The Mesulam Center for Cognitive Neurology and Alzheimer’s Disease presents the

PPA Conference: 
Communication & Connection

An education and support conference for persons living with primary progressive aphasia (PPA), their families, & professionals

Monday, March 23, 2020
8:15 AM - 4:30 PM

Robert H. Lurie Medical Research Center at Northwestern University
303 E Superior Street
Chicago, IL 60611

brain.northwestern.edu/about/events/ppaconf
ppaconference@northwestern.edu
Research

Scientific directions at the Mesulam Center include:

• Clinical trials of new drug therapies for Alzheimer’s disease (AD) and Frontotemporal Degeneration (FTD)
• Causes and treatments of Primary Progressive Aphasia (PPA), FTD, and other early onset dementia
• Identifying individuals with Mild Cognitive Impairment (MCI)
• Measuring the impact of stress on the progression of AD and dementia
• Studying the effects of sleep deficits on memory and cognitive function
• Identifying brain factors associated with “SuperAging”
• Treatment and prevention of dementia diseases
• Understanding the nature of cognitive and behavioral changes in dementia

Clinical Services

Northwestern Medicine’s Neurobehavior and Memory Clinic is designed to meet the needs of persons experiencing memory loss or other symptoms of dementia and their families. Over 1,500 patients are seen each year at our clinic by a staff of behavioral neurologists, neuropsychiatrists, neuropsychologists, and social workers. Services include:

• **Initial evaluation and continued care** by behavioral neurologists who specialize in the diagnosis and treatment of dementia syndromes
• **Evaluation** of memory and other thinking abilities with the use of specialized tests given by clinical neuropsychologists
• **Medication management** for memory disorders
• The opportunity to participate in **clinical research and clinical drug trials**
• **Psychiatric evaluation and treatment** for mood and behavior disorders associated with neurological disease
• **Education and counseling** for patients and families
• Symptom specific **interventions** and strategies
• **Information and referral** to other services

Community Education and Engagement

The Mesulam Center’s educational mission is to disseminate knowledge related to dementia to communities including: research scientists, clinicians, and persons living with dementia and their families. In addition to the PPA Conference, the Mesulam Center has programs that inform and support the community including:

• Annual Alzheimer Day
• Monthly Alzheimer’s Disease Seminars
• Creating a Dementia-Friendly Carter G. Woodson Library
• LA CARE: The Latino Alzheimer’s Coalition for Advocacy, Research, and Education
• The Arts for Brain Health Coalition

Miller Family Quality of Life Enrichment Programs

• Support & Education for Early Dementia (SEED) Program
• FTD/PPA Caregiver Support Group
• Younger Onset Dementia Support Group
• The Buddy Program
• The Memory Ensemble
• Art in the Moment
Primary progressive aphasia (PPA) is a dementia syndrome that disproportionately impacts a person’s language abilities. Individuals with PPA may have difficulties with word-finding (anomia), comprehension, reading, and writing.

Other cognitive skills such as memory and visuo-spatial orientation are initially preserved. The symptoms of PPA, combined with their gradual and relatively young onset, can cause limitations in the professional and social lives of those living with the disease and their families.

Conference Agenda
- 8:15 AM - 9:00 AM
  Registration and Vendor Fair
- 9:00 AM - 10:30 AM
  **Keynote Addresses**
  M.-Marsel Mesulam, M.D.  
  Emily Rogalski, Ph.D.  
  Darby Morhardt, Ph.D., LCSW  
  Persons Living with PPA and families
- 11:00 AM - 12:00 PM
  Question and Answer Panel
- 12 PM - 1:15 PM
  Lunch and Vendor Fair
- 1:15 PM - 2:45 PM
  Breakout Session 1
- 3:00 PM - 4:00 PM
  Breakout Session 2

A Toast to the Families!
Join us on **Sunday, March 22, 2020** from 4:00 to 5:30 PM as we raise a glass to the attending persons living with PPA and their families. Refreshments and light snacks will be provided.

Program
This **full-day conference** will start with a series of **keynote addresses** and a **Q&A Panel** with researchers, behavioral neurologists, social workers, nurse practitioners, and speech-language pathologists.

After lunch, you will have the opportunity to attend **two (2) different breakout groups** on the topics of your choice. Please see more information about the breakout groups on the next page.

Registration Information
The cost of attendance includes lunch and a reception on March 22, 2020. Fees are:
- Before March 1, 2020: $50  
- After March 1, 2020: $60

For more information about registration, the conference, planning your visit, and hotels, visit: brain.northwestern.edu/about/events/ppaconf

Questions?
Email ppaconference@northwestern.edu or call (312) 503.5764.
The Doctor Thinks It’s PPA: Now What?
**Person Living with PPA**  **Family Member**  **Education**
This educational session will focus on the first steps one should take after a diagnosis, including the basics of legal and financial planning and safety and communication in PPA. Attendees of this session will receive education, resources, and support.

Planning Your Care Team: What’s Next?
**Person Living with PPA**  **Family Member**  **Education**
This educational session will review late stage symptoms, in addition to common questions and concerns about the end of life. Attendees of this session will learn how to speak with their health care team, how to access and evaluate care options, and how to maximize family support.

Communication Strategies
**Person Living with PPA**  **Family Member**  **Education**
This educational presentation will review communication challenges in PPA, the benefits of speech therapy, and alternative forms of communication. Attendees will learn tips and strategies for supporting language abilities, and resources available to maximize communication among family and friends.

Behavioral Changes
**Family Member**  **Education**
This session will review non-medical interventions, and well as medications that can help alleviate behavioral symptoms, promote quality of life, and help families cope with difficult behaviors.

Creative Arts Group 1
**Person Living with PPA**  **Therapy**
This hands-on creative arts session with music and art will offer a supportive environment for persons living with mild to severe PPA.

Creative Arts Group 2
**Person Living with PPA**  **Therapy**
This hands-on creative arts session with music and art will offer a supportive environment for persons living with mild to severe PPA.

Quiet Room
**Person Living with PPA**
A staffed quiet space for persons living with PPA to take a break from the conference.

Support groups can offer a greater understanding of a shared experience, provide an opportunity for empathy, and help develop a sense of identity through mutual support and validation. We are offering the following support groups at the PPA Conference 2020:

Navigating Family Relationships
**Family Member**  **Support**
Dealing with family relationships when a loved one has PPA can be difficult, complex, and emotional. Whether the difficult dynamics were present prior to the diagnosis, or began after, attendees will share their personal experience to receive support, learn new ways to cope with challenges, and share strategies and knowledge with others in a similar situation.

Support Group for Family Members
**Family Member**  **Support**
This professionally facilitated and confidential support group will offer a safe environment for family care-partners to share with others who understand the experience of having a loved one diagnosed with PPA. Attendees will share their personal experience to receive support, learn new ways to cope with challenges, and share strategies and knowledge with others in a similar situation.

Support Group for Persons Living with PPA
**Person Living with PPA**  **Support**
This professionally facilitated and confidential support group will offer a safe environment for persons living with PPA to share with others who understand the experience of living with PPA. Attendees will share their personal experience to receive support, learn new ways to cope with challenges, and share strategies and knowledge with others in a similar situation using supportive communication strategies and tools.