



ASIC 2019- Workshop

Effective Interventions for Depression in Dementia Family Caregivers: Review and Recommendations

Thursday February 21, 2019 from 2:00 pm to 4:00 pm
Crowne Plaza San Francisco Airport

Symptoms of depression, anxiety, and other forms of emotional distress are common in family members providing long term care for a relative with Alzheimer's disease or a related form of dementia - some studies found that about 30% suffer from a major depression, with about 50 - 70% reporting significant symptoms. Unfortunately, depression is often not recognized in the caregiver since the health care system's attention has long focused exclusively on the person with dementia. Yet untreated depression takes its toll in terms of reduced efficiency and effectiveness of caregiving, increased social isolation of both persons, and (according to some studies) negative health consequences for the caregiver through the continuum of care. We in the health care professions need to recognize, and treat, depressive symptoms so that we can improve quality of life of both the person with dementia and his/ her primary caregiver. In this workshop we will discuss an array of effective interventions including: pharmacotherapy, case management, and several forms of psychotherapy - with a focus on CBT (cognitive-behavioral therapy) since it has the strongest evidence base.

2:00 pm – 2:05 pm	Introduction and Welcome Remarks from Co-Chairs
2:05 pm – 2:30 pm	Dr. Barbara Sommer MD Associate Professor in Psychiatry, Emerita Dept. of Psychiatry & Behavioral Sciences Stanford University School of Medicine <i>"Psychiatric Treatment of the Patient with Dementia: Concerns in Treating the Caregiver"</i>
2:30 p.m.- 3:00 p.m	Dr. Rita Ghatak, Ph.D Associate Director, Optimal Aging Center Los Altos, California <i>"Continuum of Care for Families Facing Dementia"</i>
3:00 pm– 3:15 pm:	Coffee Break
3:15 p.m - 3:45 p.m.	Dr. Dolores Gallagher-Thompson, PhD, ABPP Professor Emerita, Dept.of Psychiatry & Behavioral Sciences Stanford University School of Medicine <i>" Using CBT and Other Forms of Psychotherapy to Reduce Depression in Family Caregivers."</i>
4:00 p.m. – 4:00 p.m.	Discussion



Registration online: <http://alzint.com/register-workshop.html>

Alzheimer International Society: Tel. 1-650-826-2337

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