



LONG TERM CARE

SOCIAL WORKERS OF IOWA

Spring Conference ~ April 4-5, 2024

Gateway Conference Center, Ames

Thursday, April 4

- *Ethical Self-Care and Cultural Competence for Professionals*
- *Communication Between Families and Caregivers*
- *Understanding Alzheimer's and Dementia*
- *Unpacking Post Traumatic Stress Disorder (PTSD)*

This program complies with the Iowa Board of Social Worker Examiners Rules for Continuing Education, meeting 3.0 ethics and 3.0 general continuing education hours

Friday, April 5

- *Dementia-Specific Advanced Directives: Confusion or Clarity?*
- *Advocating for Family Members Concerned about Loved One's Pain*
- *Supporting Those Who are Grieving*
- *Schizophrenia: Introduction to Behavioral Health via Telehealth*

This program complies with the Iowa Board of Social Worker Examiners Rules for Continuing Education, meeting 5.0 general continuing education hours

Important Information:

- Please dress in layers as temperatures are hard to control
- Vendors will be provided with your work contact information
- Contact director@lctswi.com for special diet requests
- **Registration Deadline is March 29**
- Questions? Contact 515-989-6068 or Director@lctswi.com

Gateway Hotel and Conference Center

2100 Green Hills Drive, Ames

The special guestroom rate of \$136 is available until Wednesday, March 13. To make reservations, call 1-800-FOR-AMES or 1-800-367-2637 and let them know you are with the Long Term Care Social Workers of Iowa conference.

Conference Sessions: Thursday, April 4, 2024

Ethical Self-Care and Cultural Competence for Professionals

Donna Van Peurse, LISW, Associate Professor, Northwestern College

Define ethical standards around our responsibilities as professionals. Discuss recent additions/changes to the code of ethics from June 2021 surrounding self-care and cultural competence. Define compassion fatigue, vicarious trauma, and burnout and the impact it has on people in the helping professions. Identify the importance of healthy self-care for professionals. Discuss different ways of implementing healthy self-care. Identify professional boundaries and their importance in professional relationships. Process through ways to increase our cultural competence and ethical apply those practices to our clients. Apply ethical decision-making skills for cultural competence through a variety of vignettes and break-out sessions.



Communication Between Families and Caregivers

Aimee Spores, LMSW, Dir of Social Services, WesleyLife at Home

Explore effective communication among families and caregivers. Cover common challenges, strategies for enhancing family cohesiveness, conflict resolution techniques, and practical communication skills for caregivers. Identify resources that can assist with caregiving and caregiver burnout. Understand the meaning and significance of effective communication in caregiving. Explore common communication challenges and conflicts. Discover strategies to promote family togetherness. Learn practical communication techniques for caregivers. Identify resources for caregivers.



Understanding Alzheimer's and Dementia

Becky Montgomery, Owner of Senior Home Finder of Iowa

Learn about detection, causes, risk factors, stages, and treatment of Alzheimer's and dementia.



Unpacking Post Traumatic Stress Disorder (PTSD)

Rochean Cofield, LMSW, Broadlawns Medical Center & Urban Dreams

In this program, we will define the symptoms of PTSD and discuss ways to challenge the thoughts associated with the trauma. PTSD discussion centers on forgiveness.



SCHEDULE: Registration begins at 8:00 a.m. First presentation starts at 8:30 a.m. with the last session concluding at 4:00 p.m.

Exhibitors Booths Available

Exhibitors are invited to support social workers who work in long term care settings by displaying their product or program at the Long Term Care Social Workers of Iowa Conference. The registration deadline is **Wednesday, March 27, 2024.**

Handouts

Attendees are required to print their own handouts. Handouts will be emailed and posted on our website. You will be notified by email when the handouts are ready.

Conference Sessions: Friday, April 5, 2024

Dementia-Specific Advanced Directives: Confusion or Clarity?

Mercedes Bern-Klug, PhD, MSW, Professor, School of Social Work, Univ. of Iowa

The goal of this program is to build understanding and confidence related to social work practice with people receiving long-term care services and supports in Iowa, regarding advance directives. Discover how dementia-specific advance directives compare to advance directives. Answer the question, In what ways could the instruction to “not feed when the ability to self-feed is lost” be challenging in the nursing home setting? Learn how social workers can support people considering a dementia-specific advance directive.



Advocating for Family Members Concerned about Loved One's Pain

Mercedes Bern-Klug, PhD, MSW, Professor, School of Social Work, Univ. of Iowa

The goal of this program is to build understanding and confidence related to social work practice with people receiving long-term care services and supports in Iowa, regarding pain. Learn which health care professional is responsible for assessing pain. Name two pain assessment tools you are comfortable using in your social work practice. Discover what patient/resident characteristics can complicate pain assessment.



Supporting Those Who are Grieving

Chris Klug, MA, CT, Grief Counselor

Explore the basic dynamics of the grieving process; the mental, emotional, physical, and spiritual characteristics of grieving; what it means to normalize and validate one's own experience and the experience of others; and the central role of attitude and intention when supporting those who are grieving. Learn to accept that grieving is the normal, healthy response to the experience of loss. Understand the basic dynamics of the grieving process. Recognize, validate, and normalize the experience of grieving. There will be time for questions and discussion.



Schizophrenia: Introduction to Behavioral Health via Telehealth

Randal Beckett, DNP, FNP-C, PMHNP-BC Adult Psychiatric Mental Health Nurse Practitioner and Family Nurse Practitioner. Specializing in Geriatric Psychiatry, Encounter Telehealth

Enhance your understanding of schizophrenia and schizoaffective disorder to improve resident care and prevent inappropriate diagnosis of these disorders. Understand the advantages and limitations of behavioral health telemedicine to improve mental health care for your residents.



SCHEDULE: Registration begins at 8:00 a.m. First presentation starts at 8:30 a.m. with the last session concluding at 2:45 p.m.

Payment

Register and pay online at ltcswi.com. Credit cards are accepted for online registrations only.

Checks payable to LTCSWI can be mailed to:
LTCSWI, 1040 Market Street, Carlisle, IA 50047

Cancellation Policy

Fees will be refunded if requested by March 29. Refunds after that date due to personal emergency, must be requested in writing. We will retain \$50 to cover expenses.

Ceci Johnson, Executive Director, Director@ltcswi.com or 515-989-6068



LONG TERM CARE SOCIAL WORKERS OF IOWA

Registration Form Spring Conference ~ April 4-5, 2024

Space is limited, so register early!

Payment Options:

1. Register and pay online by credit card at ltcswi.com **OR**
2. Register by completing this form and mailing your check to the address below

Name _____

Facility/Agency _____

Facility Address _____

Daytime Phone # _____

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 director@ltcswi.com or 515-989-6068

Conference Registration

- \$175 **Member Fee** for both days
- \$275 **Non-Member Fee** for both days
- \$125 **Member Fee** for Thursday
- \$225 **Non-Member Fee** for Thursday
- \$125 **Member Fee** for Friday
- \$225 **Non-Member Fee** for Friday

Note: Retiree & Student Fees Discounted 50%

LTCSWI Membership

- \$75 **Membership Fee** to join/renew

Please send check payable to:
LTCSWI
1040 Market Street
Carlisle, IA 50047

Ceci Johnson, Executive Director, Director@ltcswi.com or 515-989-6068

(For Association Use Only)	
Received _____	From _____
Check Date _____	Check # _____
Confirmed _____	Amount \$ _____