Session Agendas

Keynote Presentation: How to Read Between the Lines of the "Latest Breakthrough"
Tiffany Chow, MD
8:45 – 9:00 AM: Lecture: Overview of how a compound becomes an FDA-approved drug (Phases of Clinical Trials). Review classes of drugs in which we still hold hopes, and discuss which are currently recruiting participants.
9:00 - 9:15 AM: Lecture: Examples of actual articles and controversies
9:15 – 9:25 AM: Lecture: General rules of thumb: validation in clinical trials; availability of the intervention to the general public.
9:25 – 9:50 AM: Lecture: Characteristics of New, True Breakthroughs: participants; rationale of use of the drug; study design; outcomes; statistical significance; where the results are published.
9:50 – 10:00 AM: Q & A

Care and Support Plenary: On the Dignity of Deeply Forgetful People
Stephen G. Post, PhD
10:20 – 10:40 AM: Lecture: Viewing persons with dementia as "deeply forgetful" in a culture with hypercognitive values. Continuing self-identify throughout the disease process. The experience of dementia.
10:40 – 10:55 AM: Lecture: Communication with "deeply forgetful people": interpreting their expressions; recognition of selfhood in any stage of the disease; approaches to communication.
 10:55 – 11:20AM: Lecture: Ethical issues throughout the stages of the disease. Quality of life issues. Spirituality.
11:20 – 11:25 AM: Lecture: "Rementia" as a controversial notion.
11:25 - 11:35 AM: Q & A

Medical Plenary: Understanding Memory
Andrew E. Budson, MD
1:15 – 1:45 PM: Lecture: Pathophysiology: Alzheimer's disease versus normal aging; memory dysfunction in normal aging and in dementia. Causes of false memories. False memories in Alzheimer's disease. FDA approved medications for memory and how they work in Alzheimer's disease.
1:45 – 1:55 PM: Lecture: Current research on diet and reduction of cognitive decline with aging.
1:55 - 2:05 PM: Lecture: Research on types of exercises shown to reduce cognitive decline and improve memory.
2:05 -2:20 PM: Lecture: Memory aids and strategies that may improve memory in day-to-day life.
2:20 –2:30 PM: Q & A

WS-1: Addressing Common Behavioral and Psychological Changes in Dementia
Theresa M. Redling, DO, FACP
Matthew E. Barnas, MD, DFAPA
2:45 -2:50 PM   Lecture: Behavioral and Psychological Symptoms (BPSD) and the pathophysiology of Alzheimer's disease and other forms of dementia.
 2:50 – 3:00 PM   Lecture: The medical evaluation of BPSD. Pain. Medical issues. Triggers/changes.
3:00 – 3:15 PM   Lecture: Non pharmacological management of BPSD. Behavior theories. Types of interventions.

3:15 - 3:50 PM   Lecture: Medication therapy for BPSD. Classes of medication that may be considered for specific symptoms. Evaluation of medication therapy, symptom management, and quality of life.
3:50 – 4:00 PM: Q & A

WS-2: Advance Care Planning in Dementia Care
David R. Barile, MD
2:45 -2:55 PM   Lecture: Complexities of medical care in dementia. Cognitive impairment and comorbidities. Clinical issues impacting older adults with dementia. The value of advance care planning.
2:55 – 3:20 PM   Lecture: Assisting an individual with advance care planning to clarify his/her values and wishes re: medical care and end-of life care. Discussion of artificial hydration and nutrition, resuscitation, palliative care.
3:20 – 3:50 PM   Lecture: Review of the NJ POLST form. Assisting with medical decision-making.
3:50 – 4:00 PM: Q & A

WS-3: Developing an Adult Day Service for Individuals with Early Stage Dementia
Susan Butler, CSW
2:45 -2:55 PM   Lecture: Symptoms of early stage dementia. Needed supportive services for individuals with early memory loss.
2:55 – 3:15 PM   Lecture: Review of process of designing an early stage day program. Steps to implementing.
3:15 -3:40 PM   Lecture: Activity planning to provide meaningful activities for individuals with early stage memory loss. Case examples.
3:40- 3:50 PM   Lecture: Program evaluation.
3:50 – 4:00 PM: Q & A

WS-4: Innovative Technology Solutions That Support Alzheimer's Disease
Leda Rosenthal
2:45 -2:55 PM   Lecture: Stages of Alzheimer's disease and caregiving needs specific to each stage.
 2:55 –3:35 PM   Lecture: Types of technology as possible resources at different stages of the disease. A review of technologies related to cognitive assessment, ADLS, communication, medication, medical management, safety, mental stimulation, reminiscence.
3:35 - 3:50 PM   Lecture: Discussion of types of assistive technology in development that may be helpful in dementia care.
3:50 – 4:00 PM: Q & A

WS- 5: Family Support Groups: Lessons for Success
Shelley Steiner, MSW/MPH, LSW, C-ASWCM
2:45 -2:55 PM   Lecture: Benefits of support group attendance. Role of caregiver groups to foster hope, reduce feelings of isolation, offer validation, identify options for coping with the disease. Limitations of groups
2:55 – 3:05 PM   Lecture: Reasons families seek groups. Education about the disease, options for coping with symptoms and identifying community supports. Validation from other caregivers in coping with feelings of grief and loss and in addressing decisions about care.

3:05 - 3:30 PM   Lecture: Group dynamics. Confidentiality. Addressing common styles of group participation (monopolizers, silent members etc.) Strategies to foster communication among members within the group, and invite support.

3:30- 3:50 PM   Lecture: Group maintenance. Promoting the group. Introducing new members.

3:50 – 4:00 PM: Q & A

WS-6: Bring Back the Joy: Harnessing the Power of Music for People Living with Dementia

Jan Maier, RN, BSN, MPH

2:45 -3:20 PM   Lecture: Review of a range of music-based activities in dementia care: 1- to – 1 interactions; groups; web-based innovative programming. Applications to various settings. iPods. Choruses such as *Giving Voice* and *The Unforgettables*.

3:20 – 3:35 PM   Lecture: Music resources for programming (web-based, and local)

3:35- 3:50 PM   Lecture: Research on the impact of music on the brain-- persons with dementia; persons without dementia. Review of benefits of music from two evidence-based interventions.

3:50 – 4:00 PM: Q & A