12th Annual Martin Family Alzheimer’s Disease Caregiver Symposium

**Thriving as a Caregiver:**
A Resilience Guide

Friday, September 28, 2018
8:00 am to 3:30 pm

IU Health Neuroscience Center
Goodman Hall Auditorium
355 W. 16th Street
Indianapolis, IN  46202
What to Expect:

The Indiana University School of Medicine’s Indiana Alzheimer Disease Center (IADC) presents *Thriving as a Caregiver: A Resilience Guide* to help caregivers be prepared to care for themselves and the person with dementia and do so successfully. In addition, the program includes our annual update regarding research and how you can get involved.

The 2018 caregiver symposium is designed for those who care for people with dementia and other related neurodegenerative disorders. The program is beneficial to both family caregivers and professional care providers as topics include:

1. IADC research past, present and future directions.
2. Providing basic personal daily care without battles.
3. A holistic approach to speech and language therapy to improve communication and activity participation.
4. Addressing legal and financial issues early in the process.
5. Personal caregiving stories will be shared.

**OBJECTIVES:**

At the conclusion of this program, participants will:

- Appreciate the current state of research in AD and related dementias.
- Identify successful strategies to assist persons with dementia with daily care.
- Learn about speech and language therapy and how it can help with communication and activities.
- Understand the key financial and legal decisions that should be made early when caring for a person with dementia.
- Appreciate the caregiving stories and lessons learned from other caregivers.

**REGISTRATION:**

Thanks to the generous support of our sponsors, the 2018 symposium is offered free of charge, however, registration is required. **Please register online by clicking here:** [Martin Family 2018 Registration](https://is.gd/Martin_Family_2018).

If unable to register online, call 317-963-5500 or email [iadc@iu.edu](mailto:iadc@iu.edu) to register or learn more about this program. If needed, you may also type the following in your browser window - https://is.gd/Martin_Family_2018.

IADC staff wants everyone to feel welcome at this event. If you have a disability and need an accommodation to participate in this program, we will try to provide it. Please contact us with your needs **72 hours prior** to the event by calling (317) 963-7297.

**LOCATION:**

Goodman Hall Auditorium, IU Health Neuroscience Center is located at 355 W. 16th Street in Indianapolis, IN. Parking is available in Goodman Hall Garage, located at the corner of Missouri and 15th Street (362 West 15th Street for GPS purposes). Parking fee is a maximum of $5 per day. Automated payment machines are located inside.
AGENDA

8:00 am    Check-in, Complimentary Breakfast and Exhibit Tables

8:45 am    Welcome and Introductions
Mary Guerriero Austrom, PhD
Kate Kunk, RN, CIRS-A/D —CICOA
Patrick Schaecher — Gift Development IUSM

9:00 am    IADC Research Update
Andrew J. Saykin, PsyD—Director, IADC

Keynote:

9:45 am    Evidence-based Practices to Care for Behaviors, Medical Events, and Activities of Daily Living
Sheryl Zimmerman, PhD

10:45 am   Break — Visit exhibits

11:00 am   Keynote:
Hello...Is It Me You’re Looking For? Using Speech Therapy to Enhance Effective Communication and Activity Participation For Those with Dementia.
Julia Walker, MA, CCC-SLP, DCCT
(Note: Psychiatry Grand Rounds)

12:00 pm   Complimentary Box Lunch — Visit exhibits

12:45 pm   Research Participant Panel
Mary Estrada
Bobby King
Anita Harden, JD
Kelli Norton, BS, CCRP
Monica Oclander
Mollie Richards, MS Ed, OTR/L

1:40 pm    Legal and Financial Advice
Getting Your Legal and Financial Ducks in a Row
Anita Harden, JD

2:15 pm    Afternoon Stretch Break: Visit exhibits

2:30 pm    Caregiver Panel
Denise Saxman, MSW, LCSW, Moderator
Shelley Suarez, MSN, RN, CNOR
Anita Harden, JD
Timothy B. Yates, BFA

3:30 pm    Closing Remarks and Program Evaluation
Mary Guerriero Austrom, PhD
SYMPOSIUM FACULTY AND PRESENTERS:

COURSE DIRECTOR: Mary Guerriero Austrom, PhD, Associate Dean of Diversity Affairs, Wesley P. Martin Professor of AD Education, Department of Psychiatry, IUSM. She is the leader of the Outreach and Recruitment Core for the Indiana Alzheimer Disease Center (IADC) and also a member of the graduate faculty, an adjunct professor in the School of Nursing, and an affiliated scientist at the IU Center for Aging Research. Her research and clinical interests include non-pharmacological interventions for people with dementia and their caregivers. She speaks to groups nationally and internationally about her work.

Anita A. Harden, JD, an Indianapolis native, received a law degree from the University of Houston, TX and was admitted to the Indiana Bar in 1995. Anita is the principal attorney at Anita A. Harden Elder Care Law Office, where she serves as an advocate for senior citizens. Anita is the Past Chair of CICOA Aging & In-Home Solutions’ Operating Board of Directors. She also serves on the IADC’s Community Advisory Board. Anita was a caregiver for her mother and father, who both had Alzheimer’s disease, and to her aunt with vascular dementia. Anita is also a research participant at the IADC.

Andrew J. Saykin, PsyD, is the Raymond C. Beeler Professor of Radiology and Imaging Sciences and Director of both the IADC and the Indiana University Center for Neuroimaging. Dr. Saykin’s research focuses on using advanced brain imaging and genetics to understand disorders affecting memory and cognition. Advances in brain imaging have become increasingly important for the early detection of these disorders. He is Editor-in-Chief of Brain Imaging and Behavior.

Julia Walker, MA, CCC-SLP, DCCT, is a Speech Language Pathologist with a master’s degree from Western Michigan University. She has practiced for 23 years, specializing in working with patients who have dementia and their families. Julia is a certified dementia care specialist and has devoted her practice to dementia care for the past 15 years in order to increase her patients’ safety, independence and quality of life and to reduce the caregiver’s burden of care.

Sheryl Zimmerman, PhD, is a University Distinguished Professor and Co-Director of the Program on Aging, Disability, and Long Term Care, Cecil G. Sheps Center for Health Services Research, University of North Carolina at Chapel Hill. Dr. Zimmerman was centrally involved in developing the Alzheimer’s Association 2018 Dementia Care Practice Recommendations, and has developed evidence-based practices to help caregivers respond to medical events and provide care for activities of daily living. Dr. Zimmerman has received two career awards from the National Institutes of Health, written books and manuscripts, and is Co-Editor-in-Chief of JAMDA – the Journal of Post-Acute and Long-Term Care Medicine. In 2016, Dr. Zimmerman was recognized as the nation’s top-ranked social work scholar in aging.

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RESEARCH PARTICIPANT PANEL:

Hear from IADC research participants about their motivation and experience as volunteers.

Mary Estrada

Anita Harden, JD. – see bio above.

Bobby King is a former journalist with The Indianapolis Star who now works in the development office at the Indiana University School of Medicine. Shortly after his arrival to the medical school in April, he learned about the Alzheimer’s disease research of Dr. Liana Apostolova. He was compelled to volunteer as a control subject in her study of early onset Alzheimer’s disease.

Kelli Norton, BS, CCRP has been working in academic research on the IUPUI campus for more than 25 years. She is currently the manager of the IU Simon Cancer Center Survivorship Research Program, which aims to build a robust portfolio of research projects focusing on prevention and early detection as well as survivorship and supportive care. Her experience and exposure spans the research spectrum; she has recruited participants into research studies, provided direction and management for clinical research teams and programs and she is a research participant in the IADC.

Monica Oclander

Mollie Richards, MS Ed, OTR/L is experienced in rehabilitation management and skilled as a Cognitive Stimulation Instructor. Mollie has been educating and counseling people about the challenges of Alzheimer’s disease and other dementias for over 20 years. She is a volunteer for the Alzheimer’s Association and a member of the IADC Community Advisory Board.

PLANNING COMMITTEE:
Mary Guerriero Austrom, PhD
Daniel Bateman, MD
Nicole Fowler, PhD
Yvonne Lu, RN, PhD
Andrew J. Saykin, PsyD
Sophia Wang, MD
Donna Wert

BEVERAGE SPONSOR:
CAREGIVER PANEL:

Anita Harden, JD. – see bio above.

Denise Raley Saxman, MSW, LCSW, Program Director, Alzheimer’s Association, Greater Indiana Chapter (AAGI), earned her MSW from IU in 1994 and has worked in the healthcare field ever since. Denise has worked for the AAGI for ten years and for the past two has been Program Director responsible for managing all client and professional services for the 73 counties served by AAGI. She has participated in numerous Chapter initiatives nationally and was on the workgroup that developed the National program on Communications and Behaviors for family and professional caregivers. Previously, she worked as a home hospice social worker in Maryland.

Shelley Suarez, MSN, RN, CNOR is a Senior Research Manager at Regenstrief Institute. For over 30 years, Shelley has been in healthcare serving as a registered nurse within the IU Health system. In addition to hospital setting education, Shelley has served as faculty for the IU School of Nursing and Marion University with a focus on nursing research. She served as a full board member of the IU IRB for over seven years (2009-2017) for both IRB-5 and IRB-3. Her focus is on studies that involve Alzheimer’s disease and the impact on the caregiver. She is the POA for her elderly mother and step-father, both of whom suffer from dementia.

Timothy B. Yates, BFA is Photographer and Graphic Designer for the Office of Visual Media at IU School of Medicine. He has a BFA in Visual Communications. He has been caregiver for his father.

EXHIBITORS:

(Control Click) Martin Family 2018 Registration
or type in your browser https://is.gd/Martin_Family_2018