

A conference for family and friends
caring for a person with dementia

Join us for a day of learning, reflection and connection.

Saturday, October 26, 2019

Canadian Mennonite University | 500 Shaftesbury Blvd., Winnipeg, MB | 9 am to 3:30 pm | Cost: \$40 (includes lunch)

Opening Presentation



Resilience on the Caring Journey: Exploring the Role of Self-Compassion

Sienna will emphasize the importance of self-compassion and resilience through the exploration of current research and an engaging self-examination. Participants will discover how the two are intertwined and learn to embrace their perfect imperfections with kindness.

Sienna Caspar, PhD, CTRS, Associate Professor,
Faculty of Health Sciences - Therapeutic Recreation,
University of Lethbridge, **Lethbridge, AB**

Keynote Sponsor:  **Partners
forHome**

Closing Presentation

Is it too Serious to be Serious?

Join Zofia for a closing presentation that will entertain, energize and empower conference participants while demonstrating how communication with humour benefits everyone involved in caring for people with dementia.

Zofia Dove, Palliative Communication Expert, Inspiring Keynote Speaker and Workshop Facilitator, Author of bestselling book, "Unexpected Gifts,"
Winnipeg, MB



**For more information, contact: Jennifer Vicente-Licardo, Education Manager, at:
204-943-6622 or alzeducation@alzheimer.mb.ca**

Register Today!
alzheimer.mb.ca

8 to 9 am – Registration

9 to 9:15 am – Welcome

Wendy Schettler, CEO, Alzheimer Society of Manitoba

9:15 to 10:15 am – Opening Presentation: Sienna Caspar

Resilience on the Caring Journey: Exploring the Role of Self-Compassion

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Sienna Caspar, PhD, CTRS, Associate Professor, Faculty of Health Sciences - Therapeutic Recreation, University of Lethbridge, Lethbridge, AB

10:15 to 10:45 am – Morning Break

10:45 am to 12 pm – Concurrent Session 1

Concurrent Session 1

A - Person Centred Care: Experiences and Expectations from the Health System

Sienna Caspar has been a first-hand family caregiver. She will share what she has learned through her research and link that knowledge to what she believes caregivers and care recipients need.

Sienna Caspar, PhD, CTRS, Associate Professor, Faculty of Health Sciences - Therapeutic Recreation, University of Lethbridge, Lethbridge, AB

B - Do I Still Need this Medication?

Medications can help us in many different ways; however, our bodies become more sensitive to their effects as we age. Some medications may carry more risks than benefits and the more medications we take, the greater the risk. Allison will introduce deprescribing and discuss how this process can help improve quality of life.

Allison Bell, BScPharm, PCH Pharmacy Manager, Winnipeg Regional Health Authority, Long Term Care Program, Winnipeg, MB

C - Income Tax and Other Financial Matters

When a person is diagnosed with dementia, there are many financial considerations that may include opportunities for tax credits, grants and other forms of financial incentives. Learn about various options and benefits available to both the person with dementia and their care partners.

Geoff Garland, CPA, CA, Partner, Taxation, Deloitte LLP, Winnipeg, MB

D - Why is it Critical to Know About the Palliative Approach as you Start your Dementia Journey?

Conversations about health care decisions should take place early in the dementia journey when people can provide meaningful input; near the end of life, they may no longer have the same kind of involvement and response. Hear about the importance of these conversations, strategies on how to approach this difficult topic and examples of situations to discuss.

Lynda L. Mandzuk, RN, BN, MN, GNC (C), Client Support Coordinator; Beth Helliard, RN, BN, GNC (C), Client Support Coordinator, Alzheimer Society of Manitoba, Winnipeg, MB

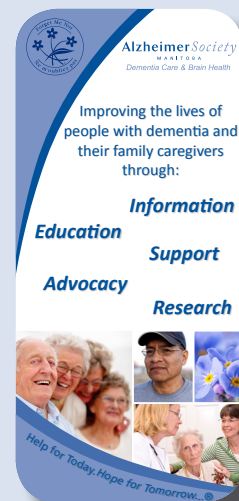
Learn about programs, services and resources available for you!

Visit information booths hosted by community and business organizations and the Alzheimer Society of Manitoba.

Are you looking for support and information about dementia?

The Dementia Helpline assists individuals in building the confidence to maintain quality of life when facing dementia.

For more information, call the Alzheimer Society at 204-943-6622 or 1-800-378-6699 for support.



Conference Program: Afternoon

Comments from past Care4u attendees:

"It is uplifting and refreshing. It helps us recharge."

"We are joined by so many others in this journey; it reminds us that we are not alone."



12 to 1 pm – Lunch in the Loewen Athletic Centre

1 to 2:15 pm – Concurrent Session 2

2:15 to 2:30 pm – Afternoon Break

2:30 to 3:15 pm – Closing Presentation: Zofia Dove

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Zofia Dove, Palliative Communication Expert, Inspiring Keynote Speaker and Workshop Facilitator, Author of bestselling book, "Unexpected Gifts," **Winnipeg, MB**

3:15 to 3:30 pm – Closing Remarks

Concurrent Session 2

E - Approaches to Responsive Behaviours: When a Person with Dementia Says "NO" to Personal Care

People with dementia who need help with personal care can find tasks like bathing and dressing to be physically and emotionally challenging. This session will help caregivers understand some of the reasons why a person with dementia may say "No" to personal care and provide approaches and strategies for flexible person focused care.

Joyce Klassen, BA, BHEcol, Dementia Education Project Manager, Alzheimer Society of Manitoba, **Winnipeg, MB**

F - Let's Talk Aphasia and Dementia

What is aphasia and what is its connection with dementia? Learn about these topics as representatives from the Westman Aphasia Inc. discuss the concept of Supported Conversation for Adults (SCA™) and how it can enhance communication between the person with aphasia/dementia and their care partners. Know more about available resources and the role of the organization in improving the lives of people with aphasia and their care partners.

Brenda Rust, MA SLP (C); **Glenda Gandza**, MD (retired), Program Clinicians, Westman Aphasia Inc., **Brandon, MB**

G - Housing Options for People with Dementia

Many factors must be considered when helping people with dementia decide on housing options. How can they safely stay in their current residence? What steps need to be taken before transitioning to a new living environment? Learn about community housing and long term care options, such as assisted living, supportive housing and personal care homes. Find out about the differences between these options and when transitioning to each may be appropriate.

Silvia Visintin, Housing Consultant, A & O Support Services for Older Adults; **Nancy Mohr**, Community Health Services Specialist, WRHA Long Term Care Access Centre, **Winnipeg, MB**

H - Caregiver Guilt and Stress: Moving from Ideal to Real

Care partners may experience stress and feelings of guilt as a result of caregiving. Much of the guilt is due to the difference between their expectations and reality (what they think they should do and feel, and what they actually can do and feel). Learn strategies for understanding and accepting your limitations as care partners and explore ways of building your inner strengths.

Lois Litz, Director of Spiritual Care, Lindenwood Manor, **Winnipeg, MB**

Register online at alzheimer.mb.ca or fill out the form below and mail or fax to the Alzheimer Society of Manitoba.

Name: _____ Email: _____

Mailing Address: _____ City: _____ Prov: _____ Postal Code: _____

Phone: _____ Fax: _____

Please indicate your three choices for Concurrent Session 1 (A-D)

1st choice _____ 2nd choice _____ 3rd choice _____

Please indicate your three choices for Concurrent Session 2 (E-H)

1st choice _____ 2nd choice _____ 3rd choice _____

Registration confirmations are sent by email to those who provide an email address or register online.

Registration: \$40 (includes lunch). If applicable, please select the following:

I require a vegetarian option _____ I have food allergies _____ Please specify: _____

Registration and Payment Options:

- | | |
|--|---|
| 1) ONLINE: Register and pay securely online at alzheimer.mb.ca | 3) BY FAX: 204-942-5408 – Complete the registration form. Payment by credit card only. |
| 2) BY MAIL: Complete the registration form and include your form of payment. | 4) BY PHONE: 204-943-6622 – Payment by credit card only. |

☐ Credit Card: VISA/Mastercard/AmEx: _____ Expires: _____ / _____

Cardholder's Name _____

☐ I have enclosed a personal cheque made out to "Alzheimer Society of Manitoba."

Note: Payment must accompany completed registration form.

Registrations can be transferred but not refunded.

For more information:

- alzheimer.mb.ca
- alzmb@alzheimer.mb.ca
- 204-943-6622

EARLY BIRD OPPORTUNITY

Register by September 10
and be entered to win a
Caregiver Gift Pack!



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