

## **Session Agendas**

### **Keynote Presentation: Advances in the Management of Alzheimer's Treatment and Prevention**

8:45 – 9:00 AM: Lecture: Pathology of Alzheimer's disease as a neurodegenerative disease. Stages of the disease, including pre-symptomatic stage. Current research

on risk factors including dietary and lifestyle practices. Impact of nutrition (dietary patterns and specific nutrients) on cognitive function.

9:00 - 9:30 AM: Lecture: Pharmacological treatment of Alzheimer's disease. Non-pharmacological therapeutic interventions for Alzheimer's disease. Current research

on the impact of dietary and lifestyle modifications on individuals with Alzheimer's disease.

9:30 – 9:50 AM: Lecture: Current research on the effect of individualized dietary and lifestyle interventions aimed at reducing risk of Alzheimer's disease.

9:50 – 10:00 AM: Q & A

### **Medical Plenary: Updates on the Genetics of Alzheimer's Disease and Other Dementias**

10:20 – 10:55 AM: Lecture: Definition of sporadic and familial disease history relevant to Alzheimer's disease and other dementias. Summary of current research on genetics as a risk factor.

10:55 – 11:15 AM: Lecture: Advantages and drawbacks of genetic testing for individuals without symptoms. Individuals who may benefit from a risk assessment.

11:15 – 11:25 AM: Lecture: Description of the key elements of a Heredity Dementia Risk Assessment and how it is conducted.

11:25 - 11:35 AM: Q & A

### **Care and Support Plenary: The Ambiguous Loss in Alzheimer's Disease**

1:15-1:30 PM: Lecture: Definition of ambiguous loss; two types of ambiguous loss; how ambiguous loss differs from other loss, death; link to complicated grief; differences between ambiguous loss and PTSD

1:30 -1:40 PM: Lecture: Update on loss and grief research; definition of resilience, research update, and cautions about resilience.

1:40 - 1:50 PM: Lecture: Effects (individual, family systemic) of ambiguous loss on families/dementia caregivers; assessment of family roles, rules, and rituals

1:50 – 2:00 PM: Lecture: Treatment/Intervention: Definition and origin of closure, how lack of closure is linked to caregiver well-being; how to live without closure (both-and thinking, embrace ambiguity)

2:00- 2:15 PM: Treatment/Intervention (continued): Six guidelines for the process of loving with the ambiguous loss of Alzheimer's disease (finding meaning, adjusting mastery, reconstructing identity, normalizing ambivalence, discovering new hope); professional self-care; summary

2:15-2:30 PM: Questions & Answers

### **WS-1: Optimizing Late Stage Care for Individuals with Dementia**

2:45 -2:50 PM: Lecture: Symptoms of late stage dementia. Impact of the cognitive and communication changes of the late stage patient on approaches to assessing needs and care planning to maximize quality of life.

2:50 – 3:05 PM: Lecture: Pain in dementia. Methods to identify and evaluate pain in individuals with late stage dementia. Pain management options.

3:05 - 3:25 PM: Lecture: Behavioral symptoms in late stage (agitation, restlessness, e.g.). Methods to evaluate behavior changes. Non-pharmacological and pharmacological options for symptom management.

3:25- 3:40 PM: Lecture: Strategies to monitor nutrition and hydration, swallowing ability. Advanced directives and end-of-life care.

3:40- 3:50 PM: Lecture: Palliative care and hospice as resources. Role in treatment. Support to family with end-of-life decisions.

3:50 – 4:00 PM: Q & A

### **WS-2: The Neuropsychological Evaluation: Usefulness in Determining a Diagnosis and Developing Ongoing Treatment Plans**

2:45 -3:10 PM: Components of a neuropsychological evaluation related to memory concerns: tests to assess different domains of

cognitive functioning; and measures used to evaluate mood and behavior. Determining who may benefit from neuropsychological assessment.

3:10 – 3:30 PM: The type of information these tests can yield and its contribution to differential diagnosis.

3:30- 3:50 PM: Periodic neuropsychological testing to identify limitations and remaining strengths of an individual diagnosed with dementia.

Use of these test results to inform expectations about daily living and guide successful treatment planning.

3:50 – 4:00 PM: Q & A

### **WS-3: Evaluating and Managing Behavioral and Psychiatric Symptoms in Dementia**

2:45 -2:55 PM Lecture: Neuropsychiatric behaviors commonly associated with Alzheimer's disease and other forms of dementia. The role of a comprehensive clinical evaluation of neuropsychiatric symptoms to determine treatment that maximizes the individual's functioning and quality of life.

2:55 – 3:10 PM Case study: patient with dementia exhibiting agitation. Discussion of the clinical assessment process. Presentation of relevant research on medication therapy that may be considered when non-pharmacological interventions alone are not effective.

3:10 - 3:20 PM Case study: patient with dementia exhibiting hypersexuality. Discussion of the clinical assessment process. Presentation of relevant research on medication therapy that may be considered when non-pharmacological interventions alone are not effective.

3:20 - 3:30 PM Case study: patient with dementia exhibiting apathy. Discussion of the clinical assessment process. Presentation of relevant research on medication therapy that may be considered when non-pharmacological interventions alone are not effective.

3:30 – 3:40 PM Case study: patient with dementia exhibiting hallucinations. Discussion of the clinical assessment process. Presentation of relevant research on medication therapy that may be considered when non-pharmacological interventions alone are not effective.

3:40- 3:50 PM Case study: patient with dementia exhibiting delusions. Discussion of the clinical assessment process. Presentation of relevant research on medication therapy that may be considered when non-pharmacological interventions alone are not effective.

3:50 – 4:00 PM: Q & A

### **WS-4: Enhancing Daily Life: A Person-Centered Approach to Activity Planning in Dementia Care**

2:45 – 3:05 PM Experiential demonstration of two person-centered activities ( one is arts-based; one is food-based.)

3:05- 3:20 PM Lecture: Overview of person-centered care. Key principles and benefits of this approach in dementia care.

3:20– 3:35 PM Lecture: Methods of identifying individual's remaining strengths and personal preferences. Methods for gathering personal and family history. Using this information to create plans of activities that are personally meaningful to the individual with dementia. Case studies given as examples.

3:35 – 3:50 PM: Lecture: Involving interdisciplinary staff in implementation of activity plan: staff in various roles engage individuals in meaningful activity throughout the day. Case studies given as examples.

3:50 – 4:00 PM: Q & A

## **WS- 5: Dementia Caregiving as a Millennial: A Panel Discussion**

2:45 – 2:55 PM Lecture by Moderator: Demographics of dementia caregiving in the United States. Anticipated increase in millennials as dementia caregivers as the population ages and more baby boomers are diagnosed.

2:55 – 3:10 PM Introduction of panel of young adult family caregivers and their caregiving situations.

3:10- 3:50 PM. Moderator will facilitate discussion with panelists on the following topics: experience of their relative being diagnosed; change in family roles and relationships; impact of caregiving on their lives; their supports and coping strategies; needed supportive services.

3:50 – 4:00 PM: Q & A