OUTLINE

Identifying Baseline
Objective Measurements
Risk Factors for Escalation of Challenging Behaviors
Influence of Gender, Cultural and Societal Factors
Environmental and Interactional Considerations
Lifelong Patterns and Preferences

Differentiating Among Dementia, Delirium, and Depression
Diagnostic Criteria
Signs/Symptoms

Alzheimer’s Disease: Assessment and Management
Various Types of Dementia
Progression and Stages: Retrogenesis
Pharmacological Treatment Options
Problems Commonly Associated with Alzheimer’s Disease: Difficult Communication, Hallucinations, Resistance/Aggression, Wandering, Sundowning, Malnutrition
Interventions to Provide a Positive Experience

Difficult Communications and Hallucinations
Contributing Factors
Verbal and Non-verbal Techniques
Therapeutic Use of Self
Reorientation, Reminiscence
Validation
Problem Solving
Entering Their Reality

Resistance to Care
Routine Hygiene Needs
Reasons for Resistance
Successful Techniques

Physically Aggressive Behaviors
Reverse Developmental Behavior
Behaviors as a Way to Communicate
Identify the Problem/Trigger
Environmental and Interactional Factors
Causes of Escalation

Wandering and Sundowning
Contributing Factors
Assessment
Exercise and Activity
Environmental Management
Interactional Management

Food and Fluid Deficit/Malnutrition
Reasons Why They May Not Eat
Ways to Promote Nutritional Intake
Tips for Persons Who Need Feeding Assistance
The Eating Environment
End of Life

The Family Caregiver as Part of the Team
Family Dynamics: Role Change
Emotions Expressed During Caregiving: Positive and Negative
Positive Communication Among Staff, Family, and Older Adult
Assisting the Caregiver to Meet the Needs of the Care Recipient
Helpful Resources
Ways to Help Reduce Stress for the Caregiver

OBJECTIVES

1. Apply assessment techniques to establish baseline behaviors in older adults.
2. Discuss factors that contribute to challenging geriatric behaviors and relate them to prevention.
3. Differentiate among delirium, dementia and depression in the elderly.
4. Explain the progression of Alzheimer’s disease and related treatment options.
5. Select appropriate environmental, interactional, behavioral, and/or physical/pharmacological interventions to prevent and/or manage challenging geriatric behaviors.
6. Differentiate between effective and ineffective strategies to manage difficult communications, hallucinations, resistance and aggressive behavior, wandering, sundowning, and food and fluid deficit/malnutrition.
7. Identify resources that provide information or services for caregivers.

Challenging Geriatric Behaviors
• Difficult Communications
• Hallucinations
• Resistance to Care
• Aggressive Behavior
• Wandering
• Sundowning
• Food and Fluid Deficit/Malnutrition
• Family Involvement

ARLINGTON HEIGHTS, IL
Monday, March 20, 2017
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Tuesday, March 21, 2017
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Wednesday, March 22, 2017

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Caregivers find many older adult behaviors to be challenging. Dementia and delirium are the most frequent contributing factors. Knowing what to expect and what to do related to specific behaviors can decrease frustration and increase satisfaction for everyone involved. A framework for rethinking challenging behaviors provides guidance for choosing management strategies. Assessment and management techniques are based on theory and evidence. Through interactive discussion, clinical examples, and videos, this program focuses on day-to-day strategies to prevent and/or manage challenging geriatric behaviors.

**TOP 10 Geriatric Syndromes - Clinical Management Strategies**

By Lisa Byrd, PhD, CFNP

In addition to providing a guide to care within a structure of easy-to-use, age-appropriate treatment strategies, this book offers the author’s compassionate, experienced discussions of the differing presentations of illnesses in elders. Topics include: falls, sleep, pain, eating problems, confusion (dementia/depression), incontinence, anxiety, living abilities (activities of daily living—ADLs), skin integrity issues and elimination issues. (2011)

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