

## ***About the Speaker:***

**CAROL BOWLBY SIFTON** is a former family caregiver, an occupational therapist, a clinical consultant, educator and author who has worked extensively with persons with dementia and their care partners. Carol has presented her highly acclaimed interactive workshops throughout North America. Her book, *Therapeutic Activities with Persons Disabled by Alzheimer's Disease and Related Disorders* is recognized as a key resource across North America.

Carol is currently a dementia consultant to Veteran Affairs Canada & King's Regional Rehabilitation Center. She operates Elderactive Occupational Therapy which specializes in enhancing the quality of life of persons with dementia. Carol is the founding editor of *Alzheimer's Care To-day* and the author of *Living at Home with Alzheimer's Disease and Related Dementias*. She is also the author of *Navigating the Alzheimer's Journey: A Compass for Caregiving*, a practical guide for lay and paraprofessional caregivers of persons with dementia.

***“Activity is engagement in the web of life.”***

-Carol Bowlby Sifton

## ***Learner Objectives:***

This dynamic & practical workshop will focus on ways to use each client's continuing abilities & lifelong interests to overcome excess disability, prevent and respond to challenging behaviours and support a familiar lifestyle. Attendees are encouraged to share their triumphs and challenges.

### ***Upon completion, participants will be able to:***

- ❖ Specify current research findings and clinical information in the field
- ❖ Apply evidence-based practices in therapeutic interventions for persons with dementia
- ❖ Develop strategies to support optimal quality of life in persons with dementia
- ❖ Prevent & respond to behavioural symptoms
- ❖ Restructure traditional care with effective person-centered care
- ❖ Advocate the cost effectiveness of making the most of each day

# **Making the Most Of Each Day:**

## **Enhancing Quality of Life &**

## **Preventing Challenging Behaviour**

## **In Alzheimer Care Presented by Carol Bowlby Sifton**

December 3 & 4, 2010  
Bloorview Kids Rehab  
150 Kilgour Road  
Toronto, Ontario

Sponsored by:  
The Learning Workshop  
☎ (905) 709-3354  
Fax (905) 597-8577

Please visit us at:  
[www.thelearningworkshop.ca](http://www.thelearningworkshop.ca)

## Who should attend?

This conference is intended for professionals who work with individuals who have dementia. They include: Occupational Therapists, Physical Therapists, Speech Language Pathologists, Nurses and other healthcare professionals working in the area of Geriatrics.

## What are the hours?

9 am to 4:30pm  
Lunch 12:30 – 1:30  
Registration on first day from 8:30 – 9:00

## Workshop Location:

### Bloorview Kids Rehab

150 Kilgour Road

Toronto, Ontario

416-425-6220



For a more detailed map, please visit:

[www.bloorview.ca](http://www.bloorview.ca)

# AGENDA

## DAY 1: Friday, December 3<sup>rd</sup>

### Maintaining a Familiar Lifestyle

- Person-centered care
- Update on Alzheimer's disease & other dementias

### Building on Strengths

- Using continuing strengths to enhance quality of life
- Interactive case examples
- Communication techniques
- Structuring a supportive environment

### Making the Most of the Day

- Techniques for enabling engagement
- The joys of food
- Dressing, grooming, self care
- Maintaining continence
- Bathing without a battle

## DAY 2: Saturday December 4<sup>th</sup>

### Putting Pleasure into Daily Routines

- Capturing the simple pleasures
- Involvement in leisure activities
- The 'Can-Do' Approach

### The Art & Science of Dementia Care

- Practical & valid approaches to functional assessment
- Selecting the best assessment
- Making use of information gathered

### Preventing Challenging Behaviour

- Understanding, responding & preventing behavioural symptoms
- Creative problem solving

### Restructuring Care

- Making dollars and sense
- Working smarter: dealing with shortages

## Registration Fees:

**\$450.00** (includes breakfast, snacks and handouts)

Make cheque payable to "The Learning Workshop"

Full refunds will be given until 30 days prior to the course. Within 30 days of the course, a \$50 administrative fee will be applied to all refunds. **No refunds will be given for cancellations made within 2 weeks of the first day of the course.**

The Learning Workshop reserves the right to cancel a course for just cause. Cancellation due to insufficient registration will not occur less than two weeks prior to the course. In such a case, full tuition will be promptly refunded. Non-refundable airfares will not be reimbursed.

Please note that we do not process credit card payment.

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone \_\_\_\_\_

FAX: \_\_\_\_\_

E-mail: \_\_\_\_\_

Profession: \_\_\_\_\_

Workplace: \_\_\_\_\_

Mail Registration to:  
The Learning Workshop  
222 Winding Lane  
Thornhill, Ontario, L4J 5J6  
Phone: (905) 709-3354  
Fax: (905) 597-8577

*All course participants will be issued a Certificate of Attendance and official Tax receipt.*

*Both documents can be forwarded to the **Allied Health Professional Development Fund** for potential full reimbursement. For info/applications, visit [www.ahpdf.ca](http://www.ahpdf.ca)*