

# *Société Alzheimer Society*

M O N T R É A L



## **LECTURES & TRAINING GUIDE**

**For caregivers and professionals**

**2009 – 2010**

**Société Alzheimer de Montréal**

5165, rue Sherbrooke ouest, bureau 410

Montréal (Québec) H4A 1T6

Tél. : 514-369-0800

Télec. : 514-369-4103

[www.alzheimermontreal.ca](http://www.alzheimermontreal.ca)

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## INTENTION OF THIS GUIDE

As the Canadian population rapidly ages, Alzheimer's disease and related disorders (**ADRD**) is becoming a major concern for individuals, caregivers, and health and social service agencies alike.

In response to a growing need for appropriate intervention approaches, the **Alzheimer Society of Montreal** has developed a series of lectures and training sessions that offer a humanistic perspective on the best practices of care provided to persons living with ADRD.

Our lectures and training sessions promote a **Person-Centred Approach** to care. This approach favours an enhanced quality of life for the person with the disease, and helps improve the lines of communication, thereby reducing stress levels and difficult behaviours that tend to result from such stress.

This guide is intended to assist you in choosing the most appropriate lecture or training sessions. Please note that these are offered upon request and in no particular order, year-round.

The **lectures** highlighted in this guide provide participants with a clear demystification and overview of most up-to-date findings about Alzheimer's disease and related disorders. Please read on to the next section for more detailed information.

Our **training sessions** meet the growing needs of long-term care facility and residence staff, among other professionals, who are increasingly called on to offer care or guidance to people with ADRD. These interactive sessions allow participants to walk away with impacting tools, approaches and a deepened reflection to continue fuelling their learning.



For more information or to register,  
please contact us: 514-369-0800  
By email : [iasayed@alzheimermontreal.ca](mailto:iasayed@alzheimermontreal.ca)

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## LECTURES 1 hour

Lectures mainly focus on demystifying Alzheimer's disease and related disorders (ADRD). They help build a good overall understanding of the symptoms and realities of a person living with the disease, and are catered to the general public, caregivers, professional caregivers, as well as to volunteers.

Lectures last up to an hour, followed by a question-and-answer period. These lectures are available upon request, and require a minimum of 10 participants.

### Demystification points included in all lectures

- Normal signs of aging and cognitive changes
- Dementia : definition and different types
- Ten warning signs
- Heredity
- Prevalence and progression of the disease
- Diagnosis and treatment
- Risk factors related to ADRD
- How to help reduce your risk of developing ADRD

### LECTURE TOPICS

1. Shedding light on Alzheimer's Disease and Latest Research Results
2. Demystifying Alzheimer's Disease and Introduction to Communication
3. Lecture for Professionals: Communicating and Expressing Needs
4. Lecture for Volunteers: Alzheimer's Disease and the Role of Volunteers
5. Lecture for Caregivers: Caregiver Health and Communication
6. How to Discuss Alzheimer's Disease with Friends
7. Lecture for Caregivers: Stimulating Activities for People with Alzheimer's Disease

### LECTURE FEES

TYPES OF ORGANISATIONS	FEES
Non-profits, community organisations and public education institutions	On donation basis
Professionals from all fields and private service agencies	<b>\$100</b>

***See next page for a description of these lectures...***

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## LECTURE SUMMARIES

### **1. Shedding light on Alzheimer's Disease and Latest Research Results**

In this information session, participants learn about the symptoms and risk factors of Alzheimer's, and about how the disease progresses. In addition, they receive up-to-date information on current research and medications prescribed to treat Alzheimer's disease and related disorders. Tips for prevention are also emphasised.

### **2. Demystifying Alzheimer's Disease and Introduction to Communication**

This lecture addresses the symptoms, risk factors, and medication that are currently available. Participants are also introduced to communication techniques that can be adapted to people living with Alzheimer's disease.

### **3. Communication and Alzheimer's Disease – For Professionals**

The most important part of caregiving involves adapting communication to the abilities of the affected person. That is the main theme of this lecture. Our strategies reflect a Person-centred Approach and are adapted for professionals who work with people with ADRD.

### **4. Alzheimer's Disease and the Role of Volunteers**

During this lecture, volunteers learn about the symptoms and risk factors of Alzheimer's, and about how the disease progresses. They will also learn how to effectively communicate with people living with ADRD in the context of their role as a volunteer.

### **5. Caregiver Health and Communication – For Informal Caregivers**

Specially designed for family caregivers, this lecture provides participants with helpful strategies to improve communication with their loved one. Caregivers also receive information on how to maintain their own health and well-being, and learn about support services available in the community.

### **6. How to Discuss Alzheimer's Disease with Friends**

Alzheimer's disease presents many challenges for both the caregiver and the affected person. It can be challenging for caregivers to socialize or to have friends and family over. This lecture is for people who are in close contact with families living with Alzheimer's disease. The lecture offers tools to facilitate social contact, as well as making friends and neighbours aware of potential challenges.

### **7. Lecture for Caregivers: Stimulating Activities for People with Alzheimer's Disease**

As the disease progresses, it becomes increasingly challenging for caregivers to find stimulating activities that the person with Alzheimer's will enjoy. This lecture provides caregivers with activities that can be adapted to the residual abilities of the person with the disease. We will also discuss types and length of activities, as well as how to adapt the environment to fit the needs of a person with ADRD.

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## TRAINING SESSIONS 3 hours

Training sessions are designed to provide information, tools and resources that enable professional caregivers to increase the quality of life of people with Alzheimer's disease and related disorders. A variety of caregivers can benefit from this training: nurses, social workers, nurses' aids, recreational therapists, as well as all administrators of support programs and services offered to individuals with the disease.

Sessions last 3 hours, with the exception of the **Person-Centred Approach to Care**, which lasts **4 hours**. A minimum of 12 participants and a maximum of 25 are required in order to foster a stimulating and participatory learning environment. Participants receive literature and a Certificate of Participation upon completion.

### TOPICS

1. Demystifying Alzheimer's Disease and Introduction to Communication
2. Communicating and Expressing Needs
3. Memory's Footprints
4. Easing the transition to Assisted Care Living
5. Stimulating Activities for People with Alzheimer's Disease
6. The Volunteer's Role and Alzheimer's Disease
7. Alzheimer's Disease and Related Disorders: A Person-Centred Approach to Care \* (**4 hours**, see training fees)

### TRAINING FEES – per group, per session

3-hour training sessions	\$ 275
*A Person-Centred Approach to Care, <b>4 hours</b>	\$ 350

### Conditions

- We strongly encourage a member of management / administration to participate in training sessions.
- Number of participants required per session: minimum 12; maximum 25.
- Fees must be paid in full, two weeks before the training begins.
- Cancellation with full refund: Fourteen days before the scheduled date of the training session.
- Cancellations made seven days before the scheduled date will be subject to a late cancellation fee of 30% of the total amount paid.
- No refund will be given for a cancellation made less than six days before the scheduled start date of the training.
- Upon agreement, dates can be changed before the scheduled start date of the training session.
- Training content can change without notice.

**See next page for a description of training sessions...**

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## TRAINING SESSION SUMMARIES

### **1. Demystifying Alzheimer's Disease and Introduction to Communication**

This training focuses on the symptoms and risk factors of Alzheimer's disease, as well as the medication that are currently available. Participants will also be introduced to communication techniques that can be adapted to the abilities of any person with ADRD.

### **2. Alzheimer's Disease: Communicating and Expressing Needs**

This session focuses on how Alzheimer's disease and related disorders progress. Participants will learn about the needs and communication difficulties of affected people. The second part of the session provides an understanding of difficult and challenging behaviours as a means of expression. Participants also learn new strategies to help cope with such behaviour-related difficulties.

### **3. Memory's Footprints**

During this hands-on training, participants gain a first-hand experience of living with ADRD. Through interactive exercises and particular attention paid to perceptions and stereotypes associated with people affected by the disease, positive and constructive adaptation techniques to everyday situations emerge and are explored in this session.

### **4. Easing the Transition to Assisted Care Living**

Moving into an assisted living residence can be a very emotional and stressful process for all parties involved. This session provides professionals with a framework for including families in the admission and housing adjustment process. This approach is an excellent way to create individualised care that succeeds in meeting the resident's needs, as well as their ability to integrate themselves in their new environment.

### **5. Stimulating Activities for People with Alzheimer's Disease and Related Disorders**

As the disease progresses, it becomes increasingly challenging for care providers to develop stimulating activities. In this training, participants share their ideas for activities, study the therapeutic benefits of activity programs, and re-evaluate their own programs. The following subjects will be addressed: establishing an activity program; creating a suitable environment; evaluating needs and available resources.

### **6. The Volunteer's Role and Alzheimer's Disease – Training for Volunteers**

This session provides volunteers with appropriate skills and tools to apply when visiting a person with ADRD. Topics include: demystification of the disease; communication techniques; the volunteer's role, and ADRD-specific activity planning.

### **7. Alzheimer's Disease and Related Disorders: A Person-Centred Approach to Care**

This interactive training promotes an approach that focuses on the person with Alzheimer's versus the person's Alzheimer's. Topics include: demystifying the disease; improving communication, as well as an exploration of the meaning behind difficult behaviours, followed by useful tips and suggestions for overcoming related challenges.