ca or 204-943-6622 Ext. 203

Note: Payment MUST accompany completed registration form. Registrations can be transferred but not refunded.

Partners in Care

Learn more about our "Partners in Care" companies by visiting their display booth or contact them directly at alzheimer.mb.ca/care4u2013 and click on the logos found on our sponsor page!



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alzheimer.mb.ca