Demystifying Resistance and Refusals in Dementia Care
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- Understanding Behaviors
- Helping Residents
- Reducing Medications

Care Providers of Minnesota is delighted to welcome Teepa Snow to Minnesota for a full day of training on caring for those with Alzheimer’s disease and related dementias. This seminar will help attendees use effective strategies for helping people with dementia during personal care, medical procedures, and tests. The goal is to reduce resistance to care by having caregivers develop better observational skills to recognize and intervene effectively when behavioral challenges occur.

The seminar will emphasize the value of matching helping behaviors to the person’s needs and retained abilities to promote a sense of control and self-direction. Matching the caregiver’s helping behaviors, task set-up, the environment, and routines based on the person’s abilities and needs improves interactions and outcomes for everyone concerned. In addition, improved interactions may reduce the reliance and use of medications and enhance care provider skills and knowledge for use of problem solving strategies and intervention techniques that work.

Past Attendees Have Said:

“Could listen to her over and over”

“Liked message—find the joy and lose the sadness”

“Best speaker I’ve heard in 23 years”
Teepa Snow, MS, OTR/L, FAOTA

Teepa Snow is a dementia expert who trains and consults for agencies, facilities, and families. Her training as a master’s prepared occupational therapist, as well as her extensive and varied work and teaching experience, provides Teepa with a unique perspective of how the brain controls our body and our behaviors.

This history has provided her a perfect neurosciences background to explain how a brain disease like dementia affects a person. She started her career as a direct caregiver more than 35 years ago. She has taken care of two family members with dementia illnesses. The combination of her “been-there-done-that” skills and her formal training give Teepa the credibility and experience to help caregivers with tried-and-true solutions.

Teepa’s philosophy is based on years of making mistakes and perfecting a positive approach to care giving. Her teaching style integrates facts about the brain and how it works, or does not work in the case of dementia, with expertise in adult learning principles. Teepa has made it her personal mission to help family and professional caregivers better understand how it feels to have dementia so they, too, can be better caregivers.

Teepa is a Fellow of the American Occupational Therapy Association and has received national recognition for her expertise in geriatrics, dementia care and programming, and staff training. She has developed two training videos, published many articles, and presents nationally on a variety of topics and to a wide variety of audiences. In the past year, she has presented more than 350 programs. She has received awards for her clinical and teaching skills from a wide variety of organizations.
Objectives & Outline

Objectives

After attending this seminar, participants will be able to:

• Discuss common causes for refusals and resistance to care assistance based on level of dementia and brain changes, personal history and preferences, and caregiver approach and behavior;
• Demonstrate key verbal and physical care skills that can improve initial interactions;
• Describe simple changes in task demands and environments based on individual backgrounds and preferences that can positively impact care outcomes; and
• Compare the use of a structured problem solving approach and use of caregiver skills and knowledge with use of medications to ‘manage’ behaviors on resident outcomes and well-being.

Outline

Presenter Teepa Snow will lead attendees through an interactive learning experience during which she will:

• Discuss and demonstrate common behavioral events that are experienced when someone is living with dementia.
• Reframe these behaviors as expressions of unmet needs, distress, or symptoms of dementia or other conditions in combination with dementia and the person’s attempts to express those needs, desires, or distress with remaining skills combined with environmental factors and caregiver efforts to provide help or care.
• Introduce a problem-solving approach that highlights 6 contributing factors and emphasizes the importance of:
  • Understanding the MEANING of the behaviors in context
  • The level and type of dementia on the person’s abilities and ‘lack of abilities’
  • Other conditions, medications & treatments, and sensory abilities or changes
  • Life history, personality traits, and personal preferences
  • Environmental features and factors
  • Routines, rhythms and habits throughout a full day
  • The behavior of care providers and others in the environment

In addition:

• For each area – review current understanding, and highlight important features to investigate and appreciate.
• For caregiver behaviors – build a variety of hands-on skills for interaction and care provision that optimize probabilities of success for each level and key forms of dementia.
• For selected common behaviors, participants will role play and practice interventions and responses that are supportive versus confrontational. Using medication to control or manage behaviors when a resident has underlying unmet needs, symptoms of distress, or other illnesses is ineffective.
Details

Date: June 13, 2013
Where: Mystic Lake Hotel, 2400 Mystic Lake Boulevard
       Prior Lake, MN 55372
Time: 9:00 AM–4:15 PM (8:30 AM check-in)
Cost: $160 per member registrant
      $200 per prospective member registrant
      (Includes course materials, continental breakfast,
      lunch and refreshments)
Code: MN14-91331
CEUs: 6 clock hours, 7.2 contact hours

Registration
There are three ways to register
1. Online at www.careproviders.org
   (go to Education & Events)
2. Call Cara Tuenge 952-851-2494 or 800-462-0024
3. Via mail or fax (form available online)

Lodging
Care Providers of Minnesota has a room block at the Mystic
Lake Hotel for $89 per room, per night. Please reserve your
accommodations early and mention Care Providers of Minnesota
to receive this rate. Call Mystic Lake Hotel at 800-262-7799 or

Cancellation and No Show Policy
We understand that circumstances may arise to prevent you from
attending the seminar after you have registered. Care Providers of
Minnesota works to ensure that all registrations are processed in a
timely and efficient manner, and we are willing to work with you in the
event you have to cancel your registration.

If you cancel on or before June 5, 2013, we will gladly refund your
registration fee and retain only $25 per attendee for a cancellation
fee. We are unable to offer any refund after June 5, 2013, for
cancelled registrations. We encourage you to find someone to take
your place if possible. No shows are charged the full registration fee
and will receive course materials.

Accommodations/Dietary Restrictions
If you have a disability that requires special accommodations, please
contact Care Providers of Minnesota before the event. If you want a
vegetarian meal or have other dietary restrictions, (including gluten-
free and food allergies), please contact Care Providers of Minnesota
before the event.

Care Providers of Minnesota may take photographs and videos during its
events for use in Association promotional materials; by participating in this
education event, you grant Care Providers of Minnesota the right to use your
image for such purposes.

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Route To:
- Memory Care Unit Managers/Staff
- Nursing Staff
- Therapists
- Administrators/Managers
- Direct Care Staff