

REGISTRATION

There are two ways to register for the conference:

(1) Online:
www.brain.northwestern.edu/events/ftdppa.html

(2) Phone: **312-503-5068**
Leave a message with your name, phone number and choice for the afternoon session (caregivers) or license number, if applicable (professionals needing CEUs).

Please register by August 1st.

COST

| | |
|--------------|-------|
| Caregiver: | \$20 |
| Student: | \$50 |
| Professional | \$100 |

Please pay by check or cash on the day of the conference. Make checks payable to "Northwestern CNADC."

ADDITIONAL INFORMATION

Discounted parking will be available for the Northwestern Memorial Hospital garage at 222 E. Huron Street.

Local Lodging Information

312-926-ROOM

Travel or Respite Financial Assistance

Contact the Association for Frontotemporal Dementias

info@ftd-picks.org

267-514-7221 / 866-507-7222 (toll free)

Questions?

www.brain.northwestern.edu/events/ftdppa.html

CNADC

COGNITIVE NEUROLOGY AND ALZHEIMER'S DISEASE CENTER

*of the Northwestern University
Feinberg School of Medicine
announces the*

FRONTOTEMPORAL DEMENTIA (FTD) AND PRIMARY PROGRESSIVE APHASIA (PPA)

CAREGIVER AND PROFESSIONAL EDUCATION CONFERENCE

CO-SPONSORED BY THE ASSOCIATION FOR
FRONTOTEMPORAL DEMENTIAS (AFTD)

MONDAY, AUGUST 10, 2009

8:00 AM - 4:00 PM

NORTHWESTERN MEMORIAL HOSPITAL
FEINBERG PAVILION
251 E. HURON STREET, 3RD FLOOR
CHICAGO, IL 60611

THE ALZHEIMER'S ASSOCIATION - GREATER
ILLINOIS CHAPTER, AN ILLINOIS APPROVED
PROVIDER OF CONTINUING EDUCATION UNITS
(CEU) WILL PROVIDE 7 CEUS FOR COMPLETION OF
THIS EDUCATION ACTIVITY TO LICENSED SOCIAL
WORKERS AND CLINICAL SOCIAL WORKERS

THIS CONFERENCE IS A VALUABLE EXPERIENCE TO
CAREGIVERS AND PROFESSIONALS
INTERESTED IN LEARNING MORE
ABOUT FTD AND PPA.

NORTHWESTERN UNIVERSITY
CNADC
320 E. SUPERIOR STREET
SEARLE 11
CHICAGO, IL 60611

AGENDA

8:00 a.m. - 9:00 a.m. **Registration and Breakfast**

9:00 a.m. - 9:15 a.m. **Welcome Remarks**

9:15 a.m. - 9:45 a.m. **CNADC and Research**
Sandra Weintraub, PhD

9:45 a.m. - 10:45 a.m. **Keynote Address: "The Road to Fearless Caregiving"**
Tiffany Chow, MD

11:00 a.m. - 12:15 p.m. **Question and Answer Session**

12:15 p.m. - 1:15 p.m. **Lunch**

1:30 p.m. - 2:45 p.m. **Caregiver Guided Support Sessions or Professional Panel Discussion**

3:00 p.m. - 4:00 p.m. **Closing Session: "The Stories of Our Lives"**
Dan McAdams, PhD

ABOUT OUR SPEAKERS

Tiffany Chow, MD, Clinician-Scientist at the Rotman Research Institute, staff Behavioral Neurologist at Baycrest's Brain Health Centre Ross Memory Clinic, and Assistant Professor of Neurology and Geriatric Psychiatry at the University of Toronto, will discuss the rationale behind creating FTD-specific and non-pharmacologic interventions and the importance of advocating for community services that provide this care.

Dan McAdams, PhD, Professor of Human Development and Social Policy and Psychology at Northwestern University, has written many books on the making of meaning and identity throughout our lives. He will address the challenge of creating meaning and identity in the difficult and confusing experience of caring for someone with FTD/PPA.

Sandra Weintraub, PhD, Professor of Neurology and Psychiatry and Behavioral Sciences at the Northwestern University Feinberg School of Medicine, board certified Clinical Neuropsychologist, and Director of the Clinical Core of the Northwestern Cognitive Neurology and Alzheimer's Disease Center (CNADC), will address current and future research at the CNADC in FTD/PPA.

CAREGIVER GUIDED SUPPORT SESSIONS: 1:30pm-2:45pm

These guided support discussions will be professionally facilitated to offer both education and support to friends and family of individuals with FTD/PPA. *These groups are for caregivers only.*

1. Newly Diagnosed: What Now?

After a diagnosis is made, families face a tremendous unknown. We will discuss the feelings and realities that set in after a diagnosis is made, the decision to tell others, putting together a care team and the information necessary to begin legal and financial planning in the future.

2. Changes in Behavior

A common symptom of FTD and later in PPA is a change in personality and emotion. Behaviors can include apathy, loss of inhibition and empathy, ritualistic and compulsive behaviors, impaired judgment and loss of insight into personal conduct. These behaviors can be emotionally and physically exhausting to manage. We will explore the effect these behaviors have on family relationships. We will also discuss different types of meaningful activities that families can introduce to the person, as their needs change over time.

3. Communication Tools in PPA

As the disease progresses, many individuals with PPA lose the ability to speak and other areas of cognition are affected. By learning how to use alternative methods of communication, families can help a person remain engaged. In this session, we will share experiences and explore alternative forms of communication. We will also discuss non-verbal forms of communication and expression that can enhance a person's involvement in their relationships.

4. When Do I Start to Take Over?

This question is one that many family members face. It is not always obvious when a person needs more supervision or assistance, and it is easier said than done. We will share experiences as we discuss ways to introduce a change in care and ways to balance safety with allowing a person to feel in control. We will also explore how to help the person with FTD/PPA and the family adjust to changes in care or restrictions to their independence.

5. Thinking About the Future

This group will explore the options for a loved one's future care. We will review care options available to the person and family as the person's needs change. We will also discuss the importance of educating care staff about FTD/PPA if they are unfamiliar with the diagnosis. We will learn about end of life care options that promote comfort and dignity at end of life.

PERSON CENTERED CARE FOR PERSONS WITH FTD AND PPA: 1:30pm-2:45pm

A panel of professionals will discuss how their agencies have implemented services to meet the unique needs of individuals with FTD and PPA. The panel will discuss successes they have had and lessons they have learned from working with families and diagnosed individuals. Additionally, family caregivers will be available to answer questions regarding their personal experiences in finding care for a loved one with FTD and PPA. Attendees will learn ways to adjust their services and care to better serve this population. *This group is for professionals only.*