

Alzheimer's Project to host disease education and training conference Saturday

Alzheimer's Project 9:10 a.m. EST February 15, 2016



(Photo: Democrat files)

An annual Alzheimer's disease conference will provide free education and training for area caregivers and professionals on Saturday at the FSU College of Medicine.

If you've ever cared for someone with Alzheimer's disease, or known a caregiver, you know how difficult is the journey and the need for information and "how to's". For the last 31 years, Tallahassee area caregivers and professionals in the field have had the opportunity to attend a free training program designed specifically to address their education and information needs.

The annual program is organized by Alzheimer's Project, Inc., a local nonprofit organization with Alzheimer's caregivers as their primary focus and mission. Partners include the Pilot Club of Tallahassee, the FSU College of Medicine, Tallahassee Memorial NeuroScience Center, and the Florida Health Care Association.

"This annual program brings together top caliber educators and trainers on topics caregivers most need information about – plus the opportunity to share with other caregivers to learn tips on how to cope and manage this terrible disease," says Alzheimer Project's executive director Debbie Moroney.

"We have families that attend as a group, and some also bring their loved one to be cared for onsite at the conference by trained staff. It is truly an incredible lineup of workshops led by some of the most knowledgeable experts around."

Moroney and her staff see first-hand the needs of families who are trying to understand the disease and what to expect, as well as learn how to actually provide hands-on care. Things like behavior management are critical topics, plus legal issues, according to Moroney.

In addition to family caregivers, the program also has a track for professional caregivers. Past conferences have been attended by social workers, nurses and administrators of nursing homes and assisted living centers. Continuing education credits are available for these professions for a \$25 fee.

"We've also seen clergy and lay people of faith communities attend, looking to increase understanding and be better equipped to serve the members of their congregations," said Moroney.

This year's opening keynote speaker, Dr. Angela Massey Hill, will speak on "Herbals and Supplements for the Treatment of Alzheimer's Disease: Is this the Future?" Workshops include:

- Managing adverse behaviors
- End of life care and dementia
- Legal issues
- Alzheimer's disease research update
- Promoting safety in the home
- Music therapy and dementia
- Health practices for mind-body-spirit
- Swallowing difficulties and dementia

How to participate: To register, call the Alzheimer's Project at 850-386-2778, or you may register online by visiting their website at www.AlzheimersProject.org (<http://www.AlzheimersProject.org>). Please register by Feb. 16. For more information about the conference, services available or to volunteer, please call Stephanie Pollack at 850-386-2778.

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