

Barbara J. Helm, MA
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Barbara Helm has been in the field of aging for over 30 years, primarily focusing on Alzheimer's disease and dementia care for almost 20 of those years. She has provided direct care in various settings, including nursing homes, adult day programs and residential care facilities. In addition, she has presented 100's of educational programs and seminars to literally thousands of people throughout the country.

In addition to direct care, she has served as a consultant, developed curriculum for families and professionals who are caregivers; served as guest lecturer in colleges, universities and medical schools, participated in development of innovative dementia-specific adult day and residential care programs; and recently worked with a major research project on normal aging and memory changes at the University of Kentucky Sanders-Brown Center on Aging Alzheimer's Disease Center. She authored a training manual (1991, rev 1996) for nursing assistants working with individuals with Alzheimer's disease in long term care entitled *For Those Who Take Care: An Alzheimer's Disease Training Program*, which is still widely used throughout the country. Barbara was instrumental in the development and implementation of a unique and innovative residential free-standing, dementia-specific facility, The Breckinridge, in Lexington, KY, that continues to be a model of care in the state and the region.

Currently she serves as Educational Services Coordinator with the University of Kentucky College of Public Health Council on Aging. In that role she coordinates the nationally recognized UK Summer Series on Aging; assists with coordinating activities related to the Kentucky Department for Public Health Emergency Preparedness in Long Term Care Grant; coordinates the annual UK College of Public Health Hall of Fame induction celebration, and, assists with various community and educational outreach programs.

She received her Master's Degree in Gerontology from the University of Northern Colorado in 1983.