

# CATRD's Spring Seminar

6 Clock Hours

Thursday,  
March 22, 2018  
Registration 8:00 - 8:30  
Program 8:30 - 4:00  
Ashlar Village at  
Masonicare Campus  
Wallingford, CT

**CATRD  
Helping Health  
Care Professionals  
through  
Knowledge and  
Experience**

*A Cognitive Approach to Managing Behaviors  
and Increasing Meaningful Engagement*



Marion Pierce  
113 Southwood Terrace  
Southbury, CT 06488

**ATTENTION**  
Therapeutic Recreation  
Directors

# CATRD's Spring Seminar ~ Thursday, March 22, 2018

*A Cognitive Approach to Managing Behaviors  
and Increasing Meaningful Engagement*

## SEMINAR INFORMATION

### Program Description:

The following saying is fairly common in the field of geriatrics: when cognition goes down, behavior problems go up. While this adage is by no means always true, it is the case that behavioral issues are common in persons with cognitive impairment. For this reason, it is important to look at behaviors through a cognitive lens. This presentation will start with an overview of the dementing illnesses and the general progression down the cognitive continuum, from normal age-related changes to mild cognitive impairment to dementia. Next, the behavioral and psychological symptoms that occur as a result of the cognitive decline will be explored. The practical application of cognitive assessment as a pathway to person-centered care will be described in detail. Specific, evidence-based interventions for cognitive rehabilitation, behavior management and meaningful engagement will be highlighted. Participants will leave with a deeper understanding of how cognitive changes impact a person's ability to act and interact with those around them. As a result of the deeper understanding, participants will leave feeling better equipped to interpret behavior as a means of communication and engage with people who are cognitively impaired.

### Learning Objectives: By the end of the seminar, participant will:

1. Identify the statistical prevalence of dementia in skilled nursing and assisted living facilities
2. Differentiate between the major subtypes of dementia and the defining features and behavioral correlates of each
3. Describe what is meant by "The Cognitive Continuum"
4. Summarize the three primary clusters of Behavioral and Psychological Symptoms of Dementia (BPSD)
5. Review the importance of cognitive assessment as a guiding force for behavior management
6. Give examples of at least three different triggers for behavioral disturbances in people with dementia
7. Distinguish between meaningful, purposeful and passive engagement
8. Explain the rationale behind cognitive-based activities as interventions for problematic behaviors

## CATRD'S SPRING SEMINAR

Thursday, March 22, 2018  
Ashlar Village, Wallingford, Connecticut

### OUR SPEAKER

Dr. Melissa Tanner, Ph.D. is a clinical psychologist specializing in the integration of assessment with clinical practice. She received her BA in psychology from Harvard University in 2003 and her PhD in clinical psychology from American University in 2011. Her doctoral research involved the exploration of the effects of meditation and other behavioral approaches on mood, cognition and physical health variables. As a BCAT faculty member, she is taking a leading role in the development of a verbal practical judgment instrument. Dr. Tanner balances her role as BCAT faculty member with that of CounterPoint Health Services clinician. In her role as clinician, she uses cognitive assessment to effectively cater psychological interventions to patients in rehabilitation and long-term care settings and to help facilities make treatment planning decisions.

### WHO SHOULD ATTEND?

Anyone working with people at skilled nursing facilities, residential care homes, rehabilitation facilities, adult day care centers, home care agencies, etc., including but not limited to: TRD's, CNAs, home health aides, social workers, nurses, rehabilitation professionals, administrators, memory or dementia unit managers / supervisors. Clock hours earned can be used toward hours for your National Certification(s).

6 Clock Hours



**CATRD'S SPRING SEMINAR  
THURSDAY, MARCH 22, 2018**

DEADLINE: March 15, 2018, limited seating so register early.

**REGISTRATION WITH PAYMENT CAN  
NOW BE DONE ON LINE AT WWW.CATRD.COM  
OR MAILED TO THE ADDRESS BELOW**

LUNCH: Buffet lunch  
Special dietary needs \_\_\_\_\_

**FEES:**

- CATRD MEMBER: \$110.00
- CATRD NON-MEMBER: \$160.00
- FULL TIME STUDENT: \$70.00

*(Full time = a minimum of 4 classes per semester)*

**PLEASE PRINT THE FOLLOWING INFORMATION**

Facility or Corporate Name \_\_\_\_\_

Facility or Corporate Address \_\_\_\_\_

City / Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_

Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Name \_\_\_\_\_ E-Mail \_\_\_\_\_

**METHOD OF PAYMENT** # of Attendees \_\_\_\_\_

- Personal Check
  - Corporate Check
- Amount Paid \_\_\_\_\_

• If your corporation is mailing a check, please make certain the facility name and names of those attending are noted.

• Please make checks payable to CATRD and mail to:  
Marion Pierce  
113 Southwood Terrace  
Southbury, CT 06488

**Time Line for the Day**

Registration	8:00
Session 1	8:30
Break	10:30
Session 2	10:45
Lunch	12:15
Session 3	1:15
Break	2:45
Session 4	3:00
Conclusion	4:00

**For more Information**

Contact: Marion Pierce  
Phone: 203-232-0994  
E-mail: mycatrd@gmail.com

**Not Yet A  
MEMBER  
Sign Up Today &  
SAVE MONEY \$**

**On line registration and membership is preferred**

**Professional** \$ 40.00 Individuals who are principally engaged in providing Therapeutic Recreation for the elderly. They shall be entitled to voting privileges and may hold an office.

**Associate** \$ 35.00 Individuals who do not meet the criteria for professional membership but are interested in the profession and share the objectives of the corporation. This category includes students, retired persons and interested individuals. They have no voting rights and may not hold an office.

**Life** \$ 15.00 Individuals who have reached their 26<sup>th</sup> year of service and have applied to receive this level of membership. Working members can vote and hold office. Retired members can vote, but cannot hold office.

**ALL INFORMATION MUST BE FILLED IN, ESPECIALLY AN E-MAIL ADDRESS, WHICH IS NEEDED TO PROCESS THIS APPLICATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ City / Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Facility Address: \_\_\_\_\_ City / Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Facility Phone: \_\_\_\_\_ Facility E-Mail: \_\_\_\_\_

**Type of Facility:** SNF, ADC, Assisted Living, Senior Center, Retirement, Other: \_\_\_\_\_

**MEMBERSHIP APPLICATION  
and  
CONFERENCE REGISTRATION**  
can now be done on line at  
[www.catrd.com](http://www.catrd.com)

**Please mail with check payable to CATRD:**  
Marion Pierce  
113 Southwood Terrace  
Southbury, CT 06488

**DIRECTIONS & PARKING  
INFORMATION:**

**Hartog Activity Center**  
Masonicare at Ashlar Village  
Cheshire Road, Wallingford, CT 06492

**From I-91 South**

- Take I-91 South to Exit 17 (Wilbur Cross Parkway / Route 15),
- Take Exit 64, at the end of ramp turn left at light,
- At next traffic light, turn right onto Cheshire Road,
- Masonicare at Ashlar Village is 1/2 mile on the right,
- Go to the second stop sign and take a left,
- Follow access road to 2<sup>nd</sup> left ~ Meadow Wood Lobby Entrance.

**From Route 15 North**

- Take Route 15 North to Exit 64,
- At end of ramp, turn left at light,
- At second light, turn right onto Cheshire Road,
- Masonicare at Ashlar Village is 1/2 mile on the right,
- Go to the second stop sign and take a left,
- Follow access road to 2<sup>nd</sup> left ~ Meadow Wood Lobby Entrance.

**From I-91 North**

- Take I-91 North to Exit 13,
- At end of ramp, turn left at the traffic light then immediately turn right onto Toelles Road,
- At stop sign, turn right onto South Turnpike Road,
- At second traffic light, turn left onto Cheshire Road,
- Masonicare at Ashlar Village is 1/2 mile on the right,
- Go to the second stop sign and take a left. Follow access road to 2<sup>nd</sup> left ~ Meadow Wood Lobby Entrance.