



Wednesday, June 5, 2019  
Christopher Newport University  
Freeman Center  
1 University Pl  
Newport News, VA 23606

8:00 AM Registration & Breakfast

8:45 AM Welcome & Overview of Day

9:15 AM Breakout Sessions #1

#### Option 1: Understanding Alzheimer's & Dementia

This session will feature an overview of Alzheimer's and related dementias, how Alzheimer's affects the brain, causes, and risk factors. It will also cover the process for a diagnosis, stages of the disease, and treatment of symptoms.

#### Option 2: A Beginner's Guide to Clinical Research

Have you ever wondered how a drug becomes an actual treatment? Do you know what a biomarker is and why it is important to disease detection? This session will focus on the basics of clinical research, the clinical trial process, and how a theory becomes an actual treatment. Topics will include the process of pharmaceutical development, early detection, and the science behind prevention.

#### Option 3: Healthy Living for Your Brain & Body: Tips from the Latest Research

This session is designed to provide current research and practical information on ways to help you age well. Topics include the impact of nutrition, exercise, cognitive stimulation, and socialization as well as cardiovascular health.

10:45 AM Break

#### 11:00 AM Plenary: A Research Update on Alzheimer's & Related Dementias

Dr. Rebecca Edelmayer, PhD, Director of Scientific Engagement for the Alzheimer's Association will offer a plenary address that features an update on both national and international research activities. The discussion will address progress toward identifying a biomarker, brain health and prevention, and treatments.

12:30 PM Lunch

1:30 PM Breakout Sessions #2

#### Option 1: Technology Boom

This presentation will feature an overview of the technology used in Alzheimer's and dementia care throughout the disease process to support both persons living with a diagnosis and care partners.

#### Option 2: Responding to Challenging Behaviors

This presentation will focus on the most common challenging behaviors associated with middle and late stages of Alzheimer's and dementia and evidence-based interventions. The discussion will include the use of behavior modification and communication techniques and pharmacological interventions.

### Option 3: Practice Perspectives in Caregiver Support

In 2018, unpaid caregivers of those living with Alzheimer's provide \$232 billion of care per year, which makes caregiver support a priority in Alzheimer's and dementia research. This presentation will include discussion on various models to provide caregiver support. Special attention will be paid to evidence-based interventions.

3:00 PM Break

3:15 PM Breakout Sessions # 3

### Option 1: Alzheimer's & Dementia Research Across the Commonwealth

Alzheimer's & dementia-related research is going on right in our backyard. This presentation will feature discussion on research happening in Virginia, including those funded by the Alzheimer's Association and Alzheimer's & Related Diseases Research Award Fund (ARDRAF).

### Option 2: Alzheimer's Association Dementia Care Practice Recommendations

This presentation will provide an overview of the Alzheimer's Association 2018 Dementia Care Practice Recommendations, which outline recommendations for quality care practices based on a comprehensive review of current evidence, best practice, and expert opinion.

### Option 3: Alzheimer's Association Clinical Practice Guidelines

Until recently, there have been no U.S. national consensus best clinical practice guidelines that provide integrated multi-specialty recommendations for the clinical evaluation of cognitive impairment for use by primary and specialty care medical and nursing practitioners. This presentation will feature discussion on 20 newly published recommendations for physicians and nurse practitioners to help facilitate more timely and accurate diagnoses.

4:45 PM Adjourn