



McMaster University's

Spring Workshop

In Partnership with
the Alzheimer Society of Hamilton



Communicating with the Cognitively Impaired Using Validation Therapy

With **Gail Elliot**, B.A., M.A., Assistant Director of the Gilbrea Centre for Studies in Aging, McMaster University, Hamilton

Sources of Hope and Continuing Self-Identity

With **Dr. Stephen G. Post**, Ph.D.
Director of the Center for Medical Humanities,
Compassionate Care and Bioethics,
Stony Brook University in Stony Brook, New York



DATE

Thursday, April 19th, 2012

LOCATION

**Burlington Convention Centre, Rosewood Hall
1120 Burloak Dr., Burlington, ON , L7L 6P8**



McMaster University's 2012 Spring Workshop

In partnership with the Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton



8:30-9:00 AM

Registration

Communicating with the Cognitively Impaired Using Validation Therapy

With **Gail Elliot**, B.A., Sc., M.A.

Gail Elliot has a passion for changing the way we work in dementia care. She is a Validation Therapist, a Montessori Methods for Dementia™ Specialist, an educator and an author. She believes that we all need to have access to a number of effective strategies when working in dementia care, and this is one of them.

9AM-12PM

Henry Ford's advice to a problem was, "Don't find fault. Find a remedy." When working with individuals with dementia, who struggle to remember details that contribute to meaningful conversation, people often conclude that conversation is no longer possible. They falsely conclude that when communication strategies fail there is no way to connect with this individual. Where there is a problem, we must always focus on finding a remedy. Validation techniques provide an effective remedy for communication breakdown in dementia. Validation Therapy was developed by Naomi Feil, from Cleveland, Ohio, between 1963 and 1980 and are now being used around the world.

This session will highlight Validation communication strategies and will provide opportunities to challenge your thinking about communicating with individuals in all stages of dementia, including those who have lost virtually all ability to converse. The importance of using both verbal and non-verbal communication strategies will be discussed, individual and group strategies will be described and case examples will be provided.

12-1 PM

Lunch

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Sources of Hope & Continuing Self-Identity

With **Dr. Stephen Post Ph.D.**

Dr. Post is the Director of the Center for Medical Humanities, Compassionate Care & Bioethics at Stony Brook University, author of the *Moral Challenge of Alzheimer Disease: Ethical Issues for Diagnosis to Dying* & *The Hidden Gifts of Helping*, & an Elected Fellow, College of Physicians of Philadelphia & recipient of the National Distinguished Service Award from the National Board of the Alzheimer's Association.

1-4PM

After two decades of intense biological research into AD, the best must be yet to come. In the meanwhile, we need to reassess our perspective on hope, and understand the need for some redirection toward the larger questions of care. It does seem fitting to focus more of our hope on care itself, and on the creation of attitudinal shifts toward the affirmation of the deeply forgetful. We can have much greater hope in: compassionate carers who manifest our deepest sense of a shared humanity, despite cognitive decline; the increasing evidence for enduring selves beneath the chaos of neurological devastation; and the possibilities of a spiritual-cultural evolution toward acceptance, affirmation, and connection with the deeply forgetful.

We sometimes underestimate the extent to which carers find positive meaning and gratification, if not joy, in indicators of continuing self-identity in those they care for when prompted to look for and respond to them. These indicators, while increasingly sporadic as the disease progresses, will positively affect carers' affect, attitude, morale and physical well-being.

While dementia of the Alzheimer's type is stage-progressive and intractable, it is also well described as a "sporadic" illness in that indicators of continuing self-identity are often clear and found to remain deep into the progression of the disease. It may simply be that an individual with dementia chimes in for a few words of a deeply learned song or a line of poetry, reaches out in joy to give or receive a hug, laughs at a joke, smiles with a feeling of characteristic mirth, seems serene when hearing a favorite old hymn, or still enjoys an old activity. Such moments may enhance carers' experience and be facilitated when caregivers become more aware of their potentially positive role in the process of co-constructing expressions of selfhood in their loved one.

This session will explore the role of hope and the importance of tapping into the continuing self-identity of a person who is profoundly affected by cognitive loss.

4-4:05PM

Wrap Up and Evaluations

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[Please print and complete all items]

Prior to completing this form please refer to the statement on collection of personal information and protection of privacy policy at <http://www-fhs.mcmaster.ca/csu/FIPPAStatement.htm>

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Registration Fee:	<i>Early Bird</i>	\$150.00 _____
	<i>After March 30th</i>	\$175.00 _____

Method of Payment: ☐ CHEQUE ☐ MONEY ORDER ☐ VISA ☐ MASTERCARD ☐ AMEX

(Please make Cheques payable to McMaster University)

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How to Register:

FAX OR MAIL COMPLETED REGISTRATION
FORM TO:

Gilbrea Centre for Studies in Aging
McMaster University
1280 Main St West, KTH 204
Hamilton, ON L8S 1M5

F: 905.525.4198

T: 905.525.9140

E: ducc@mcmaster.ca

*The Gilbrea Centre will send you an email confirmation within 10 business days of receiving your registration form; if you do not receive an email confirmation within this time, please contact us immediately.

