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Decatur, AL 35602

**8<sup>th</sup> Annual  
Lucy and John Caddell  
Alzheimer's Conference**



*Sponsored by:*  
The Mental Health Association  
in Morgan County

Decatur General West  
Behavioral Medicine Center

Licensed Practical Nurses  
Association of Alabama

Monday, March 15, 2010

First United Methodist Church  
805 Canal Street, NE  
Decatur, Alabama

***Advanced Track Training***  
Wednesday, March 17, 2010  
Mental Health Association Office  
207 Commerce Circle, SW  
Decatur, Alabama

**(256) 353-1160**

Mental Health Association in Morgan County  
P.O. Box 1502  
Decatur, AL 35602



**AFA**  
Member of  
Alzheimer's Foundation of America.

## *In Memory*

This conference is dedicated to the memory of Lucy Harris Caddell and John A. Caddell. The Caddell family is beloved and respected in our community. Mrs. Caddell was born in Atlanta, attended the University of Alabama, and came to Decatur in 1935 when she married John Caddell. Mr. Caddell was a native of Decatur, attorney with the firm of Harris, Caddell and Shanks, and longtime member of The University of Alabama System Board of Trustees. The Caddell's four children are Thomas A. Caddell, Judge Jack Caddell, Henry H. Caddell and Lucinda Caddell Bell.

Mrs. Caddell was diagnosed at the University of Alabama in Birmingham in 1985 as probably suffering from Alzheimer's disease. The progress of the disease was very slow, and Mr. Caddell was her loving caregiver for 17 years prior to her death on March 16, 2002. An autopsy performed at the UAB Alzheimer's Disease Center confirmed Alzheimer's disease.

Mr. Caddell died on February 7, 2006 at the age of 95. He was a strong supporter of the Mental Health Association in its efforts to aid the victims of Alzheimer's disease and their caregivers. We continue to honor Mr. and Mrs. Caddell through this annual conference.

## *Presenters*

### **Richard E. Powers, M.D.**

Dr. Powers is a geriatric psychiatrist and neuropathologist who currently serves as director of the Bureau of Geriatric Psychiatry, Alabama Department of Mental Health. He is also the medical director of the Alabama Department of Mental Health, a position created in 2005 to coordinate care for mentally handicapped individuals during emergencies, and he oversees the state's Dementia Education & Training Program. Currently, he also holds appointments as: associate director of the Brain Resource Program at the University of Alabama at Birmingham (UAB); senior scientist, Alzheimer's Disease Center at UAB; staff pathologist, Birmingham Veteran Affairs Medical Center; and chief psychiatrist, Mental Retardation Division, Alabama Department of Mental Health. Dr. Powers is secretary of the board of trustees of the Alzheimer's Foundation of America (AFA). His academic appointments include: associate professor in the Departments of Psychiatry and Pathology at the University of Alabama School of Medicine, Birmingham; and clinical faculty at the College of Community Health Sciences, University of Alabama, Tuscaloosa. Dr. Powers has contributed to many scientific journals, and he is a renowned trainer and developer of dementia-related educational curricula. He is the primary author of the Dementia Education and Training Program, a series of training videos for professionals and caregivers based on materials from the Alabama Department of Mental Health. Recently, he helped develop the content for the training program for AFA's Dementia Care Professionals of America division. In addition, he conducts face-to-face professional training and lectures nationwide, and he is a consultant to several government agencies. Dr. Powers trained at the University of Kentucky in Lexington, Ky. and the Johns Hopkins Hospital in Baltimore, Md.



### **Teepa Snow, MS, OTR/L, FAOTA**

Teepa is an occupational therapist currently working as a dementia care and dementia education specialist. She has an independent practice. She has clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. She provides educational and training sessions to organizations and providers throughout the US. She also lectures for gerontology and health professional programs at colleges and universities across the country. She provides training and education for Alzheimer's Association and Alzheimer Society conferences, state health care provider organizations, professional association meetings, and caregiver programs and organizations. She works closely with several assisted living & retirement communities, hospice and day service programs, & dementia specialty service providers throughout the U.S. to improve and optimize programs and services to people with dementia and their families. Teepa has over 30 years of experience in geriatrics.



### **Connie Glass**

Connie L. Glass is a Certified Elder Law Attorney, having been certified by the National Elder Law Foundation. She has practiced in the field of Elder Law for over twenty years. She is a frequent speaker to senior groups, conferences and professional organizations on issues pertaining to elder law. She is a charter member of the Alabama State Bar Elder Law Section.



# Agendas

## Caddell Conference Monday, March 15, 2010

- 7:30-8:00 a.m. Registration, Coffee, Muffins, Exhibits  
8:00-8:30 a.m. Welcome, Introductions, Recognitions  
8:30-9:00 a.m. **Stress Management for the Caregiver & the Person with Dementia**  
Teepa Snow, MS, OTR/L, FAOTA
- 9:00-10:00 a.m. **Long-Term Care Planning**  
Connie Glass, Certified Elder Law Attorney  
10:00-10:20 a.m. Break & Exhibits  
10:20-11:50 a.m. Powers Award Presentation
- Medication Management for Dementia & Research Update on Dementia**  
Richard E. Powers, M.D.
- 11:50 a.m.-12:00 p.m. Break, Exhibits, Lunch set-up  
12:00-12:30 p.m. Lunch  
12:30-1:00 p.m. Introduction of sponsors & exhibitors, Door Prizes  
1:00-2:15 p.m. **Eating and Nutritional Issues in Dementia Care Creating a Safe & Friendly Place for a Person with Dementia**  
Teepa Snow
- 2:15-2:30 p.m. Break  
2:30-3:45 p.m. **Coping with Challenging Behaviors**  
Teepa Snow
- 3:45-4:00 p.m. Evaluations & Certificates

## Advanced Track Training Agenda Wednesday, March 17, 2010

- 8:00 -8:30 a.m. Registration, Coffee & Muffins  
8:30-8:45 a.m. Welcome & Introductions  
8:45-9:45 a.m. **Understanding Dementia & Building Skills for Better Care and Outcomes**  
Teepa Snow, MS, OTR/L, FAOTA
- 9:45-10:00 a.m. Break  
10:00-11:30 a.m. **Understanding** continued  
Teepa
- 11:30 a.m.-1:00 p.m. Lunch on your own  
1:00-2:15 p.m. **Understanding** continued  
Teepa
- 2:15-2:30 p.m. Break  
2:30-3:45 p.m. **Understanding** continued  
Teepa
- 3:45-4:00 p.m. Evaluations & Certificates

# Directions

First United Methodist Church  
805 Canal Street, NE

### From Huntsville: I-565

Cross Tennessee River Bridge. Turn right onto Wilson Street at Holiday Inn. The first traffic light is at Oak Street. Go one street beyond and turn left onto Canal Street, NE. First Methodist is on the right. Parking is available on corner of Canal and LaFayette Streets. Enter church at the Canal Street entrance.

### From Hartselle: US-31 N

Travel approximately 12 miles. Turn left onto Wilson Street at the Holiday Inn. The first traffic light is at Oak Street. Go one street beyond and turn left onto Canal Street. The church is on the right. See directions above.

### From Beltline Road at Decatur Mall:

Travel north 3.7 miles. Turn right onto AL-20E/US 72 Alt. E. Travel 3 miles. Turn right onto Canal Street, NE. The church is on the right. See directions above.

Advanced Track Training  
Mental Health Association Office  
207 Commerce Circle, SW

### From 6th Avenue (Hwy. 31)

Turn west onto 14<sup>th</sup> Street, SE. Go over the Brewer Overpass and turn left at the traffic light onto Central Pkwy., SW. Go to the first street and turn left onto Commerce Circle, SW. The MHA Office is in the first building on the right. The entrance for the training is the last set of glass doors with burgundy awnings.

### From Beltline Road

Turn east onto Central Parkway, SW. Travel approximately 1 mile going around the lake at Wilson Morgan Park. Turn right onto Commerce Circle, SW. The MHA Office is in the first building on the right. The entrance for the training is the last set of glass doors.

# Continuing Education Credit

The Conference and Advanced Track Training are designed for family caregivers, nurses, social workers, licensed professional counselors, nursing home and assisted living staff, physicians, occupational therapists, physical therapists, and the general public.

## CONTINUING EDUCATION CREDIT

### Caddell Conference

- 5.5 NBCC contact hours for LPCs have been approved by the UNA Department of Counselor Education.
- Contact hours for LPNs and RNs are pending approval through the Licensed Practical Nurses Association of Alabama. Provider #ABNP0008. BRING YOUR LICENSE!
- Contact hours for social workers licensed by the Alabama State Board of Social Work Examiners are pending approval by the UNA Department of Social Work.
- Contact hours for occupational therapists, nursing home and assisted living facility administrators, and physical therapists are pending.

### Advanced Track Training

- 5.0 NBCC contact hours for LPCs have been approved by the UNA Department of counselor Education.
- Contact hours for professionals listed above are pending.

# Session Descriptions

**Stress Management for the Caregiver and the Person with Dementia**  
This session will help you identify why you might be feeling stressed, why this is not a good thing for either yourself or the person you are caring for, and what you can choose to do about it.

### Long-Term Care Planning

This session will provide information to participants on how to plan for their future so that they can prepare needed documents and restructure assets needed to pay for long-term care. It will include discussion of Wills, Durable Powers of Attorney, Advance Directives, Guardianships/Conservatorships, long-term care options, and paying for long-term care.

### Medication Management for Dementia

Medications and behavior management are the mainstays for treating dementia. This lecture will cover currently available medications for common dementias and discuss evolving medical treatments for these diseases.

### Research Update on Dementia

Several scientific initiatives for the diagnosis and treatment of dementia show significant clinical promise for patients with dementia and those at high risk for the disease. The discussant will discuss biomarkers for the early diagnosis of common types of dementia and evolving therapeutic strategies for these disorders.

### Eating and Nutritional Issues in Dementia Care

This session will provide in-depth information about possible factors that affect intake for individuals with dementia; help you identify concerns & intervene to promote safe and effective eating behaviors and programs throughout progression of the disease; cover a variety of strategies and techniques to help caregivers effectively notice and address concerns and progress; provide the right amount and type of assistance, create environments and set-ups that help with meals and maximizes the dining experience for people with dementia throughout their life.

### Creating a Safe & Friendly Place for a Person with Dementia

This session will focus on modifying the environment for improved function, familiarity, and flexibility. It will emphasize the need to work with seniors in making changes and choices and in being willing to "try" something. It will promote the use of "low tech" and "user friendly" devices and systems to help seniors maintain their preferred lifestyle while being sensitive to safety concerns.

### Coping with Challenging Behaviors

This session is designed to help care partners and caregivers better understand why the person they are trying to help frequently exhibits difficult or challenging behaviors that make care assistance problematic or even impossible to deliver. You will be able to identify typical "challenging behaviors" that occur during disease progression; recognize major components that must be considered in investigating and trying to help with challenging behaviors; and demonstrate the use of a problem-solving strategy to assess and intervene when challenging behavior is identified.

### Advanced Track Training

### Understanding Dementia & Building Skills for Better Care and Outcomes

This session is designed for health care professionals who are trying to provide services to people with dementia and their caregivers in a variety of settings. The session will focus on a combination of symptom understanding and hands-on skill building for improved client outcomes and treatment interventions that work.

The purpose of this session is four fold: to enhance caregivers' understanding of dementia, it's symptoms, and progression; to introduce strategies to improve interactions and communication with people who have dementia; to expand skills in providing assistance to optimize treatment interactions; and, to develop and implement treatment plans that promote routines and result in reductions in behavioral problems & ability optimization.

## Registration for Conference

The Lucy and John Caddell  
Alzheimer's Conference  
March 15, 2010

- Individual Registration includes lunch & refreshments.
- Professional Registration includes lunch, refreshments and continuing education credits.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone or Cell Phone \_\_\_\_\_

Employer, if applicable \_\_\_\_\_

**Early Bird Registration** – received by March 8, 2010

Please check one:

- \$35—Individual registration
- \$45—Professional registration – Please check:
  - RN  LPN  SW  LPC  NHA  OT
  - ALF-Admin.  PT  Other \_\_\_\_\_

**Received after March 8 or at the door**

Please check one:

- \$45—Individual
- \$55—Professional registration – Please check:
  - RN  LPN  SW  LPC  NHA  OT
  - ALF-Admin.  PT  Other \_\_\_\_\_

**Exhibitor**

- \$175—For-Profit Exhibitor (includes display table, 2 chairs, 2 registrations)
- \$125—Non-Profit Exhibitor (includes display table, 2 chairs, 2 registrations)

Scholarships are available for families caring for a loved one with Alzheimer's disease. Call (256) 353-1160.

Please make check payable to: Mental Health Association and designate to Alzheimer's Conference.

*Mail registration form and fee to:*

**MENTAL HEALTH ASSOCIATION  
IN MORGAN COUNTY**  
P.O. Box 1502, Decatur, AL 35602



**March 14th  
Spring Forward!**

## Registration for Training

Advanced Track Training  
Limited seating—please register by March 8.  
Wednesday, March 17, 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone or Cell Phone \_\_\_\_\_

Employer, if applicable \_\_\_\_\_

Please check one:

- \$20—Individual registration
- \$25—Professional registration – Please check:
  - RN  LPN  SW  LPC  NHA  OT
  - ALF-Admin.  PT  Other \_\_\_\_\_

Lunch on your own.

Scholarships are available for families caring for a loved one with Alzheimer's disease who cannot afford the registration fee. Call (256) 353-1160.

Please make check payable to: Mental Health Association and designate to Advanced Track Training.

*Mail registration form and fee to:*

**MENTAL HEALTH ASSOCIATION  
IN MORGAN COUNTY**  
P.O. Box 1502, Decatur, AL 35602

## For More Information

Mental Health Association  
256-353-1160 • Fax: 256-353-1163  
www.mhainmc.net  
ninablackburn@mhainmc.net or  
suebrantley@mhainmc.net

**For your comfort, please bring a jacket or sweater.**