



I am a Licensed Clinical Professional Counselor, Certified Care Manager, Certified Dementia Practitioner, and Certified Alzheimer's Disease and Dementia Care Trainer with the National Council of Certified Dementia Practitioners (NCCDP). I have spent my career in many different settings from community-based organizations, to hospitals, to long term care facilities. The one consistent has always been a focus on education and training for staff and families. Together we can strengthen our health knowledge, transform our attitudes, and improve the quality of care we provide.

CONTACT

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1-Hour In-Services or 1-Hour CEU Credit Classes

- Alzheimer's Disease: An Inside Look
 - (Compliant with Illinois Requirement for Mandatory 1-hour Alzheimer's Disease Training for licensed professionals)
- Communication Strategies
- Behavior: Identifying emotion, Identifying unmet need
- Cognitive Remediation: A workout for the brain!
- Validation
- Validation for Self-Care: Learning to Cope with Stress
- Anxiety and Depression in the Elderly
- Sexuality and Intimacy in the Elderly
- Pain
- Person-Centered ADL care
- Family Dynamics: How to Support Family During Difficult Transitions.

Alzheimer's Disease and Dementia Care Seminar, 7 CEU credits

- This 8-hour class provides healthcare workers with fundamental information on Alzheimer's Disease and dementia care.
- This class is the required seminar for those pursuing **Certified Dementia Practitioner or Certified Dementia Volunteer** certification and who qualify through the National Council of Certified Dementia Practitioners.
- This class is open for all that work or volunteer in healthcare!

In-services and educational training programs can be customized to meet your individual training needs.

I am available for on-site events.

Please contact me to plan your next event!