20th Annual Updates on Dementia

Translating Research into Practice

Updates on Dementia Thursday, May 10, 2018
8 a.m. to 4:15 p.m.
South San Francisco Conference Center
255 S Airport Blvd
South San Francisco, CA 94080
updatesondementia.com

For more information visit updatesondementia.com

Conference Partners

Planning Committee

Allyson Rosen, PhD, ABPP-CN, MIRECC, VAPAHCS, Stanford University School of Medicine (SUSM)
Ann Blick Hamer, MA, LCSW, Peninsula Family Service
Blake Scanlon, PhD, Stanford/VA Aging Clinical Research Center, MIRECC, VAPAHCS
Blanca Vazquez-Arias, Alzheimer’s Association
Dolores Gallagher-Thompson, PhD, ABPP, Stanford University School of Medicine; Optimal Aging Center
Michelle Venegas, LCSW, Family Caregiver Alliance
Pauline Martinez, MA, Alzheimer’s Association
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The following questions help the Alzheimer’s Association meet the needs of the community. Your answers will be kept confidential to the Alzheimer’s Association. Please only select one answer per question.

Month/Year of Birth

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For Continuing Education Units (CEUs), please provide license type, number and state: You MUST sign in before the event and sign out at the end of the event, no exceptions.

License # and State

Early Bird

Regular

Early bird rates available until April 9th, 2018

$90 $100

General Registration

$70 $80

VA Employee (including retired)

Limited VA Registration

$50 $55

Seniors (age 65+)

$50 $55

Students (with ID)

For payment by check, please send registration form along with check payable to the Alzheimer’s Association:

Alzheimer’s Association, Updates on Dementia
2290 North First Street, Suite 101
San Jose, CA 95131

Credit card payment: (Visa, AMEX, MasterCard)

Card Holder Name

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(Credit Card registrations may also be phoned to our office: 408.372.9922)
**Course Objectives**

1. Explain advances in Alzheimer’s research related to etiology, diagnosis, risk factors and treatment, and describe how research breakthroughs may impact care.

2. Describe the latest empirical support linking cognitive impairment with anxiety in older adults and summarize the evidence base for treating late-life anxiety in the presence of cognitive dysfunction.

3. Describe the multiple intersections between depression and dementia – that is, depression as a risk factor for dementia, depression as a premonitory symptom of dementia, depression as one of the behavioral and psychological symptoms of dementia, and depression as a potentially treatable cause of dementia symptoms (pseudo-dementia).

4. Discuss the association between antidepressant drugs and the development of dementia, and the evidence for efficacy of antidepressant drugs in persons with dementia.

5. Describe some of the challenges of symptom management in individuals with a diagnosis of dementia and another mental health disorder, and discuss better practices for supporting these individuals and their families.

6. Describe the relationship between caregiver depression and care recipient mortality in dementia, and identify factors that contribute to caregiver depression.

7. Describe salient issues in early-versus late-stage dementia caregiving, as well as describe coping tools provided for caregivers through cognitive behavioral therapy.

8. Identify strategies for implementing person-centered care across all care settings and throughout the disease course.

9. Understand the importance of detecting dementia, medical management, and ensuring appropriate care transitions for long term care providers.

10. Discuss shortcomings of standard advance directives when it comes to dementia and how to address these shortcomings with a dementia-specific approach.

11. Explain basics of estate planning (wills, trusts, finance, health care, taxes) and long term care planning and benefits (including public benefits to pay for care).

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**Conference Faculty**

- **Alexandra Morris, MA**, Professional Training Specialist, Alzheimer’s Association, Northern California, Northern Nevada Chapter
- **Barak Gaster, MD**, Professor of Medicine, University of Washington
- **Beth Callmyer, MSW**, Vice President, Care and Support, Alzheimer’s Association
- **Blake Scanlon, PhD**, Chair, VA Palo Alto Dementia Committee; Clinical Assistant Professor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
- **Morris Gallagher-Thompson, PhD**, ABPP, Professor Emerita, Stanford University School of Medicine; Co-Founder, Optimal Aging Center
- **Dolores Gallagher-Thompson, PhD**, ABPP, Professor of Psychology, UCSF Department of Neurology, Memory and Aging Center
- **Jay S. Luxenberg, MD**, FACP, AGSF, Chief Medical Officer, On Lok
- **Karen Stevenson, JD**, National Board of Directors, Alzheimer’s Association
- **Mary E. Matthesien**, Community Engagement & Education Director, Mission Hospice & Home Care
- **Matthew C. O’Donnell, Esq**, Certified Specialist, Estate Planning, Trust and Probate Law, State Bar of California, Board of Legal Specialization
- **Robert W. Levenson, PhD**, Professor, Department of Psychology, Director, Institute of Personality and Social Research (IPSR)
- **Sherry A. Beaudreau, PhD**, ABPP, Investigator, Sierra Pacific Mental Illness Research Education and Clinical Center (MIRECC), VA Palo Alto Health Care System, Clinical Professor (affl), Psychiatry & Behavioral Sciences, Stanford University School of Medicine, Honorary Associate Professor, U-Queensland, Brisbane, Australia

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**Program Schedule**

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>7 a.m.</td>
<td>Check in, Breakfast &amp; Exhibitor Fair</td>
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<tr>
<td>8 a.m.</td>
<td>Welcome</td>
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<tr>
<td>8:15 a.m.</td>
<td>Dementia 2018: Where are We, and What’s on the Horizon? Howard J. Rosen, MD</td>
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<tr>
<td>9:15 a.m.</td>
<td>Mental Health Issues and Cognitive Impairment (Panel), Jay S. Luxenberg, MD, FACP, AGSF, Sherry A. Beaudreau, PhD, ABPP, Alexandra Morris, MA, Blake K. Scanlon, PhD (Moderator)</td>
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<td>10:45 a.m.</td>
<td>Break</td>
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<tr>
<td>11 a.m.</td>
<td>Mental Health and Caregiving: Reciprocal Influences for Familial Caregivers and Those in Their Care, Robert W. Levenson, PhD</td>
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<tr>
<td>11:20 a.m.</td>
<td>Depression Reduction for Dementia Caregivers: Effectiveness of Psychodynamic Therapy and Cognitive Behavioral Therapy, Dolores Gallagher-Thompson, PhD, ABPP</td>
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<td>11:40 a.m.</td>
<td>Discussion and Q&amp;A, Robert W. Levenson, PhD, Dolores Gallagher-Thompson, PhD, ABPP</td>
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<td>Noon</td>
<td>Lunch</td>
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<tr>
<td>12:45 p.m.</td>
<td>The Alzheimer’s Association Evidence-Based Dementia Care Practice Recommendations, Beth Callmyer, MSW</td>
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<td>1:30 p.m.</td>
<td>Advance Directives for Dementia: Meeting a Unique Challenge, Barak Gaster, MD</td>
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<td>2:30 p.m.</td>
<td>Break</td>
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<tr>
<td>2:45 p.m.</td>
<td>Preparing Yourself to Start the Conversation: Tips &amp; Tools, Mary E. Matthesien</td>
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<td>3:15 p.m.</td>
<td>Estate and Long Term Care Planning, Matthew C. O’Donnell, Esq</td>
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<tr>
<td>3:45 p.m.</td>
<td>Panel Discussion and Q&amp;A, Barak Gaster, MD, Mary E. Matthesien; Matthew C. O’Donnell, Esq; Karen Stevenson, JD (Moderator)</td>
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<td>4:15 p.m.</td>
<td>Conclusion</td>
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*Session descriptions available at updatesondementia.com*