



Jenerations Health Education, Inc.

## Sample Topics For Prospective Clients, Patients, Residents & Family Caregivers

### *Programs About Reducing Stress For The Caregiver*

#### **CRUISE Through Caregiving: How To Reduce The Stress of Caring For A Loved One**

On a scale of 0-100 is your stress level 150? Caregiving for a loved one who has acute or chronic illness is no vacation...but you can choose to cruise more smoothly through the process. This presentation will help family caregivers identify some of the major stressors involved in caregiving. Attendees will leave this presentation with strategies on how to minimize, manage and the prevent stress of caregiving following the CRUISE methods based on the book *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*.

#### **Know Thy Parent, Know Thyself: A Self-Exploration Journey For Caregivers**

This program is specifically for adult children of older parents who feel that caregiving is taking over their lives. Are your days filled with worrying about what will make your parent happy, healthy and safe? Are you also

balancing the needs of your children, job and friends? When was the last time you really took care of yourself? An open mind and the willingness to examine personal goals are key to enjoying this program.

### **Taking The Helm: Why Every Captain Needs A Crew In Caregiving**

Most caregivers taking care of a loved one struggle alone or with the help of just a few others. But caregiving is so much less stressful when there is a strong captain (primary caregiver), a few first mates (secondary caregivers) and numerous deckhands (tertiary caregivers). This program will demonstrate strategies for how the caregiver captain can take the helm by recruiting and maintaining a reliable crew.

## *Programs About Dementia Behavioral Management*

### **Beyond Memory Loss: Handling Personality Changes & Impulse Control Issues In Dementia**

Nearly everyone understands that people with Alzheimer's Disease and other types of dementia experience memory loss. What most people don't understand is why someone with dementia might exhibit odd behaviors or act so differently from the way they did before. This program will help you better navigate the symptoms of dementia that are difficult to understand and manage.

### **Foolproof Strategies For Preventing & Managing Aggressive Behavior In Dementia**

Persons with Alzheimer's disease and other types of dementia frequently exhibit behaviors that are difficult to understand, manage and treat. Perhaps the most challenging is when the patient acts out with physical, verbal or even sexual aggression. This straightforward program will also offer strategies for minimizing and eliminating aggressive behavior, increasing quality of life for the patient and making the caregiving experience less stressful.

### **Behaviors As Communication: Interpreting The Needs & Wants Of A Loved One Who Has Dementia**

Caregivers are frequently frustrated by the behaviors exhibited by those diagnosed with dementia. When we understand that these challenging

behaviors are sometimes the only way the patient can communicate, it helps us develop more patience and understanding. Join us for this informative program on interpreting body language, reading signals and navigating the mysterious behavioral language of dementia.

## *Programs About Mental Health & Caregiving*

### **Narcissistic, Borderline & Histrionic Personality Disorders In Caregiving: How To Survive**

Approximately 15% of all people have a personality disorder (DSM-5). These often undiagnosed conditions impair a person's ability to reason and relate effectively with others. If your loved one has a lifelong history of being overly dramatic, difficulty respecting boundaries, focusing exclusively on self, or a need for excessive attention, he or she may have a personality disorder or personality disorder traits. Join us for this interactive program that will help you better understand your loved one and how to avoid burnout caring for a person with narcissistic, borderline or histrionic personality disorders.

### **Boundaries In Caregiving: Preventing & Avoiding The Martyr Syndrome**

Caregivers are amazing individuals. They selflessly devote their time, energy and financial resources to making life better for a loved one struggling with a challenging health diagnosis. Despite their good intentions, many caregivers unintentionally take on too much, putting their own health and well-being at risk. When caregivers develop "the martyr syndrome" and are reluctant to look for or accept help, the consequences can be devastating. Join us for this interactive discussion on how to set limits in caregiving while still providing excellent care for your loved one.

### **Setting Boundaries With Older Loved Ones Who Have Personality Disorders**

Your loved one has been diagnosed with a personality disorder or you suspect that he or she has one. Caregiving is hard for everyone, but it's particularly difficult when your loved one has trouble respecting boundaries. This program will help you better understand your loved one,

determine what new boundaries in caregiving need to be set, and strengthen your resolve to uphold your boundaries.

## *Programs For Encouraging A Move To A Higher Level of Care (Perfect For Life Care Communities/Continuing Care Retirement Communities)*

### **When Your Older Loved One Suffers From Loneliness Or Social Isolation**

Is your older loved one socially isolated or lonely? Should you try to do something about it if they are? Isolation doesn't just negatively impact physical and mental health but also increases the risk that your loved one will be financially exploited or suffer other abuse. Join us for this informative program on how to determine if your loved one is suffering from isolation and/or loneliness and what you can do about it.

### **Where Do We Belong Now? Navigating The Practical & Emotional Elements of A Retirement Lifestyle**

Deciding whether or not to move out of your home is challenging. Is it too soon? Will I regret it? What are the pros and cons? This provocative presentation will help you answer questions about both the pragmatic and emotional challenges of moving as we age. This program will also offer tips so older adults and their family members can have meaningful conversations together to make the decision.

### **Rethinking Quality of Life When Your Loved One Has Memory Problems**

Isolation for older adults who have dementia and their family caregivers involves more than just loneliness—the literature suggests it’s downright dangerous for their health. Isolation doesn’t just negatively impact physical and mental health but it also increases the risk that an older adult will be financially exploited or suffer other abuse. This interactive session will help you determine if you or your loved one are isolated and solutions for becoming more socially engaged.

### **Taking The Helm: Why Every Captain Needs A Crew In Caregiving**

Most caregivers taking care of a loved one struggle alone or with the help of just a few others. But caregiving is so much less stressful when there is a strong captain (primary caregiver), a few first mates (secondary caregivers) and numerous deckhands (tertiary caregivers). This program will demonstrate strategies for how the caregiver captain can take the helm by recruiting and maintaining a reliable crew.

## *Programs About The Different Stages of Dementia*

### **Touring The Stages Of Alzheimer’s Disease: What To Expect During The Caregiving Voyage**

Most caregivers are utterly unprepared for the mid and late stages of dementia. This program utilizes the metaphor of travel for navigating the early, middle and late stages of Alzheimer’s disease. Caregivers will leave this program better equipped to handle and manage all the stages their loved one will endure.

### **Alzheimer’s Disease: Stages & Strategies For Care**

Most people understand that Alzheimer’s disease involves short term memory loss. But as the disease progresses the patient struggles with a variety of symptoms, including personality changes, poor judgment,

difficulty communicating and odd, unexpected behaviors. This program will help caregivers understand and better respond to the early, middle and late stages of Alzheimer's disease.

### **Navigating The Mid To Late Stages of Dementia (Without Falling Overboard)**

This program will cover the three stages of Alzheimer's Disease, focusing primarily on middle and late stages. What are the symptoms of these stages and how should we treat them? How should we communicate with patients transitioning through these stages? You will leave this program with a better understanding of how to handle the mid to late years of dementia without burning out.

### *Programs About Seasonal Topics*

#### **To Travel Or Not: 10 Tips For Vacations & Family Trips When You Are Caregiving**

Traveling with someone you love who needs care is not impossible but it takes a lot of pre-planning. Join us for this interactive program where you will learn how to determine if your loved one is up to taking a trip, how to best prepare for a trip and how to balance safety and fun on a vacation.

#### **Five Simple Steps For A Less Stressful Holiday Season While Caregiving**

The holiday season is supposed to be fun but it can become very stressful, especially when you are caring for an older loved one. Join us for this interactive program which will cover:

- Tips for having an enjoyable holiday while meeting your older loved one's needs
- Signs that your older loved one might need more assistance: what to look out for <sup>[[[</sup><sub>SEP]</sub> during holiday functions
- Why making decisions about care needs before the New Year is optimal
- If you should celebrate the holiday without your older loved one
- How to deal with negative feelings during what's supposed to be a joyful <sup>[[[</sup><sub>SEP]</sub> holiday season

## **Establishing New Traditions: Reframing Expectations For Holidays, Birthdays & Other Celebrations**

It's a dilemma most caregivers face at one point or another. The holiday season is coming up—should we bring Mom to the big family dinner? Or her 90th birthday is on the horizon—should we throw her a party? These are emotional decisions that need to be balanced with reason and logic. Join us for this interactive program so you will have an easier time deciding how to celebrate with those you care for.

## *Programs About New Ways Of Approaching Caregiving*

### **Promises In Caregiving: Why You Shouldn't Make Them & How To Undo Them**

Every day, families promise their older loved ones that they would never place them in a "home." Or they promise to never allow "strangers" to help out with care. Such promises often lead to excessive stress and guilt when caregivers realize that they can no longer keep them without sacrificing their physical and mental health. This interactive program will focus on how to face "The Promise" head on with positive, creative strategies.

### **They Are Who They Are: Getting The Best Out of Other Caregivers Who Are Helping You**

Primary caregivers are going to do a better job taking care of their loved ones (and themselves) if they have help from secondary and tertiary caregivers. Join us for this interactive program where Jennifer will guide you through the MET exercise from *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*. You will leave with a plan on how to better utilize family and friends who want to help.

### **The Doctor Doesn't Know Everything: Who Else You Need To Help You While Caregiving**

Doctors are smart and educated but if they are your only resource on the caregiving journey, you are missing out. Join us for this eye-opening program on where to find all kinds of other resources to help you and your loved one. Both you—and your doctor!—will be glad you came.

## *Programs About Better Dementia Communication*

### **Learning Your Loved One's New Language: Mastering Dementia Fluency**

Persons with dementia lose the ability to communicate like the rest of us. If you want to better understand your loved one, you must learn to become dementia fluent. This program will increase your understanding of what your loved one is trying to tell you. It will also help you adjust your communication strategies so your loved one better understands you.

### **Utilizing Validation, Therapeutic Fibbing & Other Strategies In Dementia Care**

Validation, therapeutic fibbing, reality orientation and redirection and are some of the most common ways to communicate and interact with those who have Alzheimer's Disease and other forms of irreversible dementia. This thought-provoking seminar will examine when these different strategies should be used and how to best determine what communication method will work for you and your loved one.

### **Stop Asking How Their Day Was: Connecting More Meaningfully With People Who Have Dementia**

When someone has dementia, asking questions like, "how was your day, Mom?" is often counterproductive. Join us for this interactive program on what to say to someone you love who has dementia and how to establish and maintain more meaningful connections. This program is particularly helpful for those who are visiting their loved ones in senior living communities or at another person's home.

## *Programs About The Complexities Of Dementia*

### **Cognitive Impairment and Falls: Understanding how Dementia Contributes to Falls**

New research provides avenues to understand how physical movement is affected by cognitive impairment. Even subtle cognitive changes such as Mild Cognitive Impairment (MCI) significantly impact balance and movement. Certain dementias are associated with motor impairment, which increases fall risk. There are specific behavioral issues, personality



factors and care issues that need to be recognized as fall risks. Comprehensive fall risk assessment and strategies for management are incorporated into this presentation.

### **Research Update in Alzheimer's Disease: The Cutting Edge**

An overview of current Alzheimer's Disease (AD) treatment research is presented with an emphasis on amyloid clearing agents. The major pathways leading to beta-amyloid production are explained briefly and the direct linkage to current research approaches to amyloid clearance is presented. The rationale for the paradigm shift of utilizing amyloid clearing agents in individuals with pre-clinical AD and/or Mild Cognitive Impairment (MCI) versus individuals with established diagnoses or AD is explicated.

### **What Should I Believe? Drawing Practical Conclusions From New Studies On Alzheimer's Disease**

New studies about dementia and Alzheimer's disease seem to appear daily on morning television programs, in the newspaper and on social media. How do you determine what is relevant to you and your loved one's situation? This program will help dementia caregivers better navigate, and when applicable, apply news stories and research to their lives.

### *Programs That Help You Look At Dementia Differently*

#### **Nancy Reagan's Dementia Caregiving Approach: Helpful Or Harmful For You?**

Former First Lady Nancy Reagan was a champion for Alzheimer's patients and a devoted caregiver to her husband. As one of the first public dementia caregivers, she has served as example that many caregivers look up to. Learn which strategies of Mrs. Reagan's you should strive to emulate and which ones don't work well for dementia caregivers currently in the trenches.

#### **How Children Are Your Secret Weapon: Why You Should Include All Generations In Dementia Caregiving**

Babies and little kids don't judge. They don't measure whether your loved one is "remembering better" than last week or not. They don't care if your loved one can no longer speak. Children are invaluable to helping persons with dementia enjoy quality of life. Join us for this interactive session on how to integrate kids and every generation into dementia caregiving.

### **When Your Spouse Has Dementia: Maintaining Intimacy In Your Relationship**

Often when spouses serve as caregivers for their husbands or wives, their relationship dramatically changes. Meaningful conversations, romance, and even sexual intimacy are replaced with medical discussions, providing personal care and treating the spouse more as a child than a partner. This seminar will offer tips on how to restore intimacy and satisfaction to your marriage while providing quality care to your spouse who has cognitive, mental health or physical challenges.

### *Programs About Family Dynamics & Dementia Caregiving*

#### **Setting Limits in Dementia Caregiving: Avoiding and Preventing Martyr Syndrome**

Do you decline when others ask how they can help out with your loved one who has dementia? Do you feel like you are the only one who can take care of your loved one the "right way?" This program will help you determine if you are martyring yourself in the name of caregiving and how to stop if you are.

#### **When Nobody Else Gets It: Dealing With People Who Don't Understand The Dementia Diagnosis**

"Mom seems fine to me," says your sister who lives in another part of the country. "She's not fine! She can't even remember our names half the time," you reply. You are not alone. This exasperating conversation occurs in families just like yours on a daily basis. Join us for this interactive program on how to handle people in your life who just don't understand your loved one's diagnosis.

## **Coping With Family Estrangements In Dementia Caregiving**

Sadly, family estrangements happen frequently. Sometimes the rift occurs because of distance or misunderstandings. In other cases there are more serious abandonment or betrayal issues involved. When family members begin caring for loved one with dementia, old hurts can bubble to the surface while new ones develop. Step-family drama, adult sibling rivalry, martyr syndrome, toxic parent/child relationships from prior generations and dysfunctional family patterns will be explored. This down-to-earth discussion will focus on helping family caregivers in identifying the best options for dealing with family estrangements while ensuring quality care for their older loved ones who have dementia.

## *Programs About Different Types of Dementia*

### **Understanding Different Dementias: Types, Causes & Treatments**

Alzheimer's Disease is the most well-known type of dementia but there are many others that impact older and younger adults. Join us for this informative program to further your understanding of the types, treatments and causes of dementia. You will leave this program better understanding what resources are there to help you handle your loved ones' specific diagnosis.

### **But I'm In My Fifties: The Myths & Realities Of Young Onset Dementia**

While most cases of Alzheimer's disease and dementia occur well after age 65, young onset dementia is a growing concern in the United States. Approximately 200,000 Americans are living with young-onset Alzheimer's disease, mostly symptomatic in their fifties. This program offers perspectives on the genetic component of these conditions, getting a diagnosis and how to tackle the unique issues like finances, child care and career that impact these patients in later middle age.

### **Navigating The Complex World Of Lewy Body Dementia**

Lewy Body Dementia impacts 1.4 million Americans yet it is still widely misunderstood. Join us for this eye-opening interactive conversation on how Lewy Body dementia is different from Alzheimer's disease and other irreversible causes of dementia. Diagnosing, treatments, risk factors and best practices for treating patients will be explored.

