

Alzheimer's Caregiver Workshop

November 13, 2020, 10:00 a.m. – 12:00 p.m.
Virtual Conference

10:00 Welcome

David Johnson, Ph.D., Professor of Neurology, Davis Department of Neurology, UC Davis

10:10 Put on Your Own Mask First

This presentation is about self-care, what it is, why it matters and how to include more of it in your life. The discussion will include practical tools for managing energy and stress.

Monica Miller, RN - UC Davis Health

10:30 Question/Answer Session

10:40 Getting Your House in Order: Financial and Legal Planning for Caregivers

This presentation will help family caregivers navigate the complicated legal and financial landscape with tips on getting legal documents in order and coping with financial and legal challenges.

Zakiya Norton, Esq and Somita Basu, Esq - Norton Basu LLP

11:00 Question/Answer Session

11:10 Managing the Behavioral and Psychological Symptoms of Dementia

This keynote address will train caregivers to problem solve behavioral and psychological symptoms of dementia (BPSD) thru the DICE approach (Describe – Investigate – Create – Evaluate).

Helen Kales, MD, MA, MBA Professor and Chair, Department of Psychiatry and Behavioral Sciences, UC Davis

11:40 Question/Answer Session and Panel Discussion

12:00 Final Comments/Adjourn

Registration: <https://thegoodlifepath.org/forums-workshops/>

This event is made possible by the following sponsor: *Revere Court*