

Changing Minds PBS and ATCBS.org, and Community Access Services  
in cooperation with the Region 1 DD Co-op offers

## **Self Regulation Depletion and Caregiver Performance**

Tremendous responsibilities are placed on our caregivers every day. Loss of self-regulation (formerly "self control") is a serious issue for those of us who encounter challenges supporting individuals with IDD. Interviews with providers, as well as Protector Services investigators, indicates that loss of control is a major factor in failures in providing care. New research, including the use of brain imaging technology, has redefined the idea of self-control. This presentation will cover the latest research into "depletion" of self-control, the connection between self-control and weakened skills, and suggest several ideas to improve our performance as caregivers (as well as those individuals we support). Several independent research projects (including neuroscience, behavioral psychology and positive behavior support) have been studied in conjunction with work by several of the APBS networks to give us a better understanding of how self-control depletes over time. We will also discuss the brain's tendency to conserve energy and how that affects numerous behaviors.

Kelley Gordham is a researcher in brain function, Behavior Consultant and a three term (2010-2016) member of the Board of Directors of the International Association for Positive Behavior Supports (APBS) and Chair of the APBS, Home and Community Supports Network. He has studied self-control and stress management for more than 20 years. He is currently studying Epigenetic Influences on Behavior. Kelley has been an "Invited Speaker" at the International Conferences for Positive Behavior Supports and has presented in the US and Canada as well as online through APBS.

**PRESENTER(S):** Kelley Gordham

**DATE:** August 29, 2017

**TIME:** 9am – 4pm

**LOCATION:** Community Access Services, 1815 NW 169<sup>th</sup> Place, Suite 1060, Beaverton, Oregon, 97006 (See directions below)

**COST:** \$75 Onsite registration accepted providing space is available.  
**Pre-registration is highly recommended.**

**CONTACT:** [KelleyGordham@gmail.com](mailto:KelleyGordham@gmail.com)

### **Directions:**

**The address is Community Access Services, 1815 NW 169<sup>th</sup> Place (Twin Oaks Plaza), Suite 1060, Beaverton Oregon 97006.** From Portland area, take Highway 26. Take the Cornell exit and turn left onto Cornell. Twin Oaks Plaza will be on your left off of Cornell (169<sup>th</sup> Place). Turn right into the parking lot. If you get lost, please call Community Access Services at 503.533.4373.

**Please make checks payable to: Kelley M Gordham  
23951 NE Poplar Ct  
Troutdale, Oregon 97060**

Please PRINT or TYPE your registration information below.

Name	
Agency	
Address	
Email	
Check #/Amount Enclosed	
Class Date:	Self Regulation Depletion and Caregiver Performance (August 29,'17)