

JMJ Consulting and Advocacy

Educating, Equipping
And Empowering

Those who care for individuals with
Alzheimer's Disease
and other Dementia's

JMJcares.com

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ABOUT THE TRAINER

Janelle Johnson is a dementia care specialist who has been working in the field of Aging Services since 1989. Her career has focused primarily on the care of those with Alzheimer's and other dementias. She has a law degree from the University of Minnesota and a Bachelor's Degree in Social Work from the College of St. Catherine, which, combined with her years of experience in this field, make her an outstanding advocate for advancing best practices in Alzheimer's Care. Janelle was instrumental in the development of the program at Prelude Memory Care Cottages in Woodbury, Minnesota as well as the Sunflower Communities in Elmore and Waconia.

Janelle has a passion for helping those who are living with memory loss and their families as they face challenges and develop plans to live well with this disease process. Her down to earth suggestions, combined with her stories of practical application in real life situations make her presentations enjoyable and easy to apply to your personal journey.

TOPICS

- **Communicating Well**
Establishing T.R.U.S.T.; Using your Personal Presence; Validation
- **Understanding and managing challenges**
7 Step technique to manage agitation and aggressive behavior
- **Managing Our Expectations of Loved ones with Dementia**
Understanding the dynamics of our expectations and family dynamics and how they impact our daily lives when caring for a loved one who is living with dementia.
- **Using Life Story**
Understanding how to use life story to manage in daily living, manage difficult situations, and to establish legacy
- **Using Technology as Caregiving Tools**

Learning objectives for Family and Community Presentations:

Communicating Well with those with Memory Loss

- Understanding the power of personal presence
- Understanding the importance of being a "Helper"
- T.R.U.S.T
- Understand the principals of Validation and basic human needs

Understanding and Managing Behavioral Symptoms and Challenges

- Identify potential causes of anxiety and agitation
- Understanding the importance of empowering your team
- Learn a 7 step technique to manage agitation and aggressive behavior

Managing Our Expectations of Loved ones with Dementia

- Identify how our family dynamic and former expectations impact how we relate to and communicate with our loved ones who are living with dementia. Discuss how small adjustments can make our lives easier

Life Story

- Understand how to use if to build relationship; provide care; and de-escalate difficult symptoms
- Using Life Story to build legacy for future generations

Using Technology to help in caring for a loved on at home