

Overview

Karen Stobbe

Karen was working as an actress, director, writer and instructor of theatre when her dad was diagnosed with Alzheimer's disease in 1996. Since then her life has taken on a new focus and meaning by combining the knowledge of her two worlds into one life work. Karen lives in Black Mountain, NC with her husband Mondy, daughter Grace and mom, Virginia, who now has Alzheimer's disease. Karen has performed over 500 trainings in storytelling, improvisation, caring for persons with Alzheimer's, the importance of laughter and person-centered care.



Grant County Dementia Care Network

The Dementia Care Network is a collaborative effort to meet the needs of people with dementia and their families. Local agencies involved include:

- Aging and Disability Resource Center of Grant County
- Alzheimer's & Dementia Alliance of Wisconsin
- Boscobel Care and Rehab
- Good Samaritan Society - Fennimore Community
- Grant County Department of Social Services
- Grant County Health Department
- Home Care Select
- Homeward Bound
- Manor Care - Platteville
- Southwest Health Center, Senior Behavioral Sciences
- Southwest Wisconsin Technical College

Special thanks to Home Care Select, Homeward Bound, Universal Acoustic & Emission and St. Mary's NCSF of Fennimore for their generous financial support.



Grant/Richland Regional Office
8820 Hwy 35/61 S
Lancaster, WI 53813
608.723.4288 / 800.308.6251
www.alzwwisc.org

Thirteenth Annual Understanding Alzheimer's Disease, Dementia and Memory Loss Workshop

Thursday, March 15, 2012

8:30 a.m. - 3:30 p.m.

**Southwest Wisconsin
Technical College**

**Fred Lenz Conference Center,
1800 Bronson Blvd.**

Fennimore, WI

Featuring Karen Stobbe
Black Mountain, NC

**For both family caregivers and
professionals**

Respite care and scholarships are
available for family caregivers

Workshop Schedule

Thursday, March 15, 2012

- 8:00-8:30 a.m. **Registration and continental breakfast**
- 8:30-10:15 a.m. **Be Present: It is a wonderful gift**
Karen Stobbe
- **Understanding Alzheimer's disease and dementia:** Interactive workshop that covers a basic description of Alzheimer's disease, dementia and how it affects the brain. All will be explained in layman's terms to help you walk away with a better understanding.
 - **Non-verbal communication:** I feel this is THE foundation for communicating with persons with dementia. We will concentrate on body language, facial expressions and vocal characteristics, how we need to be aware of ours and how to read theirs.
 - **Verbal communication:** How do we better communicate with those with dementia? What are the tips we need to keep in our mind to constantly adapt to those we are working and living with? Make your job and life easier by learning a few talking tips.
- 10:15-10:30 a.m. **Break**
- 10:30-12:00 a.m. **Continue**
- 12:00-1:00 p.m. **Lunch**
- 1:00-2:15 p.m. **"Say what!?" Listening skills**
Karen Stobbe
- We were given two ears but only one mouth. Because God knew that listening was twice as hard as talking. – Anonymous*
- Listening is a skill. It must be practiced and thought about until it is a part of us. Walk away with a new respect for the art of listening.
- 2:15-2:30 p.m. **Break**
- 2:30-3:30 p.m. **Tools for behaviors**
Karen Stobbe
- Refusing to eat, won't take a bath, tearing napkins into pieces: What are these behaviors communicating to us? What are the why's and what to do's about them? Or is there anything "to do"? We will break into teams to use problem solving and brainstorming techniques to give us answers.
- 3:30 p.m. **Wrap-up**

Registration Form

Understanding Alzheimer's Disease Workshop

Thursday, March 15, 2012

Name: _____

Agency: _____

Address: _____

Phone: _____

*Please register separately; photocopies OK. Agencies paying for all staff with one check should include all registration slips in the envelope together.

Registration fee: *\$20.00
(lunch included)

Please check here if you would like a vegetarian lunch.

Space is limited! Pre-registration required; no walk ins.

Send registration and make checks payable to: ADRC of Grant County, P.O. Box 383, Lancaster, WI 53813

Questions? Call the Grant ADRC at 608.723.6113 or 800.514.0066 or the Alzheimer's & Dementia Alliance at 608.723.4288.

Respite care is available. Arrangements must be made by March 2, 2012.

*Scholarships are available for **family caregivers** to assist with the registration fee.