



INDIANA UNIVERSITY

INDIANA ALZHEIMER DISEASE CENTER

School of Medicine

MEMORY UNIVERSITY 2019

Navigating the Journey: Advice for Caregivers

PROGRAM



**Join us Friday
afternoons in
June 2019
1:30 p.m. to
3:00 p.m.**

- June 07:** Legal and Financial Planning
- June 14:** Addressing Behavior Challenges
- June 21:** Helping with ADLs
- June 28:** End-of-life Planning and Care

The Indiana Alzheimer Disease Center (IADC) presents Memory University 2019, a program for our research partners and others interested in Alzheimer's disease (AD) and other neurodegenerative diseases.

Memory University 2019 will focus on *Navigating the Journey: Advice for Caregivers*. Attendees will learn about legal and financial planning; interventions for challenging behaviors; activities of daily living (ADLs); and end-of-life planning and care.

Memory University 2019 is free of charge. However, advance registration is required. Please register online at https://is.gd/MemoryU2019_Registration. For more information, call 317-963-5500 or email iadc@iu.edu. Doors open at 1:00 p.m. and the program begins at 1:30 p.m.

[REGISTER NOW!](#)



LOCATION:

IU Health Neuroscience Center
Goodman Hall Auditorium
355 W. 16th Street*
Indianapolis, IN 46202

***Please note: Parking garage entrance is at 15th Street, between Senate Avenue and Missouri Avenue. Garage parking fee is a maximum of \$5.00/day.**



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June 07, 2019

Legal and Financial Planning



Anita A. Harden, JD, an Indianapolis native, received her law degree from the University of Houston, TX and was admitted to the Indiana Bar in 1995. Anita is the principal attorney at the Anita A. Harden Elder Care Law Office, where she serves as an advocate for senior citizens. Anita is the Past Chair of CICOA Aging & In-Home Solutions' Operating Board of Directors. She also serves on the IADC's Community Advisory Board. Anita was caregiver for her mother and father, both of whom had Alzheimer's disease, and for her aunt with vascular dementia. Anita is also a research participant at the IADC.

June 14, 2019

Addressing Behavior Challenges



Denise Raley Saxman, MSW, LCSW, Care Consultant, Alzheimer's Association, Greater Indiana Chapter, obtained her MSW from Indiana University in 1994 and has worked in the healthcare field since graduation. For the past 9 years, she has worked for the Alzheimer's Association, Greater Indiana Chapter where she is one of four care consultants. In this role, she meets with families and persons with dementia to help them address the challenges dementia can present. Services include education about the disease, care planning, referrals to community resources and links to other chapter services. She also manages and supports approximately 65 volunteer Support Group Facilitators. Her previous work experience includes 10 years as a home hospice social worker in Maryland and a HIV/Aids social worker at Wishard Health Services (now Eskenazi Health) in Indianapolis.

June 21, 2019

Helping with ADLs



Kate Kunk, RN, CIRS-A/D, coaches family caregivers throughout Central Indiana on behalf of CICOA Aging & In-Home Solutions. Kate holds degrees in Nursing and Sociology as well as certificates in Gerontology and Faith Community Nursing. She is also certified as a Dementia Caregiver Coach by the Rosalynn Carter Institute for Caregiving at Georgia Southwestern State University. Before joining CICOA, her advocacy and case management skills took her from homeless shelters in New York City's Hell's Kitchen and Virginia's Roanoke Valley to a psychiatric clinic in Tennessee's Great Smoky Mountains. Kate has also worked extensively in the publishing industry, during which time she developed educational materials for McGraw-Hill and Pearson in the New York Metropolitan area. Improving the quality of life for people of all ages is one of Kate's lifelong passions.

June 28, 2019

End-of-life Planning and Care



Susan Hickman, PhD, is a geropsychologist, Professor at the Indiana University School of Nursing, and a Co-Director of the RESPECT (Research in Palliative and End-of-life Communication and Training) Center at IUPUI. She has been educating and conducting research on advance care planning for over 20 years. Dr. Hickman is currently funded by the National Institutes of Nursing Research and the Retirement Research Foundation to evaluate the quality of advance care planning decisions in the nursing facility setting. She is also Co-Principal Investigator on a National Institute on Aging funded pragmatic randomized clinical trial to evaluate an ACP Specialist Program for people with Alzheimer's disease and related dementias who live in nursing homes.