

# Virtual Caregiver Conference 2021 - 2022 Series

## Understanding Your Needs as a Caregiver

The 2021-2022 Virtual Caregiver Conference series kicks off with the theme *Understanding Your Needs as a Caregiver*. This online live/webinar event features six sessions presented by nationally known dementia care and training specialist, **Teepa Snow**.



**Friday, Sept. 24 | 9am - 12pm, 1pm - 4pm**

### Conference Agenda:

9am - 9:50am .....Why Do They Do That? Understanding Symptoms and Behaviors in Dementia

10am - 10:50am .....Understanding the Different Dementias

11am - 11:50am .....Understanding Yourself as a Caregiver and What You Need

12pm - 1pm .....Lunch Break

1pm - 1:50pm .....Pain and Dementia - How to Recognize and Intervene When Pain is a Possibility

2pm - 2:50pm .....Learning the Art of Being an Advocate and Partner

3pm - 3:50pm .....Learning the Difference Between Letting Go and Giving Up!

*\*This interactive webinar is available for family caregivers to view live on Zoom or via recorded video link for 7 days following the live event.*

*\*The link for the Zoom presentation will be sent to your email address 2-3 days prior to the presentation.*

*\*Formerly known as WITC.*



**Northwood**  
Technical College



## READY TO REGISTER?

Contact your local campus or register online:



### ONLINE

[bit.ly/VirtualCaregiverConfTeepaSnow](https://bit.ly/VirtualCaregiverConfTeepaSnow)



### MAIL

Send registration & payment to your local campus



### PHONE

VISA, MasterCard, Discover

#### Ashland

715.682.4591 ext. 3050

#### New Richmond

715.246.6561 ext. 4145

#### Rice Lake

715.234.7082 ext. 5045

#### Superior

715.394.6677 ext. 6050

Are you a professional caregiver in need of **CEU hours**? We have a special presentation from Teepa just for you! *Using a Positive Approach to Care* will be **Thursday, Sept. 23, 9a - 12p**.

Visit [bit.ly/CaregiverConfProfDev](https://bit.ly/CaregiverConfProfDev) for details and how to register!

# VIRTUAL CAREGIVER CONFERENCE

## *Understanding Your Needs as a Caregiver with Teepa Snow*



**Teepa Snow** is one of the world's leading advocates and educators for anyone living with dementia or other forms of brain change. Teepa is an Occupational Therapist with over forty years of rich and varied clinical and academic experience. Her philosophy is reflective of her education, work experience, medical research, and first-hand caregiving experiences. Her advocacy efforts led her to the development of the GEMS® State Model for understanding the progression of dementia and changes in abilities. She also created the Positive Approach to Care® training strategies, which are effective techniques for anyone seeking to optimize care and support for those living with brain change. Her user-friendly approaches provide guidance and leadership to national efforts to promote best practices in care. Teepa's company, Positive Approach to Care (PAC), was founded in 2006 and is now collaborating to improve dementia care in over thirty countries worldwide. PAC provides online and in-person services, training, and products to professionals, family members, the lay public, and people living with brain change.

Teepa presents with extraordinary expertise and humor to audiences large and small throughout the world. Please join in her mission to improve the culture of dementia care, one mind at a time.

### **Session Descriptions:**

#### **9am - 9:50am | Session 1: *Why Do They Do That? Understanding Symptoms and Behaviors in Dementia***

When we are in the midst of a devastating disease like Alzheimer's there is no outside standard for others in society to understand our loss. But, there are still lovely moments, laughs, touching, and the precious, fragile gift of time together. Join us as we discuss love, intimacy and Alzheimer's.

#### **10am - 10:50am | Session 2: *Understanding the Different Dementias***

In recent years, significant progress has been made in differential diagnoses and in tailoring treatments and interventions to different types of dementia. Current understanding is that labeling someone as simply having "dementia" in the early stages of the condition is inadequate for best quality care management. This session is designed to provide information about the various forms of dementia. It highlights the importance of noticing early signs of changes in cognition and behavior that are not consistent with normal aging. Depression, delirium, and dementia are discussed, and differences and connections are presented. The session provides specific and distinguishing characteristics of some of the more common forms of dementia including Alzheimer's disease, vascular dementia, Lewy body dementia, and fronto-temporal dementias. Part of the session also focuses on how care and expectations may need to be changed for each condition as well as for those individuals with mixed picture dementia. Finally, the session will provide support for those providing care to be better advocates and partners for those living with dementia.

#### **11am - 11:50am | Session 3: *Understanding Yourself as a Caregiver and What You Need***

This session is designed to help caregivers recognize and appreciate their role, as well as understanding what is needed for them to maintain this role. Emphasis will be placed on developing an awareness of the importance the caregiver's attitude and behavior play in determining the reactions and behaviors of the person for whom they are providing care. Self-awareness and self-assessment will be used to help caregivers acknowledge their own status and emotional state. There will also be a discussion of the importance of recognizing 'burn out' and stress to determine if the caregiver is able, at this time, to find or create moments of joy or may need respite and time away or additional assistance and support to re-establish relationships. Techniques for stress reduction for caregivers will also be discussed.

#### **1pm - 1:50pm | Session 4: *Pain and Dementia-How to Recognize and Intervene When Pain is a Possibility***

This session is designed to help provide more effective and accurate assessments of pain status and possible medical emergencies when dementia is present. It is well known that people with dementia have difficulty communicating their needs and distress in a clear and understandable way as the disease progresses. The focus of this session will be to help use preserved abilities, observable behaviors and signs, and their knowledge of what is 'usual' and 'normal' for the individual to help screen for changes that should be investigated. Emphasis will be placed on distinguishing among changes that typically signal a worsening of dementia, an acute medical condition or emergency, medication side-effects that are significant, a 'bad day,' depression, and pain or discomfort that deserves attention and intervention.

#### **2pm - 2:50pm | Session 5: *Learning the Art of Being an Advocate and Partner***

This session will help learners better understand what is happening when someone has dementia, including important changes in abilities throughout the progression of the condition. It will also focus on how the condition changes relationships and interactions. This session will highlight the importance of maintaining a balance of engagement activities for the person with dementia and also for the care partner in order to make the journey possible and less stressful for both. It will emphasize the value of knowing the person and their level of dementia in creating daily schedules and programming that meet their needs and encourages interaction. The session will also address the most effective methods for advocating for the person living with dementia and what is best for them. The goal for the session is to help learners recognize the need to change expectations, care, and plans as the condition progresses without becoming a negative or hopeless entity.

#### **3pm - 3:50pm | Session 6: *Learning the Difference Between Letting Go and Giving Up!***

This session is designed to help caregivers and family members develop the knowledge and skills they will need to be effective and 'on target' when providing help to someone living with some form of dementia. Emphasis will be on providing attendees with strategies and techniques that are effective in responding to typical symptoms and behaviors of people with dementia as the disease progresses. The session will also focus on how to learn to recognize and accept the changes that are part of this disease's progression without losing control, giving up on the person or on care provision, or becoming overwhelmed.

For more information, visit: [bit.ly/VirtualCaregiverConfTeepaSnow](https://bit.ly/VirtualCaregiverConfTeepaSnow)



# REGISTRATION FORM

for Continuing Education (non-credit) Courses

LOCATION

Last Name	First Name	M.I.	Former Last Name (if applicable)	Date of Birth <input type="checkbox"/>
Employer				Age 62+?

Northwood Tech Student ID No. \_\_\_\_\_ Social Security No. \_\_\_\_\_  I've taken classes at Northwood Tech in the past.  
 \*Why do we ask for SSN? [NorthwoodTech.edu/SSN](http://NorthwoodTech.edu/SSN)

Email address (required for college alerts and important communication) \_\_\_\_\_ Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Resident of (check one):  Township  Village  City  County School District where you live \_\_\_\_\_ Last High school attended \_\_\_\_\_ Highest grade COMPLETED (K-12): \_\_\_\_\_

Gender:  Male  Female Ethnicity: Hispanic/Latino origin?  Yes  No  
 Race (check all that apply):  American Indian/ Alaska Native  Asian  Black/African American  Native Hawaiian/Other Pacific Islander  White

Highest Credential Earned:

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> 01 = No Credential       | <input type="checkbox"/> 05 = Some college credit               | <input type="checkbox"/> 08 = 2yr Diploma      | <input type="checkbox"/> 11 = Baccalaureate            |
| <input type="checkbox"/> 02 = GED                 | <input type="checkbox"/> 06 = Short-term diploma or certificate | <input type="checkbox"/> 09 = Associate Degree | <input type="checkbox"/> 12 = More than Baccalaureate  |
| <input type="checkbox"/> 03 = HSED                | <input type="checkbox"/> 07 = 1yr Diploma                       | <input type="checkbox"/> 10 = Associate Degree | <input type="checkbox"/> 99 = Student Declined/Unknown |
| <input type="checkbox"/> 04 = High School Diploma |   | Plus Additional Credential                     |  |

\*It is your responsibility to contact Northwood Tech to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify Northwood Tech prior to the first scheduled class meeting.

**OFFICE USE ONLY**

Term: \_\_\_\_\_

38.14 Contract # \_\_\_\_\_

Employer # \_\_\_\_\_

Course Fees \$ \_\_\_\_\_

Senior Fee \$ \_\_\_\_\_

Other \_\_\_\_\_

Received By/Ext. \_\_\_\_\_

Date/Time \_\_\_\_\_

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
		Teepa Snow Virtual Caregiver Conference	Online Live	9/24	
Once registered for a course(s), you have created a liability with Northwood Tech and a promise to pay.					TOTAL

Check the appropriate box below before proceeding to payment method:

- |   |   |
|---|---|
| <input type="checkbox"/> \$30.65.....Wisconsin-Minnesota resident, under age 62 | <input type="checkbox"/> \$99.....Professional Caregiver CEU Course (6 hours), under age 62                           |
| <input type="checkbox"/> \$9.50.....Wisconsin-Minnesota resident, age 62+       | <input type="checkbox"/> \$77.85.....Professional Caregiver CEU Course (6 hours), age 62+                             |
| <input type="checkbox"/> \$41.23.....Non-resident (outside WI-MN), under age 62 |   |
| <input type="checkbox"/> \$20.08.....Non-resident (outside WI-MN), age 62+      | See <a href="http://bit.ly/CaregiverConfProfDev">bit.ly/CaregiverConfProfDev</a> for full list of CEU course options. |

PAYMENT METHOD:  Check or money order payable to Northwood Tech  Cash  Mastercard  Visa  Discover Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_  
 Month/Year \_\_\_\_\_  
 Agency Bill/Sponsored Registration - complete information below; attach required authorization

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\* For registration questions, please visit [bit.ly/VirtualCaregiverConfTeepaSnow](http://bit.ly/VirtualCaregiverConfTeepaSnow) or contact Melissa Buxton at [Melissa.Buxton@witc.edu](mailto:Melissa.Buxton@witc.edu)



Northwood Technical College  
1900 College Drive  
Rice Lake, WI 54868

**REGISTER NOW**



**Friday, Sept. 24, 2021**

Don't miss this exciting and educational virtual conference for family caregivers and professionals!

**Virtual Caregiver Conference | Friday, Sept. 24, 2021**

*Understanding Your Needs as a Caregiver* with featured speaker **Teepa Snow**

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