



Iowa Assisted
Living Association

2009 Spring Conference
“All Hands on Deck” in 2009!
“Understanding Dementia”
Speaker: Connie Lucas
Wednesday, April 8, 2009
West Des Moines Learning Center
 3550 Mills Civic Parkway, West Des Moines
 Exit #70 off I-35



Our promise to you...
“Keeping Assisted Living – Assisted Living”SM

IALA invites you and your staff to take a cruise with their crew members across the expanse of the Assisted Living Sea in 2009! Our fine cruise liner- “IALA- Keeping Assisted Living - Assisted Living”SM will port at several exotic islands throughout the excursion, with the first port being at the fascinating island of “Compassion and Understanding”. Connie Lucas, from the Iowa Alzheimer’s Association will be our tour guide through the jungle of Dementia & Alzheimer’s on this island of Compassion and Understanding. Here we will discover the true meaning of this island’s name!

Make sure you pack your sunglasses, sun tan lotion, and hiking boots as we will spend the day at port, uncovering the dementia disease process and how we can bring meaning and well being into those lives who are challenged with this disease. This tour requires “All Hands on Deck”, as we interact together to bring real solutions to real live situations in our Communities. We will discover how to provide spontaneous activities, what the new proposed Assisted Living Rules are and how to provide “Hands On” training to your entire team.



This island of “Compassion & Understanding” is delightful and packed with information to assist you in successfully meeting the needs of your tenants, families and staff, as well as the state requirement for Dementia Training. Don’t miss out on this extraordinary opportunity!

Register today! Your “Boarding Pass” and “Community Passport” will be waiting for you at the plank! Our charming crew members are looking forward to welcoming you aboard!

Left to right: (Bottom) First Mate, Shellie Petek; Captain Allen Phillips; First Mate-Co chair, Melissa Sherod; (2nd row) First Mate-Co-chair, Cathy Berner; First Mate, Heide Warner; and First Mate, Denise Carlson.

IALA is excited to have **Connie Lucas** as our featured speaker for the Spring Conference. Connie is the Program Specialist for the Alzheimer’s Association Greater Iowa Chapter and has been with this organization since 2001.



As the Program Specialist, Connie Coordinates and presents dementia training to health care professionals, families and community members.

Connie has had “hands on” experience in Assisted Living as she served as the Executive Director of Sterling House Assisted Living in 1998-1999. She also has 13 years of experience working with seniors as the Director of Willowbrook Adult Day Center.

Connie brings to us real life experiences and a sincere passion for serving those with dementia!

Dementia Training Schedule & CEUs		
8:00 AM	8:30	Registration
8:30	10:30	Session #1
10:30	10:45	Break
10:45	12:00	Session #2
12:00	12:45	Lunch/Networking
12:45	1:15	Session #3
1:15	2:30	Session #4
2:30	2:45	Break
2:45	3:30	Session #4 (cont.) with Case Study & Wrap-up
3:30	3:45	CEU sign-out

CEUs: This workshop has been approved for 6.8 Nursing CEUs, 4.8 social worker CEUs and 3.2 Activity Director CEUs.

“Understanding Dementia!”

8:00 a.m. – 8:30 a.m. Registration
Continental Breakfast available

8:30 a.m. – 10:30 a.m. Session #1
Dementia-Disease Process & Interventions

Purpose: To enhance understanding of dementia and the different diseases and disorders that cause dementia, as well as, the latest statistics, diagnostic measures, medications, and nursing interventions for those with dementia and their families.

At the end of the session, participants will be able to:

1. Identify three common diseases/disorders that cause dementia (not Alzheimer's related), including the signs/symptoms that accompany each disease/disorder and appropriate nursing interventions;
2. Discuss the difference(s) between dementia and Alzheimer's disease;
3. Identify effective medications, side effects, and latest treatments for those with Alzheimer's;
4. Demonstrate skills for communicating with persons with dementia, as well as skills for communicating with family and friends of persons with dementia;
5. Discuss family issues such as role reversal, grief and loss, guilt, relinquishing the care giving role and family dynamics with the family of an Alzheimer's patient;
6. Explore future trends for dementia care in the ALP setting.

10:30 a.m. – 10:45 a.m. BREAK

10:45 a.m. – 12:00 Session #2
Dementia - Planned & Spontaneous Activities

Goal: To understand the importance of an effective activity program for those with dementia. To gain new ideas to implement in

an ALP for planned activities and spontaneous ones to meet individual needs.

Purpose: To gain knowledge of how to effectively prepare and lead planned and spontaneous activities.

At the end of the session, participants will be able to:

1. Identify three benefits to an effective activity program;
2. Discuss the importance of the service plan and social history information;
3. List planned and spontaneous activities that would be appropriate for the individual with dementia who currently resides at their ALP;
4. Demonstrate skills in providing assistance with instrumental activities of daily living;
5. Develop three planned and three spontaneous activities, then discuss how to prepare and lead each activity.

12:00 a.m. – 12:45 p.m. LUNCH-Networking

12:45 – 1:15 Session #3
AL Administrative Rules regarding Dementia Specific Communities – Review by IALA

Upon completion of this session, the participant will be able to:

1. Review the rules pertaining to Dementia Specific Communities;
2. Discuss the Program's specialized dementia care philosophy and program;
3. Assess whether your ALP meets the Dementia-specific requirement and list the reasons your ALP does and does not meet the requirement.

1:15 a.m. – 3:30 a.m. Session #4
Hands-On Dementia Training

Goal: An interactive training session that gives participants the tools needed to plan and

implement the two hour Hands-On Dementia Training required for all direct care staff in a Dementia Specific Assisted Living Community. This session to include: Role play of appropriate techniques for redirection/personal cares/medication management/meal times/etc.; illustrations of different environments, some conducive to an effective, supportive environment for those with dementia, and others that definitely have problem areas – activities in which participants will identify what is good and why and what is wrong and why; practical handouts to assist staff in hands on cares and interactions with those with dementia.

Purpose: An interactive training session that gives participants the tools needed to plan and implement the two hour hands-on dementia training required for all direct care staff in a Dementia-Specific Assisted Living Community.

2:30 – 2:45 p.m. BREAK

At the end of the session, the participants will be able to:

1. Develop an outline for a two-hour hands on dementia training program;
2. Identify three important environmental components that positively supports those with dementia;
3. Explore ways to support staff and reduce stress.

Final Activity of Day: Participants will utilize the knowledge that was shared through out the day as they work together in a group to complete a case study of an Assisted Living resident with Alzheimer's. Each group will then have the opportunity to share their case study and responses with the other participants.

3:30 – 3:45 p.m. CEU Sign-Out

Please encourage your staff to participate at this worthwhile Spring Conference

“All Hands on Deck!”

Get your Free Passport from our travel agency today!

The entire cruise this year takes you to several exotic ports during the Spring, Summer and Fall Conferences. Since we will be embarking on foreign lands at times, a “Passport” is required at each port.

To apply for a Passport, simply.... Register to attend the Spring Conference today!

All Communities joining us on the Cruise this year will be given a “Community Passport.” At each “Port” (or conference) that is embarked by one or more “tourists” from your Assisted Living Community, your “Community Passport” will be stamped.

For those whose “Passport” has been stamped all three times-Spring, Summer and Fall Conference, your Community will be eligible to be entered into the grand prize drawing at the Annual Fall Conference. What is the prize? Hint: Something catchy and revealing, fun and entertaining, a must for each community and for all cruises!



**Don't
Miss the
Boat...
All hands
NEEDED
on Deck!**



Iowa Assisted
Living Association

Iowa Assisted Living Association's
2009 Spring Conference

Registration form

Wedday, April 8, 2009

West Des Moines Learning Center
3550 Mills Civic Parkway, West Des Moines (Exit 70 off I-35)



Featured Speaker **Connie Lucas**, expert on dementia care. Engaging, inspiring, challenging and heart warming.... Connie is all this and so much more. Register today!

Registration fee: \$55.00 member rate with no CEUs

\$125.00 member rate with CEUs*

\$105.00 non-member rate with no CEUs

\$175.00 non-member rate with CEUs*

Registration includes: Lunch, Breaks, CEUs* & Classroom Materials

Please feel free to photocopy this registration form to register additional attendees from your company.

Name _____

SS#: _____ License #(Needed for CEUs) _____

Company Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Indicate (X) payment mode:

Check # _____ (Payable to IALA) or AmExp ____ Discover ____ M/C ____ Visa ____

Credit Card # _____

Exp. Date _____ Signature _____ Total Amount Enclosed \$ _____

Please note your credit card statement will reflect charge from "Walter & Associates".

Deadline to register: Monday, March 31, 2009

Cancellation policy: Refunds will be given for cancellations up to 1 week prior to the seminar.

Complete the registration form and return with payment to: IALA, 9001 Hickman Rd, Ste 220, Des Moines, IA 50322.

Questions: 515-278-8700 ♦ Fax: 515-278-0245



"Keeping Assisted Living – Assisted Living" SM

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Deadline to register: March 31st

Register by: March 31, 2008