

Outline

Normal Aging, Dementia, Depression or Delirium

- Normal aging changes of the mind
- Depression, dementia, and delirium
- Alzheimer's disease and other dementias
- Diagnose, differentiate, and develop a plan of care

Alzheimer's Disease

- Stages
- Assessment
- Getting a diagnosis
- Behavioral issues of early diagnosis
- Management and interventions
- Pharmacological treatments

Driving with Dementia

- Driving safety
- Legal issues
- Assess driving abilities
- How to take the keys away

Wandering

- Reasons why cognitively impaired individuals wander
- Is wandering a bad thing?
- Issues to consider
- Manage a wanderer's behavior

Physical Aggression

- Identify the cause of aggression
- Loss of impulse control
- Regression of the mind/child-like mind
- Manage the problem

Inappropriate Sexual Behaviors

- Normal sexual drive or inappropriate behavior
- Cognitively impaired individuals
- Medication management
- Ethical considerations

Refusing to Eat/Forgetting to Eat

- Reasons why geriatric patients slow or stop eating
- Nutritional needs in a geriatric patient
- Improve nutritional status
- Malnutrition and dehydration
- Alternatives to eating

Sleepless Nights

- Sundowning and behavioral problems in the evening
- Why does sundowning occur?
- Environmental interventions to decrease aggressive behaviors
- Medication management when it becomes problematic

Caregiver Stress

- Physical, psychological, and emotional stress
- Identify caregiver burnout and ways to help
- Assist the caregiver

Other Issues

- Ways to identify potential falls and prevent injury
- Causes for orthostatic hypotension
- Ways to avoid using restraints

Case Studies: Learning from Experience and Mistakes

- How to manage sundowners
- Strategies to improve hygiene
- Reassurance and redirection

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

10 – 15 minute mid-morning and mid-afternoon breaks

For locations and maps, go to www.pesihealthcare.com, find your event, and click on the seminar title.

Seminar on DVD or CD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesihealthcare.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

QUESTIONS? Call Customer Service: 800-844-8260.

CANCELLATION POLICY: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



**FREE
- CE -
ONLINE COURSE**

**Mastering Lab Interpretation
& The Implications for
Patient Care**

1.2 CE HOURS

HURRY OFFER EXPIRES
September 15, 2018

healthcare.pesi.com/free-lab

**Bring any training
in-house!**

Convenient • Cost-Effective • Customizable

Call Mary Czech 715-855-5254
www.pesihealthcare.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI HealthCare
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Challenging Geriatric Behaviors



Featuring Author & Nationally-Known Speaker
Steven Atkinson, PA-C, MS

CEDAR RAPIDS, IA

Monday
October 15, 2018

DES MOINES, IA

Tuesday
October 16, 2018

Register now! pesihc.com/express/64000

Challenging Geriatric Behaviors

Featuring Author & Nationally-Known Speaker
Steven Atkinson, PA-C, MS



- Dementia, depression & delirium
- Sundowning & wandering
- Physical & sexual aggression
- Eating issues & nutrition
- Driving issues
- Caregiver stress & burn out
- Caregiver survival tips

CEDAR RAPIDS, IA

Monday
October 15, 2018

DES MOINES, IA

Tuesday
October 16, 2018



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

www.pesihealthcare.com

Register now! pesihc.com/express/64000

Challenging Geriatric Behaviors

This is the best seminar on challenging geriatric behaviors that you will ever attend – **GUARANTEED!** Join Steven Atkinson, PA-C, MS, nationally-known expert, author and speaker on geriatrics for a high-energy, dynamic seminar filled with interesting case studies, insightful discussions and interactive learning. You will leave this seminar with practical techniques that you can apply the next day!

Dealing with cognitively-impaired geriatric patients can be challenging even for the experienced healthcare professional. You will learn strategies to manage behaviors such as:

- Dementia
- Aggression
- Anxiety and depression
- Refusal of food and fluids
- Inappropriate sexual advances

If older adults are routinely under your care, minimize your risk of escalating the problems associated with troublesome, often irrational behavior by attending this program. Gain valuable insights into the causes of challenging geriatric behaviors and learn innovative and practical intervention strategies to improve the care you provide.

“Very dynamic speaker! I thoroughly enjoyed the real-life experiences brought to the conversation!”
~ Anne from WI

Speaker

Steven Atkinson, PA-C, MS, is a Board Certified Physician Assistant specializing in Geriatric Internal Medicine. He lives and works in Minneapolis, Minnesota interacting with patients in all care settings. He has been on the faculty at the University of Utah since 1994 and involved in medicine for nearly 25 years. He is frequently asked to medically manage the most difficult geriatric patients and help families gain insight into this disease process. Some of his best talents include educating staff about how to manage patients’ behaviors non-pharmacologically. Just recently, Steven was asked by the Medical School at the University of Colorado to help direct a fellowship program in Geriatrics. He has also spoken at the distinguished and “invitation-only” Denver Pathological Society. He is a published author and speaks locally to families and facilities. He has spoken nationally and internationally since 2003 providing his expertise in the area of dementia and pharmacology. He has also been graciously recognized for his compassionate and dedicated service in Geriatric Medicine in the community within which he serves. Steven has been described as a “dynamic” educator and one of the most engaging presenters around. Don’t miss him!

Disclosures:

Financial: Steven Atkinson is the founder and co-owner of Twin Cities Physicians; and owner of Mindful Geriatrics, LLC. He is an Adjunct Faculty at the University of Utah. Mr. Atkinson receives royalties as an author for PESI Publishing and Media. He receives a speaking honorarium from PESI, Inc.

Non-financial: Steven Atkinson has no relevant non-financial relationship to disclose.

Target Audience: Nurses • Physical Therapists • Physical Therapist Assistants • Occupational Therapists
Occupational Therapy Assistants • Speech-Language Pathologists • Social Workers • Home Healthcare Providers
Nursing Home Administrators • Registered Dietitians & Dietetic Technicians • Recreation Therapists • Psychologists

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI HealthCare first. If you are interested in becoming a speaker, or have a new topic idea, please contact Valerie Whitehead at vwhitehead@pesi.com or call (715) 855-8166.



Objectives

1. Develop strategies to manage difficult behaviors in seniors who have an altered perception of reality.
2. Identify the signs and symptoms of Alzheimer's Disease and other dementias.
3. Discuss current research on the prevention of Alzheimer's disease, as well as lifestyle factors to slow the disease progression.
4. Summarize the safety issues associated with geriatric patients who drive and identify individuals who pose a safety threat.
5. Explain why wandering occurs in individuals with cognitive impairment and develop strategies to minimize or redirect this behavior.
6. Describe the environmental and behavioral causes of agitation.
7. Differentiate between appropriate and inappropriate sexual behaviors in individuals with dementia.
8. Distinguish between normal sleeping patterns and bedtime issues which could lead to increased health problems.
9. Analyze the physical and psychological changes that affect an elder's desire and ability to eat including the changes in nutritional requirements.
10. Identify the signs of caregiver stress and develop intervention strategies to prevent burnout.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from June 1, 2015 through May 31, 2018. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. **PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.**

IOWA NURSES: PESI, Inc. is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full attendance at this activity qualifies for 6.3 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal. You will need to provide your license number to PESI. PESI must have this number on file in order for your hours to be valid.

NURSE PRACTITIONERS: This program offers 60 instructional minutes of pharmacology content which is designed to qualify for 1.0 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

NURSING HOME ADMINISTRATORS: This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 6.25 clock hours and 6.25 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Geriatric Pharmacology

The Principles of Practice & Clinical Recommendations, Second Edition

By Steven Atkinson, PA-C, MS., Seminar Presenter

An optimal guide for anyone seeking straightforward, concise and user-friendly information on medication dynamics for older adults. Fully revised and updated, this invaluable resource has become the go-to favorite for

healthcare professionals who want to find the balance between safe medication and adverse drug reactions. (2016)


Alzheimer's Disease Prevention

Strategies & Ways to Slow Progression

By Lisa Byrd, PhD, FNP-BC, GNP-BC, Gerontologist

Filled with strategies, activities and approaches, cognitive interventions, exercise plans, diet solutions, ways to promote social engagement and medication treatments. Case studies and personal experiences highlight this must have resource for anyone working with Alzheimer's, dementia and delirium patients. (2014)

Visit our Online Product Store: www.pesihealthcare.com/store




PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Alabama, Arkansas, California, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, and Pennsylvania. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



ASHA
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

APPROVED PROVIDER

PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SOCIAL WORKERS: PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

How to Register Challenging Geriatric Behaviors

QUESTIONS? Call 800-844-8260 or visit www.pesihealthcare.com/faqs

ONLINE

pesihc.com/express/64000

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI HealthCare
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form

(to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check location:

(make copy of locations)

☐ **CEDAR RAPIDS, IA**
October 15, 2018
Best Western Longbranch Hotel & Convention Center
90 Twixt Town Rd NE • 52402
(319) 377-6386

64000CRA

☐ **DES MOINES, IA**
October 16, 2018
Ramada Tropics Resort Conference Center
5000 Merle Hay Rd • 50322
(515) 278-0271

64000DSM

Register now!

pesihc.com/express/64000

PLEASE RETURN ENTIRE REGISTRATION FORM

3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$199.99 – choose one of the options below:

☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$189.99** per person for 5 or more preregistering together
☐ **\$219.99** standard

ADD-ON PRODUCTS _____
Distributed at seminar—FREE SHIPPING!

☐ **\$24.99*** *Geriatric Pharmacology, Second Ed.* book
☐ **\$19.95*** *Alzheimer's Disease* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Challenging Geriatric Behaviors

— Seminar on DVD* (video) \$199.99 (RNV073670)

— Seminar on CD* (audio) \$169.99 (RNA073670)

— *Geriatric Pharmacology, Second Ed.* book* \$24.99 (PUB084430)

— *Alzheimer's Disease* book* \$19.95 (PUB082795)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

*Shipping _____

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

**Tax _____

Subtotal _____

TOTAL _____

FOR OFFICE USE ONLY

VW

Fed ID # 26-3896894 © 2018 PESI, Inc.