

## AGENDA

|                 |  |
|-----------------|--|
| 7:45 - 8:30     | Registration                           |
| 8:30 - 12 noon  | Morning Session (break 10:15 - 10:30)  |
| 12 noon to 1:15 | Lunch (on your own)                    |
| 1:15 - 4:30     | Afternoon Session (break 2:45 to 3:00) |

### Morning Session: 8:30 to 12 noon

#### Why Do They Do That? Understanding Symptoms and Behaviors in Dementia

- This session will help care partners better understand why people living with dementia may sometimes say or do things that are unexpected and/or challenging.
- Focus on understanding the many changes that occur in the brain during the progression of the disease.
- Will help learners develop better communication skills when working with people living with dementia by emphasizing the value of empathetic and supportive communication.

#### Changing Resistance to Care - to Participation in Care

- This session will instruct learners in effective strategies for helping people with dementia during personal care, reducing resistance to care.
- It will enable learners to develop better observational skills to recognize and intervene effectively when behavioral challenges occur.
- Emphasis placed on the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of control and self-direction.

### Afternoon Session: 1:15 to 4:30

#### Developing Activities that have Meaning for Those Living with Dementia

- This session will help mental health professionals and caregivers develop and offer activity programs that are appropriate and effective when residents have various degrees of cognitive impairment.
- Emphasis will be placed on providing caregivers with the skills needed to determine the residents remaining skills and interests and then selecting activities that would promote interaction and engagement while reducing distress and isolation.

#### Living with Dementia During the COVID-19 Pandemic – Lessons Learned

- This session will discuss practical and realistic strategies and techniques to reduce risk and provide quality care for people living with dementia in residential settings
- The goal of maintaining a six-foot *social distancing boundary* among people living with dementia in residential care setting is simply not logical, reasonable, humane or achievable without causing potentially irreparable harm. To support both the health care providers choosing to provide care and the individuals living in these settings, something more and different is needed.
- Different, person-centered working practices and routines to optimize the well-being of all involved will be presented

#### LEARNING OBJECTIVES:

By the end of this session, learners will be able to:

- Describe selected key differences between normal and not normal aging.
- Identify effective versus typical caregiver responses to common behaviors.
- Discuss common causes for refusals and resistance to care.
- Demonstrate key verbal and physical care skills that can improve initial interactions
- Describe methods that assistance should be modified based on level of dementia and brain changes, personal history and preferences, and caregiver approach and behavior.
- Use selected activities and hands-on skills to promote resident participation and engagement, regardless of the level of cognitive impairment.
- To determine whether PLwD will be able to adhere to social distancing expectations without experiencing significant losses in quality of life and inability to appreciate the value of the containment efforts.
- Learners will be able to use some simple guidelines to promote mobility, interactivity, well-being, and sustain existing abilities of each PLwD during a pandemic while reducing the risks for transmission among individuals in the setting (including staff).

## DESCRIPTION OF WORKING SESSION

We are excited for the return of Teepa Snow to Winnipeg. Internationally renowned for her innovative clinical work; her informative and entertaining dementia care training; and as an advocate leader for people living with dementia. Ms. Snow's last two sessions in Winnipeg were sold out.

This in-depth intensive workshop will help learners use effective strategies for helping people with dementia during interactions, care delivery, and daily engagement. The goal is to help reduce resistance to care and foster participation and use of preserved skills. To do this, the workshop will guide learners to help them develop better observational skills to recognize and intervene effectively when behavioral challenges occur. It 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. Modifying the task demands, the environment, the caregiver's approach are three key elements to improving the situation. These three elements combined with knowledge of the individual's background and life story, medical, psychological, and sensory conditions, and level of cognitive function will form the base for problem solving and personalized care planning. Various sessions through the workshop will address typical issues that occur from early stages of the condition, through mid-disease, and into the final care concerns that are part of the progression. Each session will help learners focus on carefully monitoring people with cognitive impairment for signs and signals of "unmet needs and growing distress" in order to intervene early and often with meaningful programming and empathetic communication. This effort to create a positive and caring environment rather than 'dealing with the behavior' after it is established and full-blown will be promoted as a more effective model of caregiving.

Visit YouTube for a sampling of Teepa Snow's past presentations and outstanding work.

### For More Information

**HQS PROFESSIONAL DEVELOPMENT**  
265 Saddleridge Lane, East St. Paul, MB R2E 0N4  
Ph: 204-228-6530 • Email: LEIGH@HQS.CA

VISIT OUR WEBSITE AT  
[www.hqs-pd.ca](http://www.hqs-pd.ca)

## "TEEPA SNOW"

### REGISTRATION FORM

NAME \_\_\_\_\_

OCCUPATION \_\_\_\_\_

AGENCY/COMPANY \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL: \_\_\_\_\_

By providing your email address you are authorizing HQS to email you twice a year about upcoming conferences

### METHOD OF PAYMENT:

CHEQUE / MONEY ORDER  
AMOUNT ENCLOSED: \$ \_\_\_\_\_

AGENCY PAYMENT \$ \_\_\_\_\_  
IF INVOICE IS REQUIRED PLEASE EMAIL  
INFORMATION TO [LEIGH@HQS.CA](mailto:LEIGH@HQS.CA)

VISA  MASTERCARD

CARD # \_\_\_\_\_

EXPIRY DATE \_\_\_\_\_

### TYPE OF REGISTRATION:

ADVANCED SINGLE 210.00  ADVANCED GROUP 190.00  
 REGULAR SINGLE 230.00  REGULAR GROUP 220.00  
 FULL-TIME STUDENT 155.00

PLEASE MAKE CHEQUES PAYABLE TO: HQS PROFESSIONAL DEVELOPMENT

### TO REGISTER MAIL TO:

HQS Professional Development  
265 Saddleridge Lane  
East St. Paul, MB R2E 0N4

PHONE: 204-228-6530

ONLINE: Register online at:

[www.hqs-pd.ca](http://www.hqs-pd.ca)



## COVID-19 "PLAN B"

In the event that the Teepa Snow conference cannot be conducted live due to COVID-19 restrictions, we will offer a full day webinar scheduled at the same time, on the same day, December 1<sup>st</sup>, 2020.

Please be sure your name, telephone and current e-mail are clearly printed on the registration form so that we can contact you in this unlikely event.

**We will contact you by email if our COVID-19 "PLAN B" is required.**

You will then be free to join us or cancel your registration all together. No cards will be processed or cheques cashed prior to November 28<sup>th</sup>, 2020.

The full day webinar fee will be \$ 100.00

**Ms. Snow** has been offering live webinar, on-line trainings for many years.

Past attendees of live webinars have given overwhelming positive feedback and said:

"Teepa's education is just as powerful and transformative in an online format as it is in person".

If you have never attended a live webinar before - you will be supported every step of the way and be able to ask questions, get answers and participate in discussion.

As Ms. Snow has said: "We can still get together even if we can't *get together*".

## REGISTRATION FEES

### EARLY REGISTRATION:

RECEIVED ON OR BEFORE OCTOBER 1<sup>st</sup>, 2020

SINGLE \$210.00 Full payment must be received on or before October 1<sup>st</sup>, 2020.

GROUP \$190.00 For groups of 3 or more, registration MUST be submitted together with full payment by October 1<sup>st</sup>, 2020.  
PER PERSON

### REGULAR REGISTRATION:

AFTER OCTOBER 1<sup>st</sup>, 2020

SINGLE \$230.00 Full payment must be received prior to conference date.

GROUP \$220.00 For groups of 3 or more, registration MUST be submitted together with full payment prior to conference date.  
PER PERSON

FULL-TIME STUDENTS \$155.00 For students who are attending 3 or more university credit courses this academic term. Full payment MUST be received prior to conference date.

**RECEIPTS WILL BE DISTRIBUTED  
DECEMBER 1<sup>ST</sup>, 2020  
AT THE REGISTRATION TABLE**

**PARKING** There is plenty of FREE parking

### Cancellation / Refund Policy

If unable to attend, we will be happy to refund the full amount if notified IN WRITING or EMAIL 14 days prior to the conference date. OR a substitution may be made if notification IN WRITING or EMAIL is received prior to the conference.

Refunds will not be given to those participants who do not attend the conference and do not provide HQS with notice of their absence prior to the conference. In these circumstances, a voucher will be provided for the participants to attend an upcoming conference organized by HQS.

## ABOUT THE PRESENTER



**Teepa L. Snow,  
MS, OTR/L, FAOTA**

Dementia care  
and Training Specialist  
Positive Approach, LLC  
Consulting Associate,  
Duke University,  
School of Nursing

As one of America's leading educators on dementia, Teepa Snow has developed a dementia care philosophy reflective of her education, work experience, medical research, and first hand caregiving experiences. She is a graduate of Duke University, and received her MS degree from the University of North Carolina in Chapel Hill.

As an Occupational Therapist with over 40 years of experience in geriatrics, she has worked as the OT Director in a head injury facility, a clinical specialist in geriatrics for a Veteran's Administration Medical Center, and a Restorative Care Coordinator for a long term care facility.

Her hands on caregiving experiences include providing direct care in home health, assisted living, long term care, and rehabilitation settings.

Teepa also served as the Director of Education and Lead Trainer for the Eastern N.C. Chapter of the Alzheimer's Association, and as a clinical associate professor at UNC's School of Medicine, Program on Aging.

**Location / Hotel Discount**  
CANAD INNS DESTINATION CENTRE POLO PARK  
1405 St. Matthews  
Phone for reservations: 1-888-332-2623

When making hotel reservation please quote  
"group reservation number #401529" for room discounts.  
Rooms must be booked 30 days prior to conference.  
Reserve early as rates are based on availability



HQS PROFESSIONAL DEVELOPMENT  
PRESENTS

**TEEPA L. SNOW,  
MS, OTR/L, FAOTA**

**Best practices  
in Dementia Care:  
A Day with  
Teepa Snow**

Tuesday  
**December 1<sup>st</sup>, 2020**  
8:30 a.m. to 4:30 p.m.

**Canad Inns Destination Centre  
Polo Park**  
1405 St. Matthews Avenue  
Winnipeg, MB R3G 0K5

**REGISTER EARLY AS SEATING IS LIMITED**



HQS PROFESSIONAL DEVELOPMENT  
IS COMMITTED TO ORGANIZING QUALITY CONFERENCES AND  
CONTRIBUTING TO THE PROFESSIONAL DEVELOPMENT  
OF HEALTH CARE PROVIDERS IN OUR COMMUNITY

[www.hqs-pd.ca](http://www.hqs-pd.ca)

**COVID-19 "PLAN B"  
FOR DECEMBER 1<sup>ST</sup>, 2020  
TEEPA SNOW TRAINING**

It's *unlikely*, but just in case  
our in-person training with Teepa Snow  
on December 1<sup>st</sup> can't go forward,  
we need to have "PLAN B".

**Please see reverse.**