

Outline

Cognition and Memory: Clinical Examples

Normal vs. abnormal memory/cognitive decline
 Mild Cognitive impairment (MCI) vs. Mild Alzheimer's disease (AD)
 Relationship to Executive Functions (EF)
 Frontal lobe and attention: The impact of TBI, CVA, MCI
 Delirium: The importance of identification and treatment

COGNITIVE & MEMORY INTERVENTION FOR ALZHEIMER'S * TBI * CONCUSSION * STROKE

Co-Morbidities/Reversible Factors Affecting Cognitive/Memory Function and How to Intervene

Depression: Assessments, non-medication therapy, referral needs
 Sleep issues: Sleep hygiene program, environmental strategies
 Mental/physical inactivity: Cognitive stimulation activities, exercise programs/guidelines
 Vision and hearing loss: Age related impact, sharpen your observational skills
 The Hippocampus: Latest research and how to influence age related changes
 Marijuana: Use of and impact on cognition/memory

Cognitive Assessments: Hands-on Activities

Quickly identify mild cognitive/memory changes/deficits
 Choose the best assessments to use for specific issues/areas
 Limitations and strengths of assessments used for cognitive functioning

Interventions for Managing Cognitive/Memory Decline

Computer-based Cognitive Training: What does the evidence say?
 Spaced Retrieval: Incorporate into treatment, baseline for client education
 Compensatory strategies: Lists, calendars, skill set money management
 Physical exercise: Best type, program implementation strategies
 Communication: Effective stage appropriate strategies, environmental factors

Interventions for Independence, Mobility, Safety and other ADLs/IADLs

Falls: Computer-based training, decrease risk, dual tasking
 Driving: Clinical assessment tools, strategies for cessation of driving, state requirements
 Medication administration: Strategies for adherence, caregiver training
 Home management: Adaptive equipment, strategies for home safety, appropriate discharge environment to assure safety and highest functional level
 Communication: Strategies for working with physicians and caregivers

Live Seminar & Webcast Schedule

(Times Listed in Eastern)

7:30 Check-in/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
 Actual lunch and break start times are at the discretion of the speaker.
 A more detailed schedule is available upon request.

Objectives

1. Assess the limitations and strengths of the most commonly used cognitive assessments to inform client's level of functioning.
2. Utilize an assessment tool that quickly determines a client's ability to retain new information.
3. Implement effective treatment interventions, including Computer-Based Cognitive Training, in the management of memory/cognition decline.
4. Characterize at least six conditions/co-morbidities that impact cognitive/memory function and design intervention strategies that with remediation, may lead to an improvement in cognition/memory ability.
5. Categorize normal vs. abnormal cognitive/memory deficits and implement appropriate interventions.
6. Implement effective functional intervention strategies that will have an impact on a client's functional cognitive/memory status as well as ADL/IADL independence.

The nation's top speakers and authors contact PESI first.
 If you are interested in becoming a speaker or have a new topic idea,
 please contact Cyndi Postlewaite at cpostlewaite@pesi.com or 715-855-5253.

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Cognitive & Memory Decline Assessment & Intervention

Effective Techniques for Alzheimer's, TBI, Concussion and Stroke

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 Thursday, June 6, 2019

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Cognitive & Memory Decline Assessment & Intervention

Effective Techniques for Alzheimer's, TBI, Concussion and Stroke

- Master up-to-date techniques to increase cognitive ability and slow memory loss
- Evidence-based interventions to make new neural connections
- Why you can't afford to misidentify the root cause of your client's cognitive decline
- The single greatest intervention that positively affects cognitive/memory decline
- Cognitive stimulation activities, exercise programs and non-medication therapy for depression, sleep issues, mental inactivity and more

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Cognitive & Memory Decline Assessment & Intervention

Often overlooked, many co-morbidities and reversible factors can complicate accurate identification of the root cause of your client's cognitive/memory decline—leading you down a frustrating treatment path that fails to get results.

This dynamic and interactive training will leave you confident in your ability to intervene with cognitive/memory decline related to early stage Alzheimer's, Traumatic Brain Injury (TBI), concussion, Cerebral Vascular Accidents (CVA's) and Mild Cognitive Impairment (MCI). You will learn the latest evidence-based assessment and treatment interventions for cognitive/memory impairment as well as master the insight necessary to select the most appropriate interventions and safe discharge environments. We will also discuss the impact of ethnicity, education level, obesity, diabetes and other contributing factors that must be considered in the intervention of cognitive/memory decline.

Attend and you will learn:

- Cognitive stimulation activities, exercise programs and non-medication therapy for depression, sleep issues and mental inactivity
- Computer-based cognitive training, compensatory strategies, spaced retrieval and effective and safe environmental interventions
- Assessments for executive function, fall risk, driving ability and overall safety
- Evidence-based interventions to make new neural connections
- How to prioritize treatment sessions to focus on your client's functional deficits
- Effective communication strategies for dealing with client's, families, peers and MD's

The negative implications of misaligned client assessment and treatment interventions are far too important for you to be uncertain and unprepared. **Register today!**

Speaker

MAXWELL PERKINS, MS, OTR/L, is an occupational therapist with extensive experience with interdisciplinary clinical management focusing on the geriatric population. His clinical focus is on effective assessment and intervention for older adults experiencing memory/cognition issues in a variety of clinical settings including, acute inpatient/outpatient and skilled nursing facilities. Maxwell is an independent consultant/educator and previously served as the rehab education director for two large health care organizations.

Maxwell co-authored the article, "Interdisciplinary Team Approach in the Rehabilitation of Hip/Knee Arthroplasties", which was published in the *American Journal of Occupational Therapy*. He presents workshops at both the local, regional and state level and is a guest lecturer in the Pacific University Occupational Therapy program in Forrest Grove, Oregon.

Maxwell earned his MS in health care policy and administration from Mercer University and his BS in occupational therapy from the Medical College of Georgia.

Speaker Disclosures:

Financial: Maxwell Perkins is an independent consultant. He receives a speaking honorarium from PESI, Inc. Non-financial: Maxwell Perkins is a member of the American Occupational Therapy Association.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on June 5, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesirehab.com/webcast/71335

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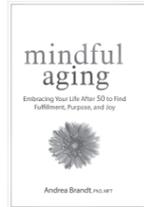
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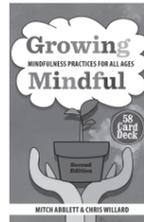
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Growing Mindful, 2nd Edition

Mindfulness Practices for All Ages 58 Card Deck

By Mitch R. Ablett, Ph.D. & Christopher Willard, Psy.D.

This favorite resource for therapists, educators, parents and kids, makes teaching and incorporating mindfulness into your home, classroom and therapy session super easy and fun. Now in its 2nd Edition—the updated *Growing Mindful* card deck features 56 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness and curiosity. Perfect for all ages!

Target Audience: Occupational Therapists • Occupational Therapy Assistants • Speech-Language Pathologists • Physical Therapists • Physical Therapist Assistants • Social Workers • Nurses • Nursing Home Administrators • Assisted Living Administrators • Long Term/Acute Care Professionals • Case Managers • Activity Directors • Recreational Therapists • Psychologists

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

NURSING HOME ADMINISTRATORS: This program has been submitted (but not yet approved) for 6.25 continuing education clock hours and 6.25 participant hours from NAB/NCERS. Call our customer service department at 1-800-843-7763 for further information.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

MARYLAND PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

VIRGINIA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

PSYCHOLOGISTS: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

DISTRICT OF COLUMBIA PSYCHOLOGISTS: Please contact our customer service department at 800-844-8260 or info@pesi.com for the most current information.

APPROVED PROVIDER PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists & Audiologists must complete the post-test and evaluation within two weeks of attending the live webcast if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesirehab.com.

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

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___ Seminar on CD* (audio) \$169.99 (RNA063685)

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