

It Takes A Village:

A MCI & Dementia Strategy & Support Conference for Friends and Family

Join us for a comprehensive day dedicated to supporting those who care for loved ones facing Mild Cognitive Impairment and dementia. This essential conference brings together leading experts in neurology, neuropsychology, gerontology, Alzheimer’s and Parkinson’s- to provide practical strategies, emotional support, and the latest research. Learn from experts, connect with resources, and gain the knowledge and community you need to care for your loved one and for yourself.

Conference Agenda

Time	Session Type	Topic/Description	Speaker/Activity
8:30 AM	Registration & Welcome	Check-in, coffee, light refreshments	Staff
9:00 AM	Opening Keynote	Understanding the Spectrum: From MCI to Dementia & Life after diagnosis	Neurologist, Dr. Anton Ostashko
<ul style="list-style-type: none"> <i>The difference between normal aging and disease-related cognitive change.</i> <i>Current understanding of the pathophysiology (how the disease affects the brain).</i> <i>The importance of an accurate diagnosis and what to expect from testing.</i> <i>What to expect from a neurologist, what’s the purpose of the disease</i> 			
9:45 AM	Practical Caregiving	Caregiver Burnout Prevention & Effective Communication Strategies	Caregiver Coach, Alex Kaplan
<ul style="list-style-type: none"> <i>Preventing and managing stressful situations</i> <i>Establishing daily routines</i> <i>Reacting to challenging behaviors (sundowning, repetition)</i> 			
10:30 AM	Break!	Quick stretch & refreshments	
10:45 AM	Psychology	Title TBD	Neuropsychologist
<ul style="list-style-type: none"> <i>Coping mechanisms for family members dealing with the "grief of loss" while their loved one is still present.</i> <i>Understanding the cognitive deficits (memory, judgment, language) from a psychological perspective.</i> <i>Strategies for maintaining the dignity and engagement of the person with dementia.</i> 			

11:30 AM	Caregiving	Practical Tips for At-Home Caregivers	Dr. Amaro - confirmed Ara – asked Pam Estonilo- confirmed
<ul style="list-style-type: none"> • <i>TIM: Continence management at home & latest research</i> • <i>Tranquility Dental: how to brush your loved ones teeth, research on dementia & oral care</i> • <i>Hear to There Audiology: demo w/practical tips for home & research/pitch (hearing aid holders for shirt?)</i> • <i>SelectRehab: OT tips for dementia/fall prevention</i> 			
12:15 PM	Lunch & Resource Fair	Opportunity to connect with local services & gather information	Vendors & sponsors
<ul style="list-style-type: none"> • <i>*Care Indeed</i> • <i>*Institute on Aging</i> • <i>*Tami Anastasia</i> • <i>*Tranquility Dental</i> • <i>*Los Altos Neurology</i> • <i>*Hear to There Audiology</i> • <i>Hotto Care -- GUIDE</i> 		<ul style="list-style-type: none"> • <i>*SelectRehab</i> • <i>*TIMs</i> • <i>*Rocksteady?</i> • <i>*SafelyYou?</i> • <i>*Hearts & Minds</i> • <i>*Podiatrist</i> • <i>*Concierge emergency medicine</i> • <i>Financial planning</i> • <i>Stevie Slaughter</i> • <i>Elder law</i> 	
1:15 PM	Specialized Tracks	MCI Alzheimer's Parkinsons	MCI: Belmont Village Alz: Dr. Anton Oshtako , Los Altos Neurology PD: Dr. Junghoon Ha, MD PhD , Stanford Neurology
<p><u>The Power of the Six Pillars: Maximizing Cognitive Reserve</u></p> <ul style="list-style-type: none"> • <i>Focus on reviewing evidence-based lifestyle changes proven to slow progression: diet, exercise, sleep, stress management, cognitive engagement</i> • <i>Touch on other practical strategies (calendars, routine, environmental cues) to maintain independence at home</i> <p><u>The Latest in Alzheimer's Research & Treatments</u></p> <ul style="list-style-type: none"> • <i>TBD</i> <p><u>The Invisible Symptoms: Managing Advanced Non-Motor Changes in Parkinsons Disease</u></p> <ul style="list-style-type: none"> • <i>Focus on complex non-motor symptoms, like hallucinations, severe apathy, sleep disturbance, and strategies for managing drug sensitivities in advanced PD</i> 			
2:15 PM	Specialized Track Activities	Therapeutic Activities	Enrichment Leaders
<ul style="list-style-type: none"> • MCI: Circle of Friends discussion • Alz: Neighborhood activity w/Sensory element • PD: Power Moves exercise class 			
2:45 PM	Break	Coffee & Dessert break	
3:00 PM 45 min PT 15 min Q&A	Closing Keynote	Ask the Experts: When is it time for more care?	Tami Anastasia

