

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. She is internationally renowned for her innovative clinical work and informative and entertaining dementia care trainings. Last time she was in Winnipeg her training sold out.

This in-depth intensive workshop will teach attendees 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. Attendees will learn important observational skills to recognize and intervene effectively when behavioral challenges occur. Emphasizing 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, and 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, 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

Ph: 204-228-6530 • Email: LEIGH@HQS.CA

VISIT OUR WEBSITE AT

www.hqs-pd.ca

"TEEPA SNOW"

REGISTRATION FORM

NAME _____

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AGENCY/COMPANY _____

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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
- 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

HOW TO REGISTER:

ONLINE: Register online at www.hqs-pd.ca

PHONE: 204-228-6530

SCAN and email to leigh@hqs.ca

MAIL TO:

HQS Professional Development

265 Saddleridge Lane

East St. Paul, MB R2E 0N4



REGISTRATION FEES

EARLY REGISTRATION:

RECEIVED ON OR BEFORE SEPTEMBER 5TH, 2022

SINGLE \$210.00 Full payment must be received on or before September 5th, 2022.

GROUP \$190.00 PER PERSON For groups of 3 or more, registration MUST be submitted together with full payment by September 5th, 2022.

REGULAR REGISTRATION:

AFTER SEPTEMBER 5TH, 2022

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

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

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
OCTOBER 5TH, 2022
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 #34827" 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**

**It's time
to sit
together
again!**

Wednesday

October 5th, 2022

8:30 a.m. to 4:30 p.m.

**Canad Inns Destination Centre
Polo Park**

1405 St. Matthews Avenue
Winnipeg, MB R3G 0K5

Positive
Approach
to Care®
www.TeepaSnow.com



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

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