

***The Most Powerful
Cognitive Decline Care Skill
You're Probably
Overlooking!***

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The Heartland Caregiving Conference



PROUDLY PRESENTS

THE HEARTLAND
**CAREGIVING
CONFERENCE**

1. It's one of the hardest jobs we'll ever have.

2. Just by showing up regularly, we're doing a good job!

3. We want easy tips to do a better job

What I Know About Caregivers

Here is my "Why?"!



Why is My Passion Project to Help Caregivers?

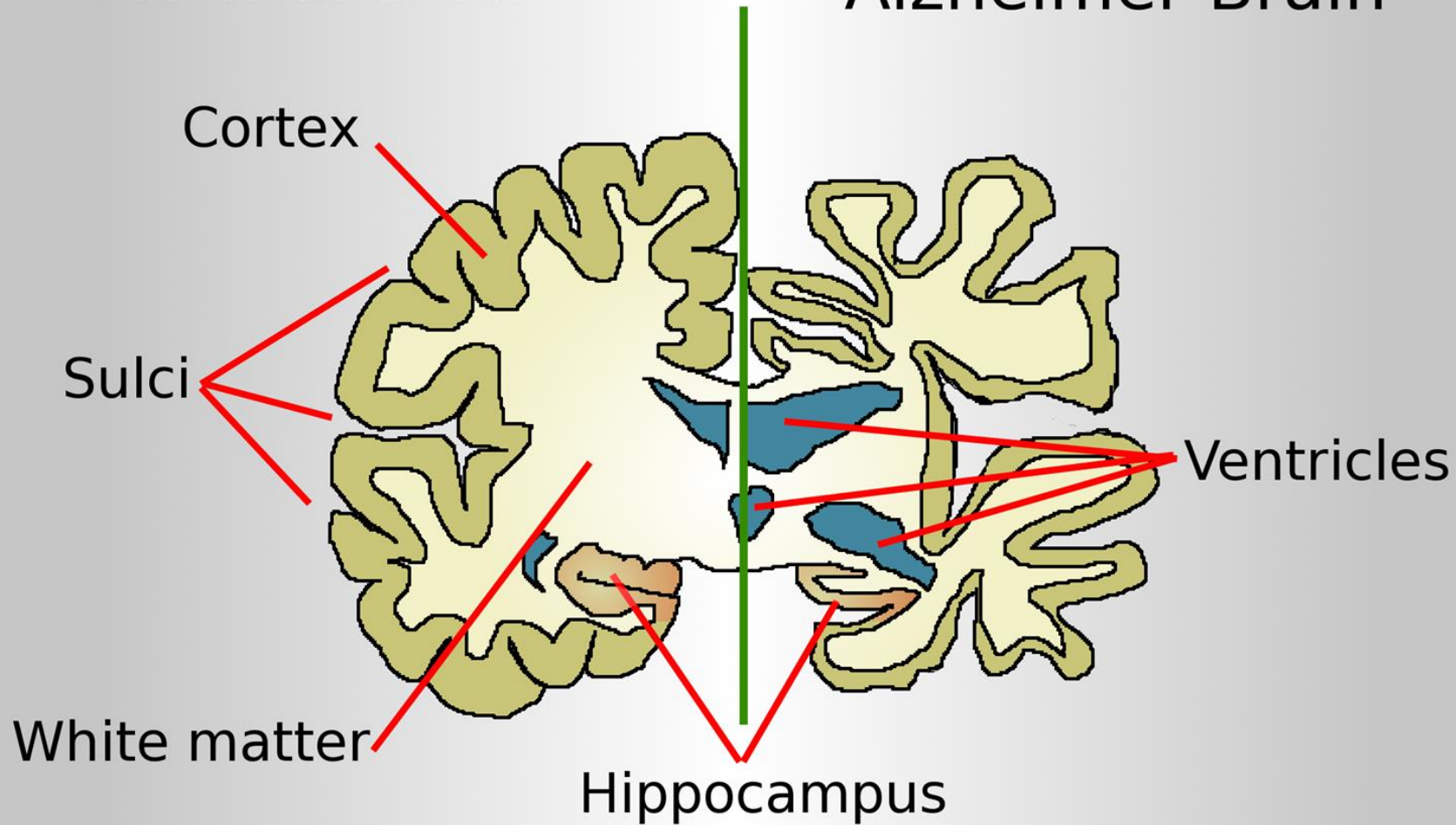
- Communication in Caregiving is frustrating!
- I recognized that by communicating the same way I always had with my Mom, I was *hurting* more than *helping*.
- Figured out my PhD in Communication + specialty in brain research had to have some answers to help me & others ;-)

Memory Doesn't Work Like it Used To

Here's the Major Problem

Normal Brain

Alzheimer Brain



Over the Course of The disease, the Brain Size reduces to 1/3rd of its original size.

Cognitive Decline Affects LT Memory

- Long-Term Memory



- With Cognitive Decline



What Can We Do?

What is the Most Important Skill for those with Cognitive Decline?



The Little Known 2 Minute Research

What happens if we ask the question a different way or otherwise try to 'help'?

BEST skill is **Long Silence +
Looking Interested**

- 1. Pretend you're asking me this question: "What was the best part of your day?"**
- 2. Look interested and wait for a response**

**Let's Practice this Strategy for
30 Seconds**

How Do I Help Fellow Caregivers?

- [The Caregiver's Starter Kit Workshop: A 3-Part Workshop to Learn What No One Tells You About Communication and Dementia](#)
- Begins Nov. 3, 6 – 7:30 PM.
- Communication Coaching for Families
- Daily Posts on LinkedIn, FB, & Instagram (Free),
- Weekly Emails for Cognitive Decline Caregivers
- Free – Sign up today! (Via QR code, or <https://bit.ly/439iZ1J> or sign up here live with me)



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Questions,
Comments,
Or Observations?