

**THE HEART AND SPIRIT OF CAREGIVING CONFERENCE**  
**2<sup>nd</sup> Annual Conference on Dementia Care Celebrating Direct Care Workers of West Michigan**  
**Monday, May 2, 2011**  
**Calvin College, Prince Conference Center, 1800 East Beltline SE, Grand Rapids, MI 49546-5951**

**Copy for Inside Brochure**

Welcome to the 2<sup>nd</sup> Heart & Spirit of Caregiving Conference!

**Introduction**

The theme of this year's program is on finding ways to nourish the human spirit in caregiving relationships. Caring for others starts with by tending to the human spirit in ourselves. This involves paying more attention to the rhythms of our bodies, our daily routines and to experiences which add meaning to our lives. Also, doing things that energize us, restores balance and helps us feel our very best.

Within each of us lies the human spirit. This inner life involves emotions, perceptions and awareness that we are connected to something beyond ourselves. It may be a connection to other people, the outdoors, to music or perhaps, to a higher power. Our individual humanity emerges when we share these moments with other people. It is nourished by the quality of these interactions, our relationships and the sense of belonging to a group. At the heart of our humanity is a capacity and intention...

- to try to understand what other people may be thinking or feeling
- to have compassion
- to be accepting of things that makes each of us different
- to treat others with respect
- to build positive relationships.

The human spirit continues to prevail when someone develops memory loss or dementia. Traditional ways of interacting can make it harder to access and nourish this inner life, to share it with others or to feel part of a group. Yet the capacity to observe, process information, express emotions and feel connected to something larger remains very much intact. This requires people who do not have a memory impairment, to find new ways to communicate and do things with someone who does.

As the result of attending this year's program, we hope each participant will

- Recognize the importance of nourishing the human spirit within yourself and the people you serve
- Name at least three essential elements that can strengthen the human spirit
- Discover and try one new approach that can nourish the human spirit within people who have memory loss.

We invite you to come again... be inspired and to leave... uplifted.

The goal is to discover *"how to live life as a work of art, rather than a chaotic response to external events..."*

Quote - Mihaly Csikszentmihalyi

## **Who Should Attend?**

Home health and home care aides

Personal care assistants

Private duty caregivers

Nursing assistants

Hospice caregivers

Activities assistants

Adult day program staff

Licensed and supervisory staff are strongly encouraged to attend with their staff

## **Why Send Direct Care Staff to the Conference?**

Increase staff's knowledge and skills in caring for people with dementia and supporting their families.

The important work your staff performs each day deserves recognition.

Increased support and skill development can lead to higher staff retention.

## **Conference Schedule**

### **7:30 a.m. Arrival Activities**

**Check-In at Registration Desk, Visit Resource Center & Enjoy Refreshments**

### **Morning Program (8:30 a.m. – 12:15 p.m.)**

#### **8:30 a.m. Welcoming Remarks**

*Speaker: Robert Perl*, Executive Director, Clark Retirement Community, Grand Rapids, MI

#### **8:45 Rituals: A Pathway for Restoring Balance**

Sometimes the demands of our lives or jobs pile up. We are not even aware the balance has tipped. We just know we don't feel right - perhaps alone, worn out, empty. Feelings may be the first clue that something is out of kilter. Daily rituals can help us tune into the clues our bodies may be giving, to restore firm ground and roots for healing. In this introductory segment, David Sheard lays the groundwork for the day before us.

*Speaker: David Sheard*, CQSW, Honorary Degree award of Doctor of the University; Visiting Senior Fellow, University of Surrey and Director, Dementia Care Matters, Brighton, United Kingdom.

#### **9:00 Plenary Session 1. Life-Affirming Relationships**

Three panelists share their unique perspectives on what matters in their own lives. Each point of view illustrates that we are united by a common need to contribute, to be needed and to be loved. We share a desire to fulfill dreams and do things which add meaning to our lives at any stage. This exists despite the differences in our ages, backgrounds, life experiences and beliefs. By the end of this session, participants will:

- Understand that we are connected to each another by our humanity
- Recognize that every person has something to teach, share or give to others

- Understand what matters is the quality of how we spend time together, not our differences

**Moderator: Peter J. Whitehouse, MD, PhD**, Professor of Neurology, Case Western Reserve University and Staff Neurologist, University Foley Elderhealth Center, Cleveland, OH. He is one of the best known Alzheimer's experts in the world. His pioneering work led to an understanding of how the brain is affected by what he used to call Alzheimer's disease, and to the development of current drugs for the condition, and his most recent work includes ethics, integrative health care, and quality of life. Dr. Whitehouse's clinical practice is built around the power of stories to assist those with aging associated cognitive challenges. Author (with Dr. Daniel George) of the book, *The Myth of Alzheimer's: What You Aren't Being Told about Today's Most Dreaded Diagnosis*. Co-founder of The Intergenerational School – an innovative, successful urban public school in Cleveland, OH.

### **10:00 Plenary Session 2. Discovering Common Ties That Bind a Moment**

Knowing or living with someone who has Alzheimer's disease impacts every person in a family. Young children and teens are very aware of times a relative may be upset or do things that just don't make sense. Some of these changes may be due to a disease that hinders the brain's ability to do its job. Alissa Anderegg describes her relationship with her grandmother and what she is learning about unique qualities and interests they both share. Participants will also receive information about available resources to educate and support children and teens that have a family member with some type of dementia.

By attending this session, participants will:

- Understand reactions teens may experience when a family member has Alzheimer's disease or another type of dementia.
- Recognize that children and teens are valuable members of a caregiving team. Their unique views, skills and relationship with a person can enrich his or her quality of life.
- Identify three purposeful activities young and older people can do to forge a common bond when their visit together.

**Presenters: Alissa Anderegg**. Granddaughter of Mary Fran Anderegg; high school student; Alzheimer's Association-registered advocate; a seasoned performer in musical theater, actress and singer. Ms. Anderegg was featured by Maria Shriver in an Emmy Award-winning segment of the HBO documentary, *The Alzheimer's Project*, called "Grandpa Do You Know Who I Am?" She is raising public awareness about Alzheimer's disease through community service, speaking engagements, artistic performances and a Facebook group she started called, Alz4Kidz and Alz4Teenz: Resources for Kids About Alzheimer's - information and stories for kids by kids.

### **10: 55 Break**

### **11: 15 Plenary Session 3. BEING... an approach to life and caregiving relationships**

We seem to live in a time that values what we do more than who we are. We are defined in part by the kind of work we do or a job title. **Doing something is not enough.** Some people are beginning to ask a different question, *‘What is the meaning or purpose of my life?’* The answer comes from knowing ourselves on the inside - understanding what makes us who we are. Richer moments of our lives are those that touch the core of our inner being - when we feel at peace, content and connected to something or someone beyond ourselves. Fully enjoying these moments requires slowing down, stopping and connecting to a deeper meaning. In this session, David Sheard introduces participants to “Feelings Matter Most.” He will demonstrate how this approach to caregiving relationships can be applied in our personal lives, the work place and in the way organizations do business.

**Presenter: David Sheard**, CQSW, Honorary Degree of Doctor of the University and Visiting Senior Fellow, University of Surrey in the United Kingdom. He is the Founding Director of Dementia Care Matters, has served as a training consultant to the United Kingdom Alzheimer’s Society and authored a five-book training series titled, *Feelings Matters*. His latest book, *Outcomes Matter in Dementia Care*, is scheduled for release later this year. David Sheard is highly regarded for his pioneering work in transforming care practices from ‘doing’ person-centered care to ‘being’ it. He is a passionate, provocative speaker who has given presentations at national conferences in the United Kingdom, Canada and in Michigan. He was also invited by the British Broadcasting Company to be an expert consultant for the television production, “Can Gerry Robinson Fix Dementia Care Homes?” For further information about David Sheard, visit: [www.dementiacarematters.com](http://www.dementiacarematters.com)

### **Lunch & Opportunity to Visit Exhibits (12:15 – 1:30 p.m.)**

**Afternoon Program (1:30 p.m. to 4:45 p.m.)** Two sets of 90 minute workshop sessions will be offered.

1:30- 3:00 p.m. Strategies to Help You on The Job (choice of 6 workshops)

3:15- 4:45 p.m. Holistic Approaches to Self-Care (choice of 8 workshops)

**Early Afternoon Workshops (1:30- 3:00 p.m.)** *Choose ONE of the 6 workshops below.*

### **(W1) Alzheimer’s, Frontotemporal and Lewy Body Dementias: How Are They Similar and Different From Each Other?**

Alzheimer’s disease is the most common cause of dementia. You may also meet other people who have Frontotemporal Dementia or Diffuse Lewy Body disease. Although they have some similar symptoms, each one is a very distinct disorder. It has a unique course and affects the brain in different ways. These distinctions can be observed in the way people think, feel, communicate and act with others over time. At the end of this session, participants will:

- Understand the unique features of each disorder and how they differ from each other.
- Be able to list diagnostic criteria for Alzheimer’s, Frontotemporal Dementia and Diffuse Lewy Body disease.
- Identify effective and practical ways to support the needs and cognitive strengths of people with each disorder.

**Presenter: Kevin Foley, MD**, Saint Mary’s Neuroscience at the Hauenstein Center, Grand Rapids, MI

## **(W2) The Art of Conversation: An Essential Ingredient in Building Relationships**

Communication and relationships are at the heart of good care. Conversation helps us to find a common ground for relating to another person. It also has the potential to create a comfortable mood and put someone at ease. Sometimes the conversation is a silent one, when we simply know how to ‘be’ with that person. Through exercises and ‘conversation-starters,’ participants will discover how to engage someone in conversation that has memory and communication challenges, and keep it going. People that attend this workshop will:

- Understand the importance of verbal and non-verbal communication in daily care.
- Learn two new ways to engage someone with dementia in a conversation.
- Feel more confident in continuing a conversations with people who have language difficulties.

**Presenter: Deborah Del Signore, MAAT, ART-BC;** Manager of Special Programs; Director, Alzheimer’s Special Care Unit; Manager of Creative Arts Therapies and Life Enrichment Services; CJE Senior Life, Lieberman Center for Health and Rehabilitation, Skokie, IL.

## **(W3) Empathy and Understanding - Tools for Assisting a Person in Distress**

Workers often report high stress in responding to people who wander, resist efforts to help them bathe, get dressed, or act in an aggressive manner. This workshop will focus on common distressing behaviors. Deedre Vriesman will discuss possible triggers and three proven approaches for understanding why a behavior may occur. Using interactive case studies, participants will learn how to develop care plans that apply creative problem-solving strategies. At the end of this session, participants will:

- Be familiar with three evidence-based models for understanding disruptive, need-driven actions of people who have dementia.
- Understand how to use Dr. Cohen-Mansfield’s TREA decision trees and categorize behavioral symptoms.
- Know how to use these models to assess distressing behaviors in a variety of situations.

**Presenter: Deedre Vriesman, MA,** Program Manager, The Woods at Maple Creek, Grand Rapids, MI.

## **(W4) Building Partnerships with Family Caregivers in Community Settings**

*(This session is for home health aides, private duty companions, adult day program and other direct care staff who work with families in their homes)*

This workshop will discuss strategies to help front-line staff build relationships with family caregivers who use community and home care programs. Beth Spencer will present areas of common concern to caregivers and discuss challenging situations that may arise for staff in working with client families. Learn how to identify when families may be at risk and when your own values may be in conflict with those of a family with whom you are working. Participants will also have an opportunity to practice identifying concerns and strategies that can guide your work with families. At the end of this session, participants will:

- Discuss ways to build caregiving partnerships with families in community programs.
- Identify signs that a caregiving family may be at risk.
- Identify personal issues, concerns and frustrations in working with families.
- List several strategies for developing a partnership.

**Presenter: Beth Spencer, MA, LMSW**, Clinical Social Worker, Turner Geriatric Clinic, East Ann Arbor Health & Geriatrics Center, Ann Arbor, MI.

**(W5) The Namaste Caregiving Approach to Helping with Daily ADLs**  
*(This session is for nursing assistants, home health aides and supervisors)*

Resisting help with personal care can be an unpleasant experience for the person who needs assistance and the one giving it. Namaste Care offers a different way of viewing and approaching ADLs together. It views each person as an equal being and partner in care. In this kind of relationship, care partners recognize signs of physical and emotional discomfort and how to assess unmet needs of someone in pain. Staff uses a gentle-touch and comfort care approach. As the result of attending this session, participants will:

- Discover the difference between a being a caregiver and care partner.
- Understand core values of Namaste Care.
- Identify potential reasons people with advanced-stage dementia resist help with ADLs.
- Learn creative ways to make ADLs a pleasant experience for both partners in care

**Presenter: Joyce Simard, MSW**, Adjunct Associate Professor, School of Nursing and Midwifery, University of Western Sydney, Australia; Geriatric Consultant and Author, Land O Lakes, FL. Developer of the Namaste Care Program and Pain Assessment Scale in Advanced Dementia (PAINAD).

**(W6) How to Juggle Work and Your Home Life with Confidence and Grace**  
**(Enrollment limited to 20 people)**

Many front-line caregivers have complex families, personal lives and jobs that place great demands on their bodies and emotions. Being successful at work and responsive to the needs of family and friends can be hard to manage at times. It may be a question of learning how to hold onto an emotional center that grounds and keeps us steady. Graceful juggling takes practice and skills. This interactive workshop offers practical tips and practice opportunities to try out strategies that can build confidence in your ability to manage your life and work. At the end of this session, participants will be able to:

- Identify specific stressors that challenge you most at work and at home.
- Define priorities that reflect what matters most in your life.
- Describe strategies that can help manage competing demands and priorities.

**Presenter: Maureen Sheahan**, PHI Midwest Training & Organizational Specialist, Southfield, MI.

**BREAK (3:00 – 3:15 pm)**

**Mid-Afternoon Workshops (3:15 -4:45 p.m.)** *Choose ONE of the 8 workshops below.*

**(W7) Fastening the Thread of Emotions: Being a Whole Person at Work**

*“Feelings are the most honest things about us. They are the expression of our spirit untainted by logic, reason and the inadequacy of the spoken word. They are the conversation between our heart and the world around us. They express what is important to us.”* (Quote by Judith Wright) Our lives are full of threads which we call emotions. Our core being is sewn together by these threads over time. Connecting to the emotions of people’s lives is the foundation of a relationship. It is also a key ingredient in giving

whole-person care. The voice and emotions of both people in caregiving relationships need to be heard. True person-centered care is demonstrated by:

- Naming emotions that people experience on the job.
- Understanding the impact these emotions can have on providing care.
- Employers who recognize that staff feelings matter and provide opportunities to address them.

Participants will be introduced to *NOSE - Nurturing Our Staff's Emotions Checklist*, a tool designed to evaluate the well-being of staff.

**Presenter: David Sheard, CQSW**, Director of Dementia Care Matters in Brighton, United Kingdom, is internationally recognized for his pioneering work in dementia care. The themes for this workshop come from David's book *Nurturing Our Emotions at Work in Dementia Care*.

### **(W8) Exploring Your Creative Potential** *(Registration is limited to 25 people)*

Many people resist the idea that they are creative. Yet this creativity is evident in everything we do. In the clothes we wear, how we solve a problem or juggle a job with raising children and caring for an older relative. This gift of creative ability can also be applied at work each day. *"Creativity encourages caregivers to adopt an open mind by letting go of preconceived ideas, accepting people for who they are, allowing for spontaneous encounters and learning to move with the rhythm of each interaction."* (Sarah Zoutewell-Morris, 2009) Art-making exercises will provide participants an opportunity to explore your own creativity and examine how it can be used to enrich caregiving experiences and improve teamwork on the job.

**Presenter: Deborah Del Signore, MAAT, ART-BC**, Manager of Special Programs, Director, Alzheimer's Special Care Unit and Manager of Creative Art Therapists and Life Enrichment Services, CJE Senior Life, Lieberman Center for Health and Rehabilitation, Skokie, IL.

### **(W9) What to Do With My Grief**

**This interactive session is designed for people currently dealing with issues of loss and grief.** It will begin with a review of major types of loss and range of emotional responses that people may encounter. Participants will have an opportunity through group exercises to explore and name their own grief experiences. Sister Jude Bloch will present strategies that can aid the process of addressing grief and integrating losses into our lives. As the result of attending this session, participants will:

- Understand the difference between grief and loss.
- Be able to list major types of loss.
- Identify a range of emotions that accompany a grief experience.
- Assess the degree of grief currently present in their lives.
- Learn strategies that assist in dealing with grief.

**Presenter: Jude Bloch, OP**, Dominican Sisters, Chaplain, Clark Retirement Community, Grand Rapids, MI.

### **(W10) Namaste Care: Endowing Quality in Advanced Stages of Life**

This session offers an in-depth look at Namaste Care, a caregiving approach developed by Joyce Simard. Namaste comes from a Hindu word and means, 'to honor the spirit within.' This inner spirit transcends illness and disease. It remains present up to a person's last breath. Namaste Care recognizes that the body and the spirit need to be nourished and offers practical methods to give ending-of-life care which sustains this inner core. By the end of the workshop, participants will:

- Recognize the value of weaving sensory experiences into daily caregiving activities.
- Describe what a daily schedule of caregiving activities looks like in a Namaste Care Program.
- Give three examples of positive differences that Namaste Care has made for individuals with advanced dementia and their families.
- Identify two Namaste Care practices that can be applied in your own place of work.

**Presenter: Joyce Simard**, MSW, Adjunct Associate Professor, School of Nursing and Midwifery, University of Western Sydney, Australia; Geriatric Consultant and Author, Land O Lakes, FL. Developer of the Namaste Care Program and Pain Assessment Scale in Advanced Dementia (PAINAD).

**(W11) Eat Well, Feel Well. Simple Strategies to Improve Your Health and Wellbeing**  
*(Registration is limited to 30 people)*

Science shows that people who make healthy food choices are more active, feel better and have more energy. This session offers tips for healthy eating at home, at work and when eating out. You have the power to take charge of your own health. Discover what your body may be telling you and how respond in a healthy way. Learn how to be a smart shopper on a tight budget and make healthy choices when short on time or feeling stressed. By the end of this session, participants will:

- Recognize the ways your own body responds to personal food choices.
- Understand how to read food labels and make healthy food purchases at the grocery store.
- Learn how pack healthier snacks, lunches and make better choices when eating out.
- Recognize that making healthy food choices will help you feel better about yourself and to be your best.

**Presenters: Nicole Marie Brown**, BS, Nutrition and Lifestyle Coach, Pinckney, MI. and **Nancy Fisco Miller**, Registered Dietitian, NASA Glenn Research Center, Cleveland, OH.

**(W12) The Art of Living: Taking Time to Care for Yourself**  
*(Registration is limited to 20 people)*

Caring for others can overwhelm our ability at times to cope with everyday stress. Research shows stress has a negative impact on physical, emotional and psychological well-being. The simple act of sitting quietly and calming the mind and the body can greatly reduce physical signs of stress. This session explores simple methods that can lower stress, help us be more in touch with our thoughts and aware of what matters most our own lives. At the end of this session, participants will:

- Understand research findings on the mind-body connection, stress reduction and well-being.
- Demonstrate simple practices of intentional and mindful breathing to reduce stress.
- Describe how these practices can be used in day-to-day work with people with memory loss and their families.

**Presenter: Laura Rice-Oeschger**, LMSW, Director, Early-Stage Programs, Geriatrics Center, University of Michigan, Ann Arbor, MI.

**(W13) Breathing and Meditation: Techniques to Help You Take Care of Others**  
*(Registration is limited to 20 people)*

Learn what you can do to pause in the whirl of activity and gather energy to continue the work of caring for others. The simplest and most powerful technique is free and literally right under our nose ... our breath. Airline attendants remind us, "when the need for oxygen comes, put on your own oxygen mask before assisting others." Proper breathing is the master key to good health.

**Presenter: Dorothy Ann Coyne**, Yoga and Meditation Instructor for more than 15 years, Inward Bound, Ann Arbor, MI.

**(W14) Nurturing Your Creative Spirit with Artistic Expression and Movement**  
*(Registration is limited to 25 people)*

Discover first-hand, personal benefits of taking part in visual arts and creative movement experiences. Participants will learn how to integrate creative rituals into daily practice, making creative expression an everyday choice. A toolkit for energizing minds and bodies with exercise will be provided. This approach to nurturing the heart and spirit can also support and build a sense of community. Participants will:

- Discover new and old methods for creative expression.
- Obtain a greater awareness of your own creative abilities.
- Be invited to identify and put one creative ritual into practice.

**Presenters: Lisa LaMarre**, Dancer, Education Director, Detroit Dance Collective and **Molly Landis**, ATR, Studio I Coordinator, Birmingham Bloomfield Art Center, Birmingham, MI.