TAMI ANASTASIA
dementia guidance and support

Keynotes, Workshops and Webinars

DEMENTIA FOUNDATIONS

Stop, Look, Listen: Warning Signs of Dementia (Family Caregivers)
Many families sense that "something isn't right" long before they have answers. This presentation helps caregivers understand the early warning signs of dementia, how those signs differ from normal aging, and what to do when concerns arise. Participants leave with greater clarity, reduced self-doubt, and concrete next steps for seeking evaluation and support.

Stop, Look, Listen: Warning Signs of Dementia (Professionals)
Designed for professionals who interact regularly with older adults, this session focuses on recognizing concerning cognitive and behavioral changes, distinguishing dementia from typical aging, and understanding professional responsibilities when red flags appear. Topics include observation, documentation, ethical considerations, and when to involve additional supports.

Disclosing a Dementia Diagnosis: Compassionate Conversations for Clinicians (Clinicians)
Delivering a dementia diagnosis is one of the most difficult conversations clinicians face. This presentation explores ethical considerations, communication strategies, and emotional dynamics involved in diagnosis disclosure, using evidence-based frameworks such as SPIKES. Clinicians gain tools to navigate these conversations with clarity, empathy, and confidence.

CORE CAREGIVING SKILLS & STRATEGIES

Easing Your Journey: Essential Dementia Caregiver Strategies (Family Caregivers)
This skills-based presentation introduces practical strategies to support caregivers in their day-to-day role. Using the PACE framework, participants learn how dementia affects behavior, how to communicate more effectively, and how to conserve energy while responding to challenges with compassion rather than conflict.

The Long Goodbye: Caring for Your Loved One Throughout the Dementia Journey (Family Caregivers)
Dementia is not a single moment but a long, evolving journey. This presentation walks caregivers through the cognitive, behavioral, and physical changes that often occur over time, while addressing the parallel needs of caregivers themselves. Participants gain a clearer understanding of what to expect and how to adapt with intention and grace.

Dementia Communication for Professionals (Professionals)
Effective communication can make all the difference when supporting someone living with dementia. Using the C.A.L.M. framework, this presentation offers practical strategies for connecting with individuals experiencing cognitive and communication challenges. Professionals will learn how to reduce misunderstandings, build trust, and create more positive interactions with the people they serve.

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Dementia-Friendly Communication Tips (Family Caregivers)
Communicating with a loved one living with dementia can become increasingly challenging as the condition progresses. Conversations that once came easily may lead to confusion, frustration, or misunderstandings. Using the C.A.L.M. approach, this presentation offers practical strategies to help family caregivers avoid common communication pitfalls, acknowledge their loved one's feelings, adapt to changing abilities, and create more positive, meaningful interactions.

When Behavior Is Communication (Professionals)
What if challenging behaviors are actually attempts to communicate something important? Refusing care, repeating questions, pacing, yelling, and resisting assistance may signal fear, discomfort, confusion, or unmet needs. This interactive presentation helps professionals look beneath the behavior, recognize potential triggers, and adjust their approach to reduce distress and improve interactions. Through real-life scenarios and hands-on exercises, participants will discover how changing their response can change the experience for everyone involved.

Embracing a Neighbor with Dementia (Consumers)
When someone in a community is living with dementia, neighbors, friends, and fellow residents may be unsure what to say or how to respond. Confusion, repetitive questions, or unexpected behaviors can lead to uncomfortable interactions and misunderstandings. This presentation introduces the C.A.L.M. approach to help participants communicate with compassion, avoid common pitfalls, and create more welcoming, supportive relationships with people living with dementia.

THE EMOTIONAL EXPERIENCE OF CAREGIVING
Heartfelt Care: Managing Caregiver Anger in the Dementia Journey (Family Caregivers)
Anger is a common yet often unspoken part of caregiving. This presentation explores why anger arises, how guilt often follows, and what caregivers can do in the moment when emotions run high. Participants receive practical tools to recognize anger early and respond with greater self-compassion and control.

Navigating Grief, Loss, and Sadness as a Dementia Caregiver (Family Caregivers)
Family caregivers often experience repeated losses long before death occurs. This presentation helps caregivers recognize anticipatory grief and ambiguous loss, understand why these feelings are so common in dementia, and receive tools to acknowledge and move through grief with compassion.

Navigating Grief, Loss, and Sadness as a Dementia Caregiver (Professionals)
Professionals who support individuals with dementia often carry cumulative grief of their own. This session explores anticipatory grief, ambiguous loss, and meaning-making in professional caregiving roles, offering space for reflection and tools to support emotional resilience while continuing to provide compassionate care.

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Dementia Awareness & Self-Care (Family Caregivers)
Caregiving often leads individuals to ignore their own needs until exhaustion sets in. This presentation centers on awareness as the foundation of self-care, introducing the C.O.M.F.O.R.T. Yourself framework to help caregivers notice stress earlier and regulate more effectively. The focus is on prevention, not perfection.

The Sandwich Generation: Stuck in the Middle (Family Caregivers)
Many caregivers are supporting aging parents while also raising children or managing careers. This presentation addresses the unique strain of dual caregiving roles, exploring guilt, overwhelm, and identity pressure. Using the S.A.C.R.E.D. framework, participants gain practical and emotional strategies to navigate competing demands.

Balancing Act: Preventing Burnout in Dementia Caregivers (Family Caregivers)
Burnout doesn't happen overnight. This session helps caregivers understand the physical, emotional, and behavioral signs of burnout, why caregivers are especially vulnerable, and what can be done to interrupt the cycle. The focus is on prevention, recovery, and endurance.

The Power of Community, Connection & Commitment (Family Caregivers)
Many caregivers feel they must do everything themselves, put their own needs last, or be strong for everyone else. Through the three pillars of Community, Connection, and Commitment, this interactive presentation helps caregivers challenge beliefs that no longer serve them, strengthen their relationships with loved ones, and find practical ways to ask for help, honor their own needs, and continue providing care without sacrificing their well-being.

Guilt-Free Caregiving: A Path to Emotional Resilience (Family Caregivers)
Guilt shows up in countless caregiving decisions. This emotion-focused session explores where caregiver guilt comes from, how it shapes behavior, and how caregivers can begin to respond with greater clarity and self-permission. Participants leave with reframes that support emotional resilience rather than self-criticism.

You're Not Doing It Wrong: A Dementia Caregiver's Emotional Survival Guide (Family Caregivers)
Caregiving brings guilt, anger, grief, and overwhelm — often all at once. This synthesis presentation validates the emotional complexity of caregiving while offering practical tools for regulation and reflection. Designed as a comprehensive emotional support session, it reassures caregivers that they are not alone in their struggles.

FAMILY DYNAMICS & INTERPERSONAL STRAIN
Managing Family Dynamics (Family Caregivers)
Dementia often exposes long-standing family patterns and tensions. This presentation explores family roles, boundaries, and the gap between the "fantasy family" and reality. Caregivers gain insight into why conflict arises and how to navigate family relationships more effectively.

Understanding Spousal Resistance (Family Caregivers)
When a spouse resists help, safety measures, or change, caregiving becomes especially complicated. This session examines the emotional drivers behind spousal resistance — including fear, denial, guilt, and lifelong vows — and offers relationship-centered strategies for moving forward.

Understanding Spousal Resistance (Professionals)
This professional-focused presentation addresses spousal resistance through an alliance-building lens. Participants explore emotional drivers, ethical considerations, and practical strategies for supporting families while maintaining professional boundaries and safety.

BEHAVIOR-SPECIFIC DEEP DIVES
Empathy & Clarity: Hallucinations & Delusions in Dementia (Professionals)
Hallucinations and delusions can be distressing for both individuals with dementia and those who support them. This focused session explains why these symptoms occur, how they differ, and how professionals can respond with clarity, empathy, and appropriate interventions.

What Personal History Reveals About Dementia Behavior (Family Caregivers)
A person living with dementia has a lifetime of experiences that continue to influence how they think, feel, and behave. This presentation explores how personality traits, family relationships, past experiences, and emotional memories can help explain dementia behaviors. Caregivers will discover how understanding their loved one's personal history can lead to more meaningful connections and more compassionate responses to challenging situations.

Top 6 Controversies in the Dementia Field (Professionals)
This advanced session explores some of the most debated issues in dementia care, including restraints, antipsychotics, surveillance, therapeutic fibbing, sexuality, and life-prolonging interventions. Designed for professionals, it emphasizes ethical decision-making under uncertainty.

Understanding, Identifying, and Treating Pain in Those with Dementia (Professionals)
Pain is frequently underrecognized in individuals living with dementia and can drive challenging behaviors. This presentation focuses on assessment tools, observation strategies, and treatment approaches to help professionals identify and address pain more effectively.

Financial Safety & Dementia (Family Caregivers)
Dementia often affects judgment around money, increasing vulnerability to financial risk and exploitation. This session helps caregivers recognize warning signs, navigate difficult financial conversations, and take practical steps to protect their loved one’s financial well-being.

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Strategies for Dealing with 4 Dementia Behaviors (Family Caregivers)
Using the Four D's framework, this highly practical session helps caregivers understand why common dementia behaviors occur and how to respond more effectively. Topics include repetitive questions, medication refusal, impaired driving, and sundowning, with concrete strategies caregivers can use immediately.

Dealing with Challenging Behaviors (Professionals)
Designed for professionals, this session applies the Four D's framework to challenging behaviors with an emphasis on safety, documentation, and professional judgment. Participants gain a structured approach to assessing and responding to behaviors in care settings.

Understanding, Identifying, and Treating Pain in Those with Dementia (Family Caregivers)
This presentation provides practical guidance for recognizing when pain may be influencing behavior and tools to help caregivers advocate effectively to keep their loved ones comfortable.

Old Patterns, New Challenges: What Personal History Reveals About Dementia Behavior (Professionals)
Understanding a person's past can provide valuable insight into their present behavior. Lifelong personality traits, family experiences, cultural influences, and past trauma can shape how someone living with dementia responds to care. Through real-life scenarios and interactive exercises, professionals will explore the hidden emotional needs behind behaviors such as resistance, repetition, withdrawal, and agitation, and learn how to use personal history to build trust, reduce distress, and provide more individualized, compassionate care.

CONTEXT-SPECIFIC CAREGIVING
Holiday Tips & Tricks for Dementia Caregivers (Family Caregivers)
Holidays can amplify stress and grief for caregivers. This presentation helps families adjust expectations, modify traditions, and focus on what they can control. Using the ACTION strategy, caregivers learn how to create meaningful moments while reducing overwhelm.

Moving Your Loved One to Memory Care (Family Caregivers)
Deciding to move a loved one to memory care is emotionally complex. This session explores indicators that additional care is needed, the benefits of memory care, and how caregivers can give themselves grace while navigating guilt and uncertainty.

When Is the Right Time to Increase Dementia Care? (Family Caregivers)
Many caregivers struggle with knowing when "enough is enough." This presentation helps families recognize thresholds for increasing care, weigh safety and quality-of-life concerns, and navigate the emotional and practical factors involved in making this decision.