

TUESDAY 26TH JANUARY

9.30 - 9.35	Welcome and introduction	Nigel Ward, Event Director, The Alzheimer's Show
9.35 - 10.15	<p>Assessment for possible dementia: why, when and how</p> <p>This talk dives into the assessment process for dementia. Beginning with the key symptoms Tim will discuss what to do if you are worried about someone's memory, the steps to take to gain a diagnosis, and why this is important.</p> <ul style="list-style-type: none"> • What are the key symptoms of dementia to be aware of? • Why is it worth getting a diagnosis? • What do I do if I am worried about someone's memory? • What is the assessment process like? • What happens afterwards? 	Dr Tim Beanland, Head of Knowledge Management, Alzheimer's Society
10.20 - 11.00	<p>Medicines and dementia - an overview</p> <p>General information in relation to medicines prescribed to support those living with a dementia.</p> <ul style="list-style-type: none"> • Medicines recommended by NICE • Medicines and behaviours/ distress reactions 	Anne Child MBE, Pharmacy and Dementia Specialist Leads
11.00 - 11.15	BREAK	
11.15 - 11.55	<p>Living Well with Dementia, a penny farthing and a 'Slow Puncture'</p> <ul style="list-style-type: none"> • Brief summary of diagnosis and its repercussions • Last year's activities: cycling, fund-raising and raising awareness • How do I live well? • The importance of harnessing local support (family, friends, businesses) • "Slow Puncture" – the book of Living Well with Dementia 	Peter Berry from Suffolk was diagnosed with Alzheimer's in 2015, aged 52
12.00 - 12.40	<p>An update from the CQC on Dementia</p> <p>The CQC will take a look back at what work has been done to support the delivery of quality dementia provision and where we are today.</p> <ul style="list-style-type: none"> • Overview of the work CQC has done during the pandemic. • Reflection on the impact of Covid-19 on the care sector and in particular on people living with dementia. • Celebration of good practice to address these challenges. • What next? 	Alison Murray, Head of Inspection, Adult Social Care, London at the Care Quality Commission (CQC)
12.40 - 13.20	LUNCH BREAK	
13.20 - 14.00	<p>Enhancing the dementia care environment</p> <p>Improving the care setting to support independence, confidence and dignity.</p> <ul style="list-style-type: none"> • A good toilet strategy. Reducing incontinence episodes, risk of falls and agitation • Improving communal spaces for better orientation and engagement 	Karen Clayton, Dementia Environment Consultant, Find Memory Care

	<ul style="list-style-type: none"> • Enhancing spaces for increased social interaction • Showcase your home 	
14.05 - 14.45	<p>How to reduce the symptoms of dementia?</p> <p>Jackie Pool, author of 'Reducing the Symptoms of Alzheimer's disease' and 'The PAL Instrument' will describe how services can use simple techniques to support people to live well with dementia.</p> <ul style="list-style-type: none"> • The theory and practical use of the Pool Activity Level (PAL) Instrument in enabling the support of service users at different stages of dementia will be described. • New care service opportunities for using evidence-based rehabilitation approaches will be discussed as ways of reducing the symptoms of dementia and supporting individuals to engage in meaningful everyday activity 	Jackie Pool, Dementia Care Champion
14.45 - 15.00	BREAK	
15.00 - 15.40	<p>Understanding delirium</p> <p>Dementia or delirium how do we understand the differences and why do we need to act fast?</p> <ul style="list-style-type: none"> • The common features • Types and Causes • Help and support 	Nicki Bones, CEO, SweetTree Home Care Services
15.45 - 16.25	<p>Staying active and independent</p> <p>This presentation will discuss the importance of staying active and independent for people with dementia and how this can be achieved.</p> <ul style="list-style-type: none"> • How function changes for people with dementia • Why staying active is important • How someone with dementia can be, or supported to be active as the disease progresses • How this can be facilitated during the pandemic 	Louise Howe, Occupational Therapist
16.25	Closing comments	Nigel Ward, Event Director, The Alzheimer's Show

WEDNESDAY 27TH JANUARY

9.30 - 9.35	Welcome and introduction	Nigel Ward, Event Director, The Alzheimer's Show
9.35 - 10.15	<p>Facilitating good communication with a person with dementia.</p> <p>This talk will provide background information about the effects of dementia on communication, before detailing how to best communicate with someone affected by dementia, including verbal and non-verbal communication.</p> <ul style="list-style-type: none"> • How dementia can affect communication • Preparing to communicate • How and what to communicate • Non-verbal communication 	Angelo Makri, Wellbeing Knowledge Officer, Alzheimer's Society
10.20 - 11.00	<p>Eating difficulties and dementia - practical approaches</p> <p>Meeting eating and drinking needs is a common concern for those caring for people living with dementia – this presentation gives some practical suggestions of things that may help.</p> <ul style="list-style-type: none"> • Unplanned weight loss may be one of the first signs of dementia but is often missed • Nutritional problems can be common for those living with dementia and can be very concerning for their carers • There are many practical approaches which can help 	Alison Smith, Prescribing Support Consultant Dietitian/ Committee Member - British Dietetic Association Older People Specialist Group
11.00 - 11.15	BREAK	
11.15 - 11.55	<p>Time and Place - Intergenerational Creative Project</p> <p>Challenges/successes of planning and delivering nationally a creative intergenerational project involving people with dementia and young undergraduates.</p>	Keith Oliver, Alzheimer's Society Ambassador and guests
12.00 - 12.40	<p>New Alzheimer's treatments on the horizon</p> <p>There are many exciting recent research developments for Alzheimer's and we are cautiously optimistic that new medications could be on the horizon, sooner than expected.</p> <p>Learn how the new generation Alzheimer's treatments are designed to slow or ideally halt progression of the disease and its symptoms, why early detection and treatment is possible with the development of sophisticated biomarkers and how to avail of these opportunities today.</p> <ul style="list-style-type: none"> • Alzheimer's – a new paradigm and a different future ... • The crucial role of new biomarkers for early diagnosis of Alzheimer's • A future with new-generation Alzheimer's treatments - how they work. • Opportunities to access tomorrow's potential treatments, today. • The importance of non-pharmacological intervention to lower risks of developing AD. 	Dr Emer MacSweeney, CEO and Consultant Neuroradiologist, Re:Cognition Health
12.40 - 13.20	LUNCH BREAK	
13.20 - 14.00	<p>Namaste Care - outstanding improvement in quality of life for those with end stage dementia.</p> <ul style="list-style-type: none"> • How to improve the quality of life for those with end stage dementia • How to use sensory stimulation to connect with those with end stage dementia 	Beverley Manzar, Registered Manager, Ebury Court Care Home

	<ul style="list-style-type: none"> • How to reduce or erradicate pain, UTI's or the use of anti-psychotic medication 	
14.05 - 14.45	<p>Paying for care</p> <p>Talking through the rules and frequently asked questions we receive on our helpline.</p> <ul style="list-style-type: none"> • How people with dementia pay for care • How property is treated in the financial assessment including deferred payment scheme • What happens when a relative with dementia wants to pool resources and move in with their family • Gifting money • NHS continuing care for people with dementia 	Sara Wilcox, CEO, Pathways Through Dementia
14.45 - 15.00	BREAK	
15.00 - 15.40	<p>Planning early - the key to ensuring a brighter future in later life</p> <p>Exploring the ways in which planning early can benefit later life.</p> <ul style="list-style-type: none"> • The importance planning early • How to ensure you remain in control? • What are the most important decisions to make early • Building in the flexibility change your mind 	Barry Sweetbaum, MD and Founder, SweetTree Home Care Services
15.45 - 16.25	<p>The positive impact of Cognitive Stimulation Therapy in care homes</p> <p>An overview of introducing CST and iCST in to Sunrise and Gracewell care homes, and its impact on people's cognition and wellbeing.</p> <p>This presentation will look at what we have learnt about rolling out CST over the past year, including:</p> <ul style="list-style-type: none"> • How the programme was introduced • The impact of the group sessions on people's cognition and wellbeing • Considerations around facilitating CST and iCST in care homes • The impact of iCST during Covid-19 	Asa Johnson, Project manager- activities and memory care
16.25	Closing comments	Nigel Ward, Event Director, The Alzheimer's Show