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LONG TERM CARE  
SOCIAL WORKERS OF IOWA

## SPRING CONFERENCE 2019

Thursday, April 4, 2019

Person-Centered Care Planning  
and the Social Worker's Role

Help Me! Help Me!

The Common Sense Approach to  
Dealing with Challenging Behavior

You Know My Name....NOT My Story!

**Catherine R. "Cat" Selman, BS**  
*Authority in Aging Services*

Friday, April 5, 2019

Advance Care Planning and IPOST

**Mercedes Bern-Klug, PhD, MSW**  
*School of Social Work ~ Univ of Iowa*

**Nicole Peterson, DNP, ARNP**  
*College of Nursing ~ Univ of Iowa*

**Jane Dohrmann, LISW, ACHP-SW**  
*Palliative Care Services ~ Iowa City Hospice*

Music Therapy and the Long Term Care  
Resident-Not Just Entertainment!

**Wendy Ziebol, MT-BC**  
*Music Therapy ~ Mary Greeley Med Ctr Hospice*

Gateway Hotel and Conference Center

2100 Green Hills Drive, Ames, Iowa

The LTCSWI Conference group rate is \$119 plus tax for  
*Double Queen or King*. Please make your reservations by  
**Wednesday, Mar 13, 2019, 1-800-FOR-AMES.**

Registration Deadline: **March 29, 2019**

### **Catherine R. "Cat" Selman**

Educator. Motivator. Communicator. Consultant. Author....**Cat Selman, BS**, uses her dynamic personality and compelling presence to spread the message of positive, realistic, and common-sense strategies for the aging services professional. She presently serves as President and Co-owner of The Cat Selman Company, specializing in continuing education for healthcare professionals. With over 35 years experience in management, education and consultation, Ms. Selman has trained providers and surveyors in all 50 states. In demand, and on topic, she is considered an authority in aging services.



#### **Person-Centered Care Planning & the Social Worker's Role**

In this session, utilizing the MDS 3.0 and Social History/Assessment as a foundation, Cat will share guidance as to the identification of needs, issues, strengths, choices/preferences and the development of person-centered, individualized goals and interventions that will be truly reflective of the care and services we are providing.

**Objectives-**At the end of this session, participants will be able to:

- Define "person-centered care" as defined by CMS.
- Describe the social service component of the Comprehensive Care Plan.
- Identify surveyor focus and the Critical Element Pathway assessing the Comprehensive Care Plan.

#### **Help Me! Help Me! - The Common Sense Approach to Dealing with Challenging Behavior**

This session will identify causal factors and provide valid interventions for a variety of behaviors. Surveyors have been given examples of successful interventions and expect to find these when they assess facility programs. Shouldn't your staff have this information also? Using humor, Cat will cover common sense, "down-to-earth" techniques for dealing with specific behavioral issues. Both federal and state surveys are now taking a closer look at behavior management programs in facilities. Will your programs and interventions stand up to that scrutiny?

**Objectives-**At the end of this session, participants will be able to:

- Recognize the components of a behavioral tracking document.
- Identify surveyor questions that are included in the Behavioral-Emotional Health Critical Element Pathway.
- Describe specific staff interventions that may be utilized when responding to challenging behavior.

#### **You Know My Name...NOT My Story!**

Come and learn as Cat teaches us the role we play in developing an elder's story; a process that ultimately helps staff better meet the needs of elders. By doing so, we can truly impact an elder's quality of life in a positive way. Together we can learn the **real** story!

**Objectives-**At the end of this session, participants will be able to:

- Define the benefits of reminiscence.
- Describe the different types of reminiscence.
- Identify the content that should be included when writing a resident's life story.

**ATTENTION: Social Services**

LONG TERM CARE  
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1040 Market Street  
Carlisle, IA 50047



## Advance Care Plans and IPOST

**Mercedes Bern-Klug, PhD, MSW** is a University of Iowa professor in the School of Social Work and director of the Aging and Longevity Studies Certificate Program. She is a leadership advisory council member for the iSHARE Program (*Interprofessional Strategic Healthcare Alliance for Rural Education*) which is a federal funded Geriatrics Workforce Enhancement Program.



**Nicole E. Peterson, DNP, ARNP** is a lecturer on faculty at the University of Iowa College of Nursing. She teaches in the gerontological nursing program, including the course, "End of Life Care for Adults and Families." She has over a decade of experience working with nursing home residents, families, and staff.



**Jane Dohrmann, MSW, LISW, ACHP-SW**, is the Program Director of Palliative Care Services at Iowa City Hospice. She provides the leadership and management of the Supportive Care and Honoring Your Wishes programs. Jane facilitated implementation of IPOST (Iowa Physician Orders for Scope of Treatment) in Johnson county in 2013 and serves on the state-wide IPOST task force.



**Objectives....**At the conclusion of this workshop, participants will be able to:

- Define advance care planning, describe the core components of an ACP conversation, and indicate who should attend (ideally).
- Compare and contrast the concept of "Power of Attorney" in Iowa (financial as well as health care).
- Describe the core components of the POLST Paradigm and IPOST best practices in the nursing home setting.
- Identify ways to streamline policies and procedures in nursing homes to enhance the advance care planning and IPOST processes.

### Continuing Education Credits - 6.0 Contact Hours

*Thursday's program complies with the Iowa Board of Social Work Examiners Rules for Continuing Education, meeting 6.0 general education contact hours*

### Continuing Education Credits - 5.5 Contact Hours

*Friday's program complies with the Iowa Board of Social Work Examiners Rules for Continuing Education, meeting 5.5 general education contact hours.*

## Music Therapy and the Long Term Care Resident—Not Just Entertainment!

**Wendy Ziebol, MT-BC**, received her bachelors degree in Music Therapy at the University Wisconsin - Oshkosh that included a 6 month internship at Bethesda Lutheran Home in Wauertown, Wisconsin. She has worked with adult dementia clients for over 15 years. Wendy is the Music Therapist for Hospice at Mary Greeley Medical Center in Ames.



**Objectives....**At the conclusion of this workshop, participants will be able to:

- Define music therapy and the Board Certified Music Therapist.
- Demonstrate Music Therapy's ISO- Principle and list three factors that influence residents' preferred music choices.
- Learn from live music and personal stories techniques used by a music therapist with long term care residents.
- Explain a typical group music therapy session for clients at various stages of Alzheimer's disease.
- Understand the value of music therapy relaxation with the elderly.
- Discover music therapy interventions in end of life care.

**Handouts** will be posted on our website prior to the conference and need to be printed out by attendees. You will be notified by email when the handouts are ready. Important! If you do not receive registration confirmation or handout notification before the conference, contact 515-989-6068 or [ltcswi@mchsi.com](mailto:ltcswi@mchsi.com)

**Cancellation Policy:** Fees will be refunded if requested by March 29, 2019. Refunds after that date due to personal emergency, must be requested in writing. Fifty dollars will be retained to cover meals and materials.

**Vendors** will be provided with attendees' work contact information.

**Questions?** Contact Ceci Johnson, Exec. Dir.  
515-989-6068 or [ltcswi@mchsi.com](mailto:ltcswi@mchsi.com)

**Registration starts at 8:00 a.m.**  
**Conference begins at 8:30 a.m.**

## Registration Form LTCSWI Conference Spring 2019

Name \_\_\_\_\_

Facility/Agency \_\_\_\_\_

Facility Address \_\_\_\_\_

Daytime Phone # \_\_\_\_\_

LTCSWI Member?  Yes  No

Professional License # \_\_\_\_\_

E-Mail : \_\_\_\_\_

**Email Address Required For Registration Confirmation and Handout Notification**

If you do not receive registration confirmation or handout notification before the conference, contact 515-989-6068 or [ltcswi@mchsi.com](mailto:ltcswi@mchsi.com)

**Amount Enclosed (lunch included):**

- \$150 **Member Fee** for both days
- \$225 **Non-Member Fee** for both days
- \$100 **Member Fee** for Thursday
- \$175 **Non-Member Fee** for Thursday
- \$100 **Member Fee** for Friday
- \$175 **Non-Member Fee** for Friday

Note: Retiree & Student Fees Discounted 50%

**LTCSWI Membership**

- \$50 **Membership Fee** to join LTCSWI

Total Enclosed: \$ \_\_\_\_\_

Please send check payable to:

**LTCSWI**  
1040 Market Street  
Carlisle, IA 50047

**Registrations Due March 29, 2019**

(For Association Use Only)

Received \_\_\_\_\_ From \_\_\_\_\_

Confirmed \_\_\_\_\_

Check Date \_\_\_\_\_ Check # \_\_\_\_\_

Amount \$ \_\_\_\_\_

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