

Course Content

USE IT OR LOSE IT:

MAXIMIZING MEMORY ABILITY

- ◆ Latest research related to the "Use It or Lose It" theory of memory and aging
- ◆ 52 cognitively stimulating activities for older adults
- ◆ Cognitive enhancement intervention studies: What works and what doesn't

MEMORY AND COGNITION

- ◆ Why do cognitive abilities change as we get older?
- ◆ What cognitive abilities decrease in older adulthood?
- ◆ What cognitive abilities are preserved in older adulthood?
- ◆ Interactive Lab: Communicating with patients/residents as well as family members about memory and dementia issues

MEMORY AND THE BRAIN

- ◆ Neuropsychology basics
- ◆ Paying attention: The importance of the frontal lobes
- ◆ Frontal lobe: Traumatic brain injury (TBI) and mild cognitive impairment (MCI)

UNDERSTANDING DEMENTIA AND MEMORY LOSS

- ◆ Different types of dementia
- ◆ Delirium: The importance of recognizing it and getting treatment
- ◆ Symptoms and courses of the different types of dementia
- ◆ Pharmacological treatments for dementia: A primer
- ◆ Patients with traumatic brain injury
- ◆ Patients with mild cognitive impairment

DEVELOPING YOUR OWN COGNITIVE ENHANCEMENT PROGRAMS

- ◆ Where, when, and how often
- ◆ Screening participants
- ◆ Components of an effective cognitive enhancement program
- ◆ Designing group-based programs for people of varying abilities
- ◆ 20-day curriculum of cognitive enhancement activities

COGNITIVE REHABILITATION ACTIVITIES

- ◆ Password-protected website
 - How to use it
 - Tools readily printed and implemented
- ◆ Activities for improving cognitive abilities
 - Introduction to the activities
 - Specific cognitive abilities improved by each activity
- ◆ Interactive Lab: Practice cognitive rehabilitation activities in small groups

MOTIVATING DEPRESSED, APATHETIC, AND ANXIOUS CLIENTS

- ◆ Apathy
- ◆ Depression
- ◆ Agitation
- ◆ How to motivate people to get the most out of therapy and activities

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Who Should Attend

- ◆ Speech-Language Pathologists
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Activity Directors
- ◆ Gerontologists
- ◆ Nurses
- ◆ Recreational Therapists
- ◆ Social Workers
- ◆ Wellness Directors
- ◆ Memory Care Specialists
- ◆ Nursing Home and Assisted Living Administrators
- ◆ Psychologists
- ◆ Counselors
- ◆ Case Managers
- ◆ Nurse Practitioners
- ◆ Certified Brain Injury Specialists

Seminar Schedule

Registration: 7:30 a.m. (coffee & tea provided)
Seminar Begins: 8:00 a.m.
Lunch Break: 1 hour (on your own)
Seminar Ends: 3:30 p.m.
Breaks: 15 minutes (mid-morning & mid-afternoon)



Cognitive Rehabilitation & Memory Enhancement

Evidence-Based Interventions for Older Adults



Sioux Falls, SD
April 10

Sioux City, IA
April 11

Omaha, NE
April 12

Des Moines, IA
April 13



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Cognitive Rehabilitation & Memory Enhancement

Evidence-Based Interventions for Older Adults



- Improve memory and cognition in individuals with mild cognitive impairment (MCI), early-to-mid stage dementia, vascular dementia, or traumatic brain injury (TBI)
- Motivate depressed, apathetic, and anxious clients to participate in therapy and activities
- Practice the latest interventions for improving the ability to make new memories
- Access an extensive array of free resources, including games and other cognitive exercises

Sioux Falls, SD
April 10

Sioux City, IA
April 11

Omaha, NE
April 12

Des Moines, IA
April 13



Evidence-Based Techniques to Slow, & Even Reverse, Memory Problems

Millions of older adults are suffering from impaired memory and attention. These deficits can affect where people can live, how much support they will need, and their quality of life. Although recent research has found that memory enhancement interventions are effective at preventing further decline and improving memory abilities, these resources are not widely available to professionals who work with older adults or people who have experienced traumatic brain injury. In addition, very recent research has found that physical exercise, nutritional changes, and social support interventions can improve cognitive ability and quality of life. Once again, however, the necessary resources have not always trickled down to the people who can use them.

In this cutting-edge course, participants will learn up-to-date information about memory, aging, and dementia. They will learn how to implement evidence-based interventions to slow, or even reverse, memory problems. Participants will get web access to over 300 cognitive rehabilitation activities and social support interventions for community settings. Most of these activities and interventions are appropriate for people who want to be proactive in preventing memory loss as well as those who have mild cognitive impairment, early stage dementia, or cognitive deficits after a stroke. Workshop participants will learn how to take advantage of preserved cognitive abilities that allow even mid-stage dementia patients to learn new skills. Finally, attendees will learn how to motivate their apathetic and unmotivated residents and patients so they can take advantage of these breakthroughs.

Course Director



ROBERT G. WINNINGHAM, PhD, has 20 years of experience in applied memory issues and for the past 16 years has conducted research on older adults and their cognitive abilities. Dr. Winningham is currently serving as Interim Dean of the College of Liberal Arts and Sciences at Western Oregon University, where he is also a professor in both the Psychological Sciences and Gerontology Departments. He also helps *Linked Senior* create video games and interactive activities specifically designed to enhance cognition, and he creates monthly brain stimulation activities for thousands of retirement communities as a part of *Dr. Rob's Cranium Crunches* on activityconnection.com.

Some of Dr. Winningham's prior positions and experiences have included serving as President of MemAerobics, teaching responsibilities at both Baylor University and McLennan Community College, journal reviewer for the *Journal of Experimental Psychology* and *Teaching of Psychology*; and reviewing numerous psychology texts. In addition to publishing many peer-reviewed journal articles in the area of human memory, Dr. Winningham has been invited to give well over 1,000 invited presentations about memory and aging at various conferences and workshops. He has authored two books, *Train Your Brain: How to Maximize Memory Ability in Older Adulthood* (2009) and *Cranium Crunches* (2016).

Dr. Winningham received his Doctorate in Neuroscience from Baylor University and his Master's and Bachelor of Science degrees in Psychology from Western Washington University. To learn more about Dr. Winningham and his work, visit robwinningham.com

Disclosure:

Financial - Receives a speaking honorarium from Vyne Education. Has an ownership interest in Linked Senior, Inc. Receives a speaking fee and salary from Masterpiece Living, Inc.
Nonfinancial - No relevant nonfinancial relationship exists.

Objectives

- ◆ Describe the research findings that support the "Use It or Lose It" theory of memory and aging
- ◆ Explain the neuropsychological foundations of dementia and other conditions that cause memory loss
- ◆ Analyze cognitive rehabilitation enhancement programs for people of varying cognitive abilities
- ◆ Demonstrate effective cognitive rehabilitation activities
- ◆ Determine ways to motivate depressed, apathetic, and anxious clients

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ON-SITE GROUP SEMINARS: Choose Topics, Instructors, & Dates To Fit Your Specific Needs

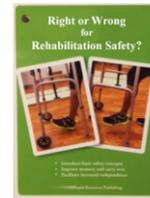
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These easy-to-use safety cards are beneficial in a variety of rehab settings. They facilitate motor planning, cognitive progression, and improve safety awareness, reasoning, and memory skills. They can also be used by family members to practice and reinforce therapy skills.

Continuing Education Credit

If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.

Activity Professionals: This course has been submitted for approval of 6 hours of continuing education to NCCAP.

Case Managers: This program has been submitted to the Commission for Case Manager Certification for 6 clock hours of continuing education.

Counselors: Minnesota: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-397-0180 or visit our website at www.vyne.com for the status of LPC CE hours.

Nurse Practitioners: Vyne Education, LLC is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This activity was planned in accordance with AANP Accreditation Standards and Policies. This course is offered for 6.0 contact hours.

Nurses: Vyne Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.
Nurses: California: Vyne Education, LLC is approved by the California Board of Registered Nursing, Provider #CEP 16668, for 7.2 contact hours. Full attendance is required to receive credit, variable credit for partial attendance may not be awarded.
Nurses: Florida: Vyne Education, LLC is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Nursing Home Administrators: This program has been approved for Continuing Education for 6 total clock hours and 6 total participant hours by NAB/NCERS - approval # Sioux Falls, SD on 4/10/2018 #20190228-6-A41076-IN, Sioux City, IA on 4/11/2018 #20190228-6-A41077-IN, Omaha, NE on 4/12/2018 #20190228-6-A41078-IN, Des Moines, IA on 4/13/2018 #20190228-6-A41079-IN. This program is approved by the National Association of Long Term Care Administrator Boards. For additional information, contact NAB at 1444 I St., NW, Suite 700, Washington, DC 20005-2210, (202)712-9040, or www.nabweb.org.

Nursing Home Administrators: Kansas: This program has been submitted to the Kansas Department for Aging and Disability Services for approval of Nursing Home Administrators continuing education for 6.0 contact hours.

Occupational Therapists, Occupational Therapy Assistants: Vyne Education, LLC is an AOTA Approved Provider of continuing education. This course is offered for 0.6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational Level: Intermediate, Category 1: Domain of OT, 2: Occupational Therapy Process.

Physical Therapists, Physical Therapist Assistants: Kansas: This program has been submitted to the Kansas Physical Therapy Association for 6 contact hours.
Physical Therapists, Physical Therapist Assistants: Minnesota: This program has been submitted to the Minnesota Board of Physical Therapy for 6 continuing education hours for category 1.

Psychologists: Vyne Education, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Vyne Education, LLC maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologists; variable credit for partial attendance may not be awarded based on the APA guidelines.

Recreation Therapists: NCTRC does not pre-approve programs for CEU credit. It is the individual therapist's responsibility to retain documentation of sessions attended in order to demonstrate the relationship of session content to the NCTRC job analysis code.



Cancellation Policy

Cancellations received at least seven days before the event are refundable less a \$20 administrative charge per registrant. Cancellations received within seven days of the event can be exchanged for a related audio, video, or online product; or a credit toward a future event. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that has been cancelled by Vyne Education. If registration or payment is not received 10 days prior to the event, your certificate may not be present at the seminar.

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Cognitive Rehabilitation & Memory Enhancement

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If you have questions about parking, please contact the hotel directly.

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Walk-ins are welcome, subject to space availability.

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