



Presentation and Training Catalog

Be Light Care provides evidence-based, compassionate dementia education for healthcare professionals and family care partners. Each presentation blends research with real-world experience to equip audiences with practical tools for connection, communication, and care.

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About Adria Thompson MA, CCC-SLP



Speaker Bio:

Adria Thompson, MA, CCC-SLP, is a licensed speech-language pathologist, TEDx speaker, and faculty member at Eastern Kentucky University. With over a decade of experience, she has worked one-on-one with hundreds of individuals living with dementia and brings that real-world insight into every training she provides.

Adria is the founder of Be Light Care Consulting and the creator of the largest dementia-focused social media platform in the world, with an audience of over 600,000 caregivers, professionals, and advocates. She is widely recognized for her ability to turn evidence-based strategies into clear, compassionate guidance that empowers both care partners and clinical teams.

Her presentations are known for being practical, person-centered, and deeply impactful, covering topics like communication, behavior support, daily care, and dementia-informed teamwork.

Testimonials:

“Adria is one of the leading voices in current, relevant dementia care education. We were so fortunate to have her at our conference and learn from her!”

— Brook, Conference Host

“I’ve been an SLP for 28 years and this is one of the BEST CEU courses I’ve ever taken. Adria is a great presenter—clear, inspiring, and immediately applicable to SNFs, LTACHs, and acute care. I’m even planning an inservice based on what I learned!”

— Sangie, SLP

“One of the best courses I’ve taken. The presenter was very clear and provided excellent examples. This course has significantly increased my confidence in this subject.”

— Deborah, CEU Participant



Full Day Workshop:

Lighting the Way: Practical Strategies for Dementia Care

Format: Four 1 - 1.5 hour sessions which may be offered individually or as a cohesive full-day training.

Audience: Professional and family care partners

Duration: 4 - 6 hours

Course Description: This workshop provides a comprehensive and compassionate understanding of dementia, from the science behind its progression to communication, behavior, and care partner support. Each session builds upon the last, blending evidence-based education with practical strategies that empower care teams and families to provide more effective, person-centered care.

Learner Outcomes: By the end of the full workshop, participants will be able to:

1. Differentiate between major types of dementia and their characteristics.
2. Apply stage-appropriate expectations and care strategies.
3. Recognize behavioral expressions as unmet needs and respond with empathy.
4. Implement meaningful communication and activity approaches to promote engagement.
5. Navigate the healthcare system confidently and identify appropriate professional resources.

Included Session:

[Session 1: Great Expectations Result in Great Dementia Care](#)

[Session 2: Through Their Eyes: Embracing a New Perspective on Resistance](#)

[Session 3: Connecting Through Communication and Activities](#)

[Session 4: Guiding Care Partners: Navigating the Medical Maze](#)



Session 1: Great Expectations Result in Great Dementia Care

Audience: Professional care partners, family care partners, speech language pathologists

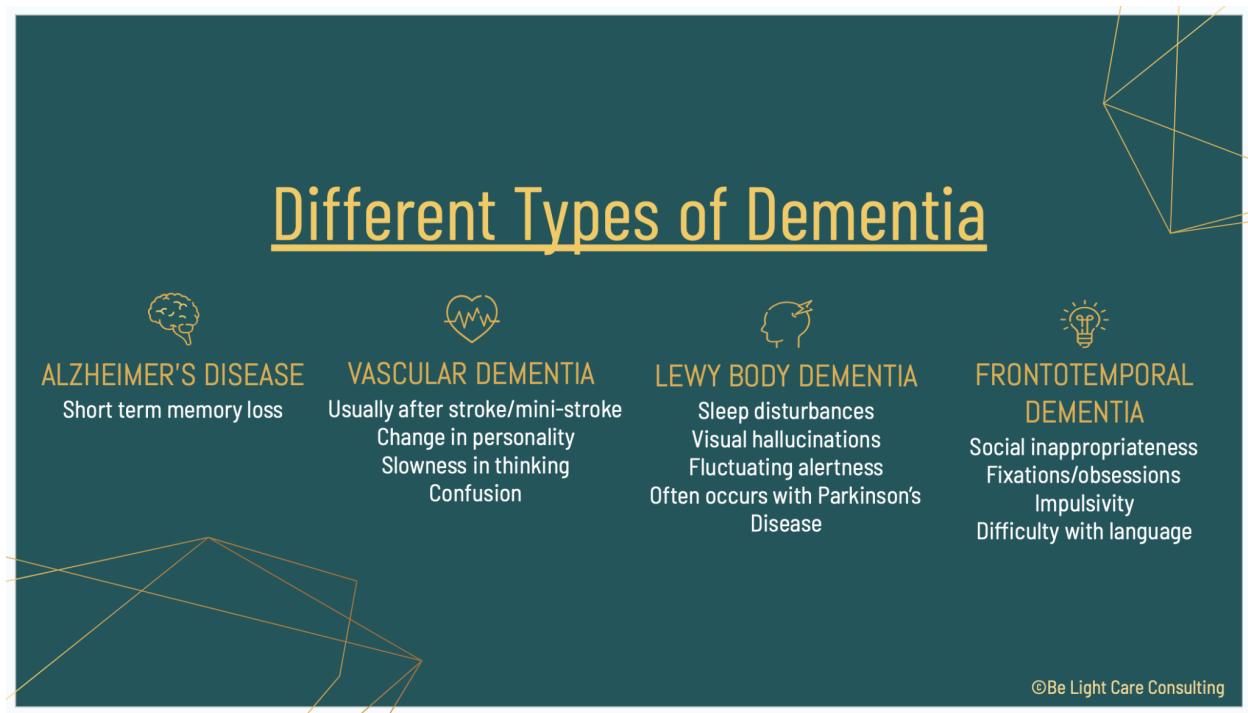
Duration: 1 - 1.5 hours

Course Description: “Great Expectations Result in Great Dementia Care” is grounded in the belief that unmet expectations are at the heart of all frustration and disappointment, and the same is very much true with dementia care. It emphasizes the crucial need for medical providers and care partners to deeply understand dementia, its effects on the brain, and how it alters an individual's behavior and needs. The presentation delves into the identification of common symptoms, neurological deficits, and the progression of dementia, advocating for a perspective that sees beyond the condition to recognize the person affected by it. This understanding is pivotal in providing compassionate and effective care, ensuring that the needs of those with dementia are met with empathy and expertise.

Learner Objectives: Upon course completion, participants will be able to:

1. Describe the types and stages of dementia and the expectations of cognitive communication abilities for each
2. Analyze the cognitive communication neurological underlying impairments causing the functional deficits reported by primary caregivers
3. Examine functional situations in which training communication strategies and employing evidenced based interventions would increase compliance with care, increase safety, or improve quality of life

Sample Slide:





Session 2: Through Their Eyes: Embracing a New Perspective on Resistance

Audience: Professional and family care partners

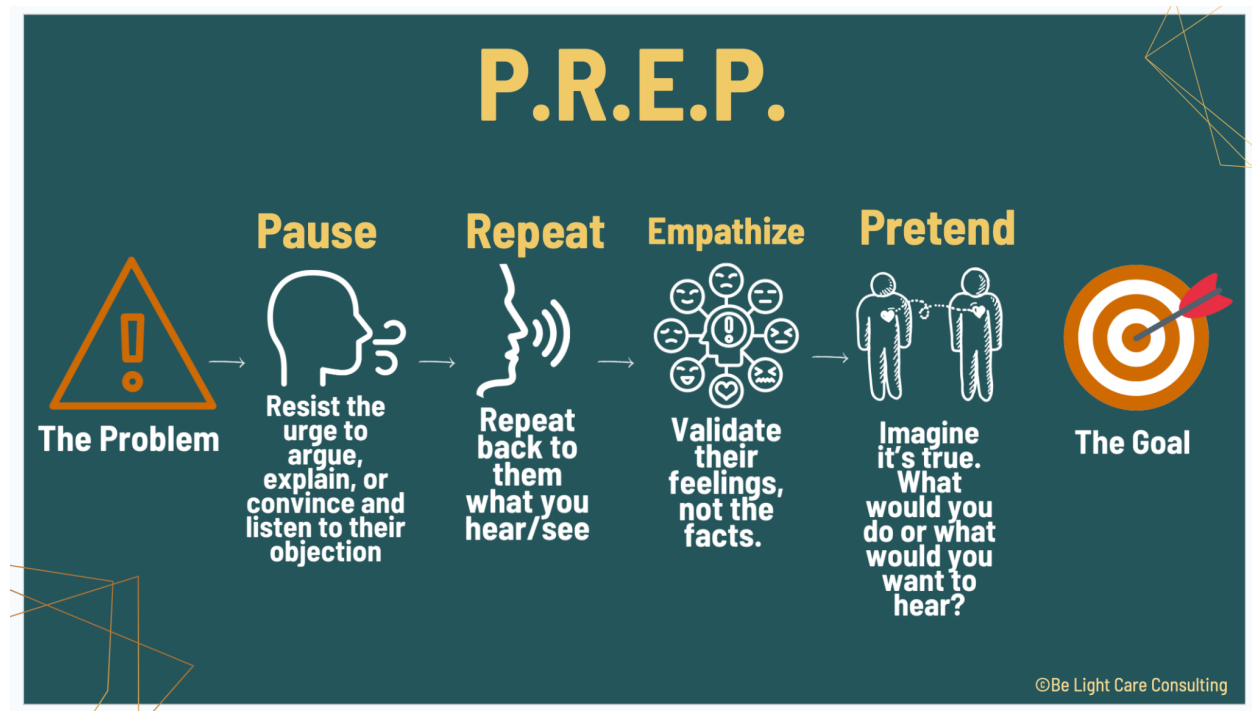
Duration: 1 - 1.5 hours

Course Description: This presentation reframes “dementia behaviors” as communication, helping care partners see refusals of care and resistance through a compassionate, functional lens. The session focuses especially on toileting and bathing challenges, uncovering why these struggles occur and how to reduce distress while maintaining dignity.

Learner Objectives: By the end of of this course, participants will be able to:

1. Identify common causes of resistance and refusals in dementia care.
2. Explain the sensory, cognitive, and emotional factors influencing bathroom-related distress.
3. Apply practical strategies to improve cooperation and comfort during personal care.
4. Reframe challenging behaviors as meaningful communication.

Sample Slide:





Session 3: Connecting Through Communication and Activities

Audience: Professional and family care partners

Duration: 1 - 1.5 hours

Course Description: This session teaches participants how to effectively communicate with individuals living with dementia and how to engage them in meaningful, ability-based activities. It includes guidance on why people with dementia often avoid participation and how to use Montessori-based approaches to restore purpose and joy.

Learner Objectives: By the end of of this course, participants will be able to:

1. Understand how dementia changes communication and engagement.
2. Use evidence-based communication strategies to reduce frustration.
3. Implement Montessori-based activities to encourage independence and connection.
4. Foster meaningful participation by matching activities to retained abilities.

Sample Slide:

A sample slide with a dark teal background. On the left, there is a red flag on a grey pole. The title 'How to know if an activity isn't right for them' is written in white bold text across the flag. To the right of the flag, a list of seven points is displayed in yellow and white text. In the top right corner, there is a faint yellow geometric line drawing.

How to know if an activity isn't right for them

1. It's causing them frustration or agitation
2. It is causing a lot of confusion
3. They are completely disinterested
4. You notice safety concerns
5. It is overstimulating
6. It is physically inaccessible
7. It requires perfection



Session 4: Guiding Care Partners: Navigating the Medical Maze

Audience: Professional and family care partners

Duration: 1 - 1.5 hours

Course Description: This presentation empowers care partners (or equips professional care partners to help family care partners) navigate the complex medical landscape surrounding dementia care. Participants will learn how to identify when and how to seek support from various healthcare professionals, including speech, occupational, and physical therapists. The session also covers ways to overcome care partner burnout and access in-home support services.

Learner Objectives: By the end of of this course, participants will be able to:

1. Identify which healthcare professionals can support specific dementia-related needs.
2. Recognize signs of care partner burnout and implement supportive interventions.
3. Access home-based and community services to enhance care.
4. Communicate effectively with medical professionals to advocate for the person with dementia.

Sample Slide:

A sample slide with a dark teal background and yellow text. The title is 'When is it Time to Increase Care?'. Below the title, there are three sections: 'Certain behaviors are more risky when someone is left alone' with a bulleted list of behaviors, 'Medical conditions requiring skilled nursing care and monitoring' with a bulleted list of conditions, and 'Depends more on the capacity of the caregivers than the individual with dementia' with a bulleted list of factors. The slide is decorated with yellow geometric line art in the corners. The copyright notice '©Be Light Care Consulting' is in the bottom right corner.

When is it Time to Increase Care?

Certain behaviors are more risky when someone is left alone

- Wandering and exit seeking
- Attempting to use devices such as chainsaw or a stove
- Physical aggression
- Incontinence
- Medication noncompliance
- Falls

Medical conditions requiring skilled nursing care and monitoring

- Wound care, IV medications, catheter care, diabetes management, etc.

Depends more on the capacity of the caregivers than the individual with dementia

- Mental, emotional, physical, financial resources and support

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Fork in the Road: Navigating Mealtime Challenges in Dementia

Audience: Professional and family care partners

Duration: 1 - 1.5 hours

Course Description: Join us for an insightful journey as we explore the intricate landscape of mealtime challenges in dementia care. This presentation will provide practical strategies, compassionate insights, and a touch of humor to guide caregivers, healthcare professionals, and anyone touched by dementia. Discover how to identify the forks in the road and learn how to navigate them with grace, ensuring nourishment, safety, and comfort.

Learner Objectives: By the end of this course, participants will be able to:

1. Explain how dementia affects swallowing, motor coordination, and attention during meals.
2. Identify common barriers to safe and successful eating, including environmental and emotional factors.
3. Implement adaptive strategies and tools to support independence and reduce distress.

Sample Slide:

Environment Lighting   Contrast Sound 	Direction   Context Simplify 
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More Than Words: Practical Communication Tips

Audience: Professional and family care partners

Duration: 1- 1.5 hours

Course Description: This session explores how dementia changes communication and how care partners can adapt their approach to connect more meaningfully. Participants will learn how cognitive, language, and sensory changes affect both expression and understanding, and discover practical ways to simplify interactions while preserving dignity and independence. Through relatable examples and real-world strategies, this course equips care partners to move beyond frustration and foster stronger, more joyful communication at every stage of dementia.

Learner Objectives: By the end of this course, participants will be able to:

1. Define dementia and explain its impact on communication, highlighting the physiological and cognitive changes involved.
2. Identify and describe the changes in communication abilities that may occur in individuals with dementia, considering both the type and stage of the condition.
3. Apply effective communication strategies through practical exercises to enhance interactions with individuals living with dementia.

Sample Slide:





Dementia-Friendly Clinical Care

Audience: Healthcare professionals

Duration: 1 hour

Course Description: This presentation empowers healthcare professionals to make clinical environments and interactions more accessible, compassionate, and effective for individuals living with dementia. Participants will explore how dementia affects cognition and communication, learn practical strategies for communicating clearly and respectfully, and evaluate their own clinical practices to identify opportunities for improvement. The session integrates current research, patient perspectives, and real-world examples to promote dementia-friendly systems of care that honor autonomy, reduce stigma, and strengthen patient–caregiver partnerships.

Learner Objectives: By the end of this course, participants will be able to:

1. Describe the key cognitive and communication changes associated with dementia relevant to clinical care.
2. Apply evidence-based communication strategies to enhance patient and caregiver interactions in clinical settings.
3. Evaluate clinic practices and implement modifications to promote a dementia-friendly environment.

Sample Slide:

✨**The Magic of the Doctor's Office**✨

Many care partners will describe noticing a person living with dementia appearing to communicate, remember, and function much better during a doctor's visit than they do at home.

This is called:

SHOWTIMING



Inside the Parkinson's Mind: Understanding Cognitive Changes

Audience: Care partners of and individuals with Parkinson's disease

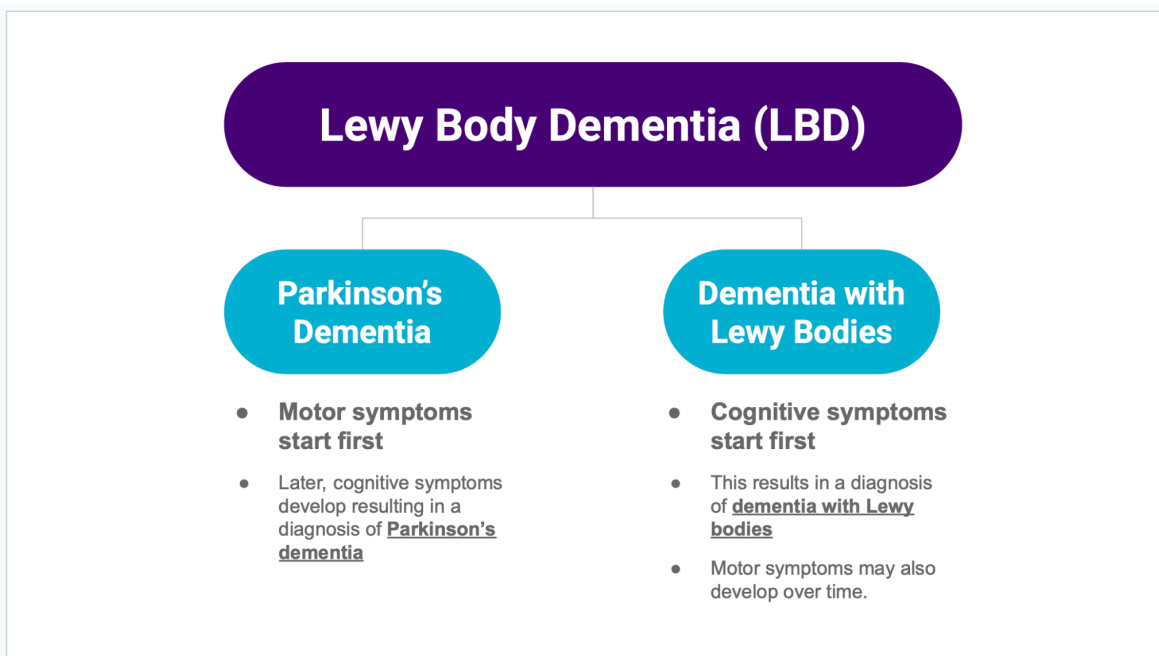
Duration: 1 Hour

Course description: Parkinson's disease and related conditions can bring subtle but significant changes to thinking skills that impact daily life and relationships. These changes may influence voice, attention, processing speed, and the ability to fully connect with the outside world. Sleep disturbances, fatigue, visual hallucinations, and reduced motivation can further compound these challenges, affecting how information is processed and how engaged a person feels. In this webinar, speech-language pathologist Adria Thompson will explore how these cognitive changes develop, how they can influence communication and connection, and what practical steps can help. Attendees will leave with a better understanding of what to look for, how to respond with confidence, and where to find support, empowering them to navigate these changes with clarity and compassion.

Learner Objectives: By the end of this course, participants will be able to:

1. Define Parkinson's disease, age associated memory impairment, mild cognitive impairment, and dementia and understand how these conditions are related.
2. Describe common cognitive changes associated with Parkinson's disease, including apathy, low motivation, fatigue, and cognitive decline.
3. Explore evidence-based strategies for preventing and managing cognitive-communication changes and recognize the role of rehabilitative therapies.

Sample Slide:





Providing Unwanted Care: Compassionate Strategies for Moments of Refusal

Audience: Professional care partners

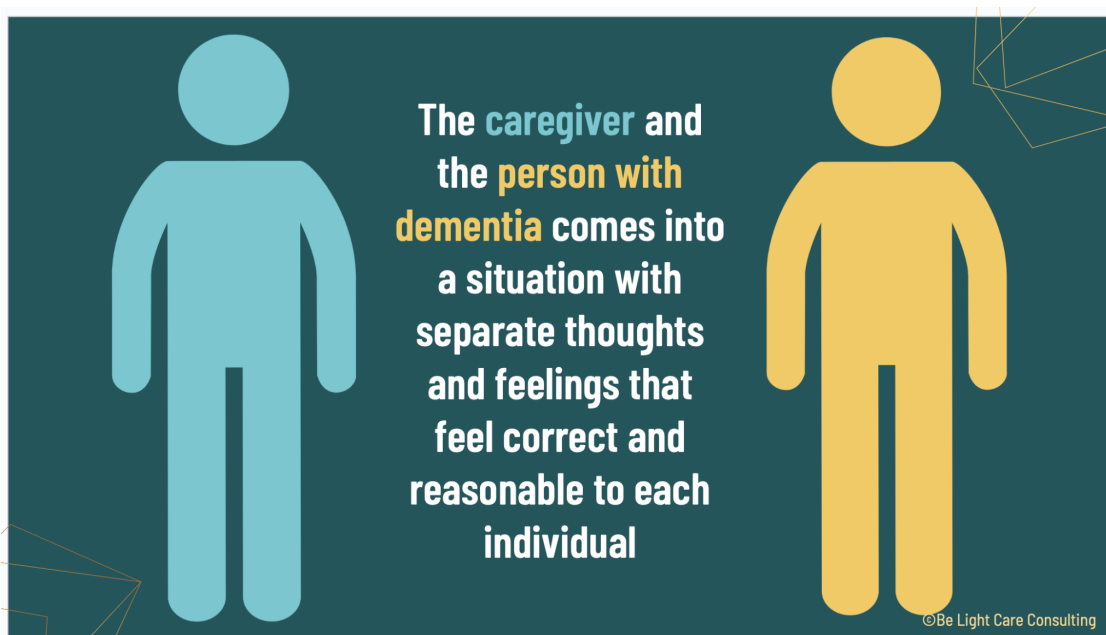
Duration: 1 - 1.5 hour

Course Description: This seminar will address the challenge of providing care for individuals with dementia who refuse or resist assistance. This issue can lead to lower family satisfaction, increased fall risk, staff turnover, hospitalization rates, and workplace injury. Geared towards care staff in long term care, topics for discussion include denial versus anosognosia, non-confrontational support strategies, and real-world examples. Attendees can expect to gain valuable insights and practical skills to improve the care provided to residents with dementia who are resistant to assistance.

Learner Objectives: By the end of this course, participants will be able to:

1. Explain how cognitive changes in dementia contribute to resistance and refusals during daily care tasks.
2. Identify the emotional, environmental, and sensory factors that influence a person's response to care.
3. Apply creative, person-centered strategies to provide necessary care while preserving trust, comfort, and dignity.

Sample Slide:





SLPs in the Bathroom: Understanding Our Role in Dementia and ADLs

Audience: Speech language pathologists

Duration: 1.5 - 2 hours

Course Description: This course examines how speech language pathologists assess and treat individuals with dementia in daily activities, emphasizing communication support in tasks like toileting, dressing, showering, and grooming. It covers evidence-based strategies to improve engagement and reduce behavioral challenges, alongside practical tips for overcoming barriers and utilizing strong documentation.

Learner Objectives: By the end of of this course, participants will be able to:

1. Describe the role of an speech language pathologists (SLPs) in the context of activities of daily living (ADLs)
2. List three cognitive-communication interventions SLPs can implement in the context of ADLs
3. Identify solutions to 2 barriers SLPs face in providing therapy services during ADLs

Note: "[Great Expectations Result in Great Dementia Care](#)" serves as an excellent prerequisite or companion course to this session. It provides foundational knowledge of dementia types, stages, and progression, which enhances understanding of how cognitive changes impact activities of daily living. Many organizations have found that pairing these two sessions offers participants a more complete and cohesive learning experience.

Sample Slide:

External Memory Aids

I am sitting on the toilet

Signs written in first person reminding of the task at hand

Written list of the parts of the body they will be washing during showering

- Face ✓
- Neck ✓
- Chest ✓
- Arms ✓
- Stomach
- Legs
- Feet
- Bottom
- Hair



Dementia Considerations in Acute Care for Speech Language Pathologists

Audience: Speech language pathologists

Duration: 1 hour

Course Description: Individuals with dementia are faced with unique challenges when hospitalized. Speech language pathologists are uniquely posed to provide support and education to these patients and their caregivers. In this course, topics discussed included types and stages of dementia, the challenge of communicating with individuals with dementia in a hospital setting, how to make decisions about and support the continuance of nutrition and hydration, and discussion of end-of-life considerations.

Learner Outcomes: After the presentation, each participant will:

1. Describe the types and stages of dementia
2. List 5 communication strategies to use with individuals with dementia
3. Identify 3 techniques to increase nutrition and hydration with individuals with dementia
4. Implement person-centered approaches in assessment and treatment of individuals with dementia

Sample Slide:

Medication Refusal

Figure out *WHY* they are refusing. You may get increased compliance with:

- Self administration
- Explain purpose of each
- Crush and put in textured food items (jams, butter pecan ice cream, etc.)
- Prioritize which should be given first

Patricia's Medications

☐	☐	☐	☐	☐
Thyroid	Blood Pressure	Sleep	Sugar Pill	Blood Pressure
☐	☐	☐	☐	☐
Pain	Sugar Pill	Low Iron	Blood Pressure	Memory