



The CARES® Advanced Approach™ to Person-Centered Dementia Care

DATES AND LOCATION

January 6–7, 2020

9:00 am – 3:30 pm

Registration/breakfast begin at 8:30 am

Doors open at 8:15 am

Handelman Conference Center

7090 Samuel Morse Drive, Suite 400

Columbia, Maryland 21046

TARGET AUDIENCE (SKILLED NURSING ONLY)

- Administrators
- Nurses
- Other staff working with residents with cognitive impairment
- Social Workers
- Activity Professionals

CEUS–11.0

- Administrator
- Activity Professional
- Social Worker

FEES

LifeSpan Members\$35

Nonmembers\$35

SPEAKER

KARIN LAKIN, M.Ed., CDP, CADDCT
Director of Operations, Senior Network, Inc.

PROGRAM

CARES® was developed by the Alzheimer’s Association with input from a team of national experts. CARES content incorporates evidence-based strategies from the Alzheimer’s Association Dementia Care Practice Guidelines for Nursing Homes. The letters in CARES® stand for: Connect with the Person, Assess Behavior, Respond Appropriately, Evaluate What Works, and Share with Others. In this course, the Basic CARES® concepts will be reviewed, but emphasis will be placed on other components of dementia care, including: pain, eating, wandering, restraints, and fall prevention. These components will be taught through video, audio, and interactive exercises.

This 2-day course includes six modules on specific topics and concerns that care providers confront on a daily basis. Through this training, care providers obtain a higher level of understanding regarding nationally accepted practices in dementia care. These modules also use a wide variety of exercises and video activities of real people with dementia.

This program meets the continuing education requirements in COMAR for nursing homes and assisted living managers and staff.

LEARNING OBJECTIVES

DAY 1:

MODULE 1: Making a Connection with the Person. After completing this module, you will be able to: Describe what it means to “make a connection” with a person who has dementia. List three things to talk about with a person who has dementia. List three times in a person’s day when it is easy to make a meaningful connection with them. Understand how to help a person with dementia be successful regardless of their stage. Apply the CARES® Approach when making a connection.

MODULE 2: Eating Well. After completing this module, you will be able to: List three ways to make mealtime more enjoyable for people with dementia. Describe eating abilities at the various stages of dementia. State the warning signs of a swallowing problem. Apply the CARES® Approach in helping people with dementia to eat well.

MODULE 3: Recognizing Pain. After completing this module, you will be able to: Identify the nonverbal behaviors and signs that suggest a person with dementia is in pain. List some of the underlying causes of pain. List three ways how pain might affect a person’s ability to do some things. Apply the CARES® Approach to recognize pain in a person with dementia.

AGENDA: DAY 1

8:30 am Scan-in/Breakfast

9:00–10:30 am

MODULE 1:

Making a Connection with the Person

10:30–10:45 am Break

10:45 am–12:00 pm

MODULE 2: Eating Well

12:00–12:30 pm Lunch

12:30–2:00 pm

MODULE 3: Recognize Pain

2:00–2:15 pm Break

2:15 pm–3:30 pm

MODULE 3: Recognize Pain

3:30 pm Adjourn

AGENDA: DAY 2

8:30 am Scan-in/Breakfast

9:00 - 10:30 am

MODULE 4: Minimizing Falls

10:30–10:45 am Break

10:45 am–12:00 pm

MODULE 5: Rethinking Wandering

12:00–12:30 pm Lunch

12:30–2:00 pm

MODULE 6:

Minimizing and Eliminating Restraints

2:00–2:15 pm Break

2:15 pm–3:30 pm

MODULE 6:

Minimizing and Eliminating Restraints

3:30 pm Adjourn

IN THE EVENT OF INCLEMENT WEATHER, PLEASE CALL 410-381-1176 FOR SEMINAR STATUS

LEARNING OBJECTIVES – DAY 2:

MODULE 4: Minimizing Falls. After completing this module, you will be able to: Define a fall. Identify factors that make an individual at risk of falling. Identify environmental risk factors for falls. Explain the importance of continually looking for falls risks. Describe what to look for and what to report when working with people at risk for falls. Understand the importance of regular exercise and movement in preventing falls.

MODULE 5: Rethinking Wandering. After completing this module, you will be able to: Describe what is meant by wandering. Describe why wandering occurs. Identify situations that may lead to wandering. Explain the difference between safe and

unsafe wandering. Identify a person at risk for unsafe wandering. Apply strategies that promote safe wandering. Explain how to respond to a wandering incident.

MODULE 6: Minimizing and Eliminating Restraints. After completing this module, you will be able to: Describe physical and chemical restraints. List five ways that physical restraints can cause harm. Describe unintended use of medications, and why this is considered a restraint. Understand what it may feel like to be restrained. List three creative approaches you can use that might avoid the use of restraints with a resident.

CONTINUING EDUCATION

This program is approved for 11.0 credit/contact hours. This program is approved by the National Continuing Education Review Service (NCERS) of the National Association of Boards of Examiners of Long Term Care Administrators. Approved by the Maryland Board of Social Worker Examiners for Category I continuing education for social workers in Maryland. Approved by the National Certification Council for Activity Professionals for continuing education for activity professionals.

CANCELLATION POLICY

Refunds, minus a \$20 processing fee per registrant, will be honored if requested in writing five (5) business days prior to the date of the seminar. In the event of emergency, attendees may send substitutions in their places without prior notification. Additional fees may apply.

REGISTRATION POLICIES

1. Please mail or fax your registration early. Space is filled on a first served basis. Policy and deadlines for registration are the same by fax as by mail.
2. Please enclose a check or complete the credit card registration below. Faxed registrations must include credit card or purchase order information.
3. Registrations and payment must be received no later than five days prior to the workshop.
4. We reserve the right to cancel this program due to insufficient registration.

INCLEMENT WEATHER POLICY

If Howard County Public Schools are closed or opening late due to inclement weather, all seminars are CANCELLED. Registrants will be contacted regarding rescheduling arrangements.

REGISTRATION FORM

The CARES® Advanced Approach™ to Person-Centered Dementia Care

January 6–7, 2020

PLEASE PRINT. Copy this form for multiple registrations.

Name _____ Title _____

Email Work (REQUIRED) _____

NH Administration License # _____ NAB CE Registry ID # _____

Facility Name _____

Facility Address _____

City _____ State _____ Zip _____

Work Phone _____ Fax _____

FEES

LifeSpan Members \$35.00 Non-Members \$35.00

TOTAL AMOUNT DUE \$ _____

Please mail with check payable to:

The Beacon Institute, 7090 Samuel Morse Drive, Suite 400, Columbia, MD 20146



CREDIT CARD INFORMATION

Name on Card _____ Credit Card Number _____

CVV2 Security Code _____ Exp. date _____ Signature _____

Credit Card Billing Address _____

City _____ State _____ Zip _____

Card Holder Email Address _____

Questions? 410-381-2401, ext. 240, agordon@lifespan-network.org