



# COLLABORATING to meet the COMPLEX NEEDS of *OLDER ADULTS and THEIR CAREGIVERS*

Friday, June 2, 2017 8:00 AM - Noon

8:00 am – 8:20 am Sign In and Continental Breakfast

8:20 am – 8:35 am WELCOME and CASE INTRODUCTION

8:35am – 9:20am **UNDERSTANDING THE NEEDS of FAMILY CAREGIVERS**

**Jessica Rowe, MSW, LCSW-C**

- Owner, Jessica Rowe ElderCare Consulting, LLC, providing Aging Life Care Management
- Instructor, Johns Hopkins University Odyssey Program Certificate on Aging
- Working with older adults and families for over 30 years

*It is important to help family members recognize that they are “caregivers”. We will discuss the emotional, physical, and practical challenges of caregiving for an older relative in the community, and identify strategies to help caregivers to establish realistic expectations for their role.*

9:25am – 10:10am **ASSESSMENT and MANAGEMENT of OLDER ADULTS with  
PSYCHIATRIC DISORDERS: Making the Most of Limited Resources**

**Elizabeth Galik, PhD, CRNP, FAANP**

- Associate Professor, University of Maryland School of Nursing, Research/Teach in Adult and Geriatric Nurse Practitioner Program
- Nurse Practitioner, Integrate COPPER RIDGE, providing symptom management to older adults in LTC setting; Clinical Practice in Dementia Symptom Management

*Care of older adults with psychiatric disorders is complicated by the lack of psychiatric providers and services. Session will describe common psychiatric disorders of older adults, strategies for assessment of symptoms and potential care principles that all healthcare providers can utilize to optimize psychiatric care for these clients, given limited resources.*

-----10:10 – 10:20 AM BREAK-----

10:20am – 11:05am **DEMENTIA CARE STRATEGIES: Role of Occupational Therapy Services**

**Deny Stiasny, MS, OTR/L**

- Rehabilitation Department, Johns Hopkins Bayview Medical Center
- Clinical Coordinator of Special Programs: Hopkins ELDERPLUS, In-Patient Acute Psychiatry, Community Psychiatry

*Strategies on how to cope with caregiver stress/burden. Recommend and model a care approach to preserve the ability of a person with dementia to feel safe and engaged in daily living and leisure activities. Describe modifications to promote a supportive environment through adaptation and compensation.*

11:05am – 11:50am **INTERPROFESSIONAL CASE DISCUSSION - Attendees and Speakers**

NOON – EVALUATION/Conference Concludes/CERTIFICATES

**PROGRAM PROVIDED BY the Nursing Education Department of Meritus Health, jointly with:**

- **Geriatrics and Gerontology Education and Research program, University of Maryland Baltimore**
- **Johns Hopkins Geriatric Workforce Enhancement Program**
- **AHEC West**
- **Allegany College of Maryland**

**LOCATION:** Robinwood Professional Center, 11110 Medical Campus Rd, Hagerstown, MD  
Room 142, Blue or Silver entrance; Link for directions and map: [www.meritushealth.com](http://www.meritushealth.com)

**Upon completion of the training, participants should be able to:**

- *Explain the importance of family members identifying as “caregivers”*
- *Describe the use of screening tools for caregiver assessment*
- *Identify strategies to help caregivers have realistic and reasonable expectations for their role and responsibilities*
- *Describe common psychiatric disorders of older adults*
- *Identify strategies for assessment of symptoms related to psychiatric disorders*
- *Describe potential care principles that healthcare providers can utilize to optimize psychiatric care for older adults, given limited resources.*
- *Define the role of Occupational Therapy services in the care of people with dementia*
- *Identify information about resources for environmental adaptations*
- *Describe strategies to promote well-being while emphasizing strengths and abilities of a person with dementia*
- *Identify available resources that support caregivers’ emotional, physical, and practical challenges of caregiving, that address the needs of older adults with psychiatric disorders when resources are limited, and provide adaptations to promote a supportive environment so a person with dementia feels safe and engaged.*
- *Describe how health care team members, families, and caregivers can effectively collaborate to meet the complex needs of older adults and the needs of the caregivers.*

### **Continuing Education:**

**Social Workers:** The Geriatrics and Gerontology Education and Research Program is a sponsor authorized by the Board of Social Work Examiners and participants will be awarded a certificate for 3.0 hours of Category I upon completion of the program.

**Psychologist:** A certificate for 3.0 CEUs will be awarded upon completion of this course. Allegany College of Maryland is authorized by the State Board of Examiners of Psychologist as a sponsor of Continuing Education.

**Professional Counselors:** A certificate for 3.0 CEUs will be awarded upon completion of this course. Allegany College of Maryland has been approved by the State Board of Examiners as an authorized sponsor who may provide Category A CEUs for certified professional counselors, marriage and family therapists and alcohol and drug counselors.

**Nursing:** Nursing Education Department of Meritus Health is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. 3 ANCC contact hours will be awarded

**Other:** Certificate of Attendance; with hours indicated.

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**❖ REGISTRATION REQUIRED ----- NO CHARGE TO ATTEND**

**\*\*SECURE online registration: [click here](#) or key in <https://goo.gl/OR8Qoh>**

**\*\*Meritus Medical Center Employees may register via HealthStream**

**\*\*Questions: email [jbooth@ahecwest.org](mailto:jbooth@ahecwest.org) or [tsocha@ahecwest.org](mailto:tsocha@ahecwest.org)**