

Course Information

COURSE DESCRIPTION

Millions of older adults are suffering from impaired memory and attention. These deficits can affect where someone can live, how much support they will need, and their quality of life. Although recent research has found that memory enhancement interventions are effective at preventing further decline and improving memory abilities, these resources are not widely available to professionals who work with older adults or people who have experienced traumatic brain injury. In addition, there is a need to reduce unwanted behaviors, often seen in people with dementia or a traumatic brain injury. In the course, we will discuss many ways to reduce the frequency of unwanted behaviors.

In this cutting edge course, participants will also learn up-to-date information about memory, aging, and dementia. They will learn how to implement evidence-based interventions to slow or even reverse memory problems. Most of these activities and interventions are appropriate for people who want to be proactive in preventing memory loss as well as those who have Mild Cognitive Impairment, early stage dementia, or cognitive deficits after a stroke. Participants will learn how to take advantage of preserved cognitive abilities that allow even mid-stage dementia patients to learn new skills. Finally, attendees will learn how to motivate their apathetic and unmotivated residents and patients so they can take advantage of these breakthroughs.

COURSE OBJECTIVES

Upon completion of this course, the participant will be able to:

- Describe the Cognitive Reserve theory of memory and aging and describe supporting evidence.
- Describe basic information about memory, why we forget, and how memory changes over the lifespan.
- Explain a foundational understanding of the neuropsychological basics regarding memory, aging and dementia.
- Develop and implement effective cognitive rehabilitation enhancement programs for people of varying cognitive abilities.
- Identify effective ways to motivate even the depressed, apathetic and anxious patient to participate in therapy and activities that can improve their memory ability and quality of life.
- Describe numerous ways to reduce unwanted behaviors in clients who have dementia or traumatic brain injury.

Instructor's Biography

ROB WINNINGHAM, PHD

Rob Winningham, PhD, has over 20 years of experience working on applied memory issues. He creates brain stimulation activities for thousands of communities and rehabilitation facilities as a part of Dr. Rob's Cranium Crunches on activityconnection.com and helps create cognitive stimulation video games for linkedseior.com. Dr. Winningham is a full Professor and Past-Chair of the Behavioral Sciences Division at Western Oregon University.

Dr. Winningham received his Ph.D. in Neuroscience from Baylor University and his Master and Bachelor of Science degrees in Psychology from Western Washington University. He has trained thousands of professionals at his popular workshops and seminars around the nation. In addition to publishing many peer reviewed scientific articles, he has published two books: *Train Your Brain: How to Maximize Memory Ability in Older Adulthood* and *Cranium Crunches: Brain Exercises to Maximize Memory Ability*. For more information, go to www.robwinningham.com.

Comments from Attendees

"Outstanding presentation. Truly an exceptional presenter!"
"Dr. Winningham is an excellent presenter and has outstanding knowledge." "This is the best class I attended. Very good speaker with very useful ideas!" "He was wonderful, pleasant and so informative and shared so much – one of the best talks I have been to in 35 years." "Excellent. The fastest 7 hours I have ever spent. So interesting. I am excited to implement new activities."

C.E. Sponsor Licenses

IL PT #216.000134
IL OT #224.000056
IL SLP #202.000191
IL Nurses #236.000011
IL Social Worker #159.000904
IL Nursing Home Administrator #139.000184

Presented By:

Healthcare Management Solutions
16170 South Kingsport Road | Orland Park, IL 60467

Sponsored By:

Quality Therapy & Consultation



Evidence-Based Interventions to Maximize Cognitive Functioning and Reduce Unwanted Behaviors in Clients with Dementia or Traumatic Brain Injury



Saturday, November 12, 2016
8:00am - 5:00pm | Palos Park, IL

Instructor:

Dr. Robert Winningham

8.0 CE Hours!

Appropriate For:
Occupational and Physical Therapists and Assistants, Speech Language Pathologists, Nurses, Social Workers, Nursing Home Administrators

Cognitive Functioning — Saturday, November 12, 2016

SCHEDULE

7:30am	Sign-In / Breakfast
8:00am	Use It or Lose It: Maximizing Memory Ability
9:00am	Memory and Cognition
10:30am	Break (15 minutes)
10:45am	Memory and The Brain
11:45am	Developing Your Own Cognitive Enhancement Programs
12:30pm	Lunch On-Site (30 minutes)
1:15pm	Cognitive Enhancement Activities: Learning the Different Types
2:00pm	Break (15 minutes)
2:15pm	Motivating Clients to More Fully Engage Therapy
3:00pm	Behavior Management Strategies
5:00pm	Conclusion



CE HOURS

8.0 hours, HMS is an IDFPR licensed sponsor of C.E. for OT, OTA, PT, PTA, SLP, Nurses, Social Workers, and Nursing Home Administrators. If a registrant is late arriving to the course or leaves early, their certificate of course completion/CE hours will be adjusted accordingly.

REFUNDS/CANCELLATIONS

Any and all cancellations MUST be received on or before Friday, October 28, 2016 and are refundable less 20% of the original course fee paid (processing/supply charge) per registrant. Any cancellations received after 10/28/2016 will not be refunded. *Please note that if you register and do not attend, you are still liable for full payment.*

SEMINAR LOCATION

Holy Family Villa
12220 South Will Cook Road
Palos Park, IL 60439

ONLINE REGISTRATION

www.qtctherapy.com > Continuing Education > Course Registration Form

ADDITIONAL REGISTRATION OPTIONS

Mail: Healthcare Management Solutions
16170 South Kingsport Road | Orland Park, IL 60467
Email: CE@qtctherapy.com
Fax: (708) 326-1557
Phone: (708) 326-1550

REGISTRATION CONFIRMATION

If you have not received a confirmation within 5 days of the program, please email CE@qtctherapy.com.

Cost: \$250 per person (\$199/pp for groups of 3+)
Includes Breakfast, Lunch, Snacks and all course materials.

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____

Email: _____

Employer: _____

Discipline: _____

Professional License Number: _____

Payment Methods

- Check** (enclosed & payable to Healthcare Management Solutions)
 Credit Card (circle one: VISA or MasterCard)

Card Number: _____

Expiration Date: _____

CVC Security Code: _____

Name on Card: _____

Authorized Signature: _____

Billing Address: *(if different from above)*

City: _____

State: _____ Zip Code: _____