



The 22nd Annual

Aging  
with

Developmental  
Disabilities  
Conference

May 21-22, 2012

[www.agingwithdd.org](http://www.agingwithdd.org)

Contact Hours pending  
Holiday Inn Southwest and Viking Center  
10709 Watson Road, St. Louis, MO 63127  
AADD Contact Info: [www.agingwithdd.org](http://www.agingwithdd.org)  
Phone (314) 647-8100

The 22nd Annual  
**AGING WITH DEVELOPMENTAL DISABILITIES CONFERENCE**  
 May 21-22, 2012

**Conference Location**

Holiday Inn Southwest and Viking Conference Center  
 10709 Watson Road, St. Louis, MO 63127 • 314.821.6600

**For More Information**

Contact AADD at 314.647.8100  
[www.agingwithdd.org](http://www.agingwithdd.org)

Monday, May 21



8:30 Registration/Exhibitors

9:30 KEYNOTE ADDRESS: Beyond Loneliness: Building Friendship, Social Support, and Community

*DERRICK F. DUFRESNE, MBA*  
*CRA, INC., FOUNDER AND SENIOR PARTNER*

Poverty and loneliness are outcomes of the poor social skills and lack of social contacts for people with disabilities. As paid supports, we must urgently strive to be invisible supports that help connect people with disabilities with typical community members.

10:30 Break

10:45 Breakout Session I

**Basic Track A**

**AGING 101**

*Mary Schaefer*  
*Mid-East Area Agency on Aging*

What is normal, healthy aging? Learn changes that typically occur in our systems as we age, and what changes could be cause for concern in people aging with developmental disabilities.

**Professional Track B**

**CARE TRANSITIONS vs. DISCHARGE DISASTERS: STOPPING THE REVOLVING DOOR**

*Maggie Murphy-White, MA*  
*Alzheimer's Association*

The importance of planning for transitions: When a person is discharged from the hospital, are they ready to return home? Learn about options, supports needed, and the questions that need to be asked.

**Medical Track C**

**TREATING ANXIETY AND DEPRESSION IN PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES**

*Nancy Birtley, MSN(R), RN, CS, AP/MHCNS*  
*Psychiatric Care and Wellness Specialists*

A look at risk factors, detection and treatment of anxiety and depressive disorders in people aging with developmental disabilities. Review case studies and learn how treatment can enhance quality of life.

11:45 Lunch

1:00 Breakout Session II

**Basic Track A**

**DIET/NUTRITION**

*Rochelle Hill*  
*St. Louis Area Agency on Aging*

Eating a meal should not be a life threatening experience. How to make healthy dietary choices and enjoy the foods you eat. Learn strategies for eating safely.

**Professional Track B**

**WORKING WITH CHALLENGING CO-WORKERS**

*Tim Hobert, MBA*  
*H&H Health Associates*

Learn strategies for interacting effectively with people with whom you may disagree. Gain information on how not to be difficult and how to manage difficult people. Also, learn skills to motivate yourself and your co-workers to help build a stronger, more productive team.

**Medical Track C**

**CONTROL PRACTICES IN INFECTIOUS DISEASES**

*Diana Prablek, MD*  
*Mercy Hospital*

A look at communicable diseases, precautions and control practices in working with people with developmental disabilities who are aging.



# The 22nd Annual AGING WITH DEVELOPMENTAL DISABILITIES CONFERENCE

Monday, May 21 (continued)



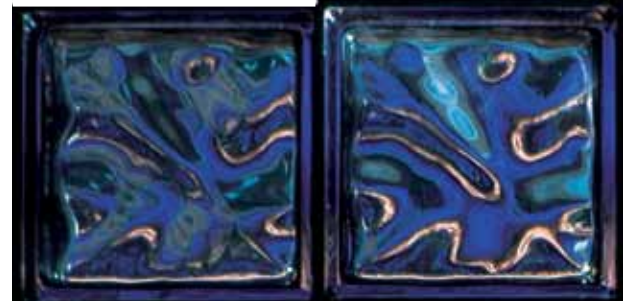
2:00 Break  
2:15 Breakout Session III

Basic Track A	Professional Track B	Medical Track C
<p><b>ON THE BALANCE BEAM: HUMAN RIGHTS VS. SAFETY</b> <i>Leslie Wagner, PT Mederi Caretenders</i> We are responsible for the health and safety of individuals served. People have the right to make their own decisions. Where is the balance?</p>	<p><b>INTRODUCTION TO INTEGRATIVE MEDICINE FOR PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES</b> <i>Michelle Smith, DC Mercy Integrative Medicine &amp; Therapy Services</i> Beyond traditional medicine: learn about Integrated Medicine and ways that a holistic approach can benefit people we serve.</p>	<p><b>BREAST HEALTH AND AGING IN MEN &amp; WOMEN</b> <i>Amy E. Cyr, MD Barnes-Jewish Hospital</i> Learn best practices in early detection of breast issues in aging men and women.</p>

3:15 Break  
3:30 Breakout Session IV

Basic Track A	Professional Track B	Medical Track C
<p><b>CHANGING THINKING FOR A CHANGING TIME</b> <i>Bill Knittig, MA Jefferson County Developmental Disabilities Board</i> Explore ways to provide supports in a changing society for individuals who have challenging support needs within the community.</p>	<p><b>HIGH ANXIETY: EMOTIONAL &amp; PHYSICAL OUTCOMES FOR PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES</b> <i>Peggy Szwabo, PhD Szwabo and Associates</i> Untreated anxiety can have a negative impact on emotional and physical wellness. Familiarize yourself with common anxiety disorders in people who are aging with a developmental disability and learn strategies for prevention and response.</p>	<p><b>PREVENTING FALLS - MINIMIZING RISKS FOR PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES</b> <i>Susan Stark, PhD, OTR/L Washington University School of Medicine</i> Learn strategies to evaluate the environment for fall risks and methods of minimizing and preventing falls.</p>

4:30 Conference concludes for the day



**Missouri League  
for Nursing**

CE Hours for this event are  
co-provided by the  
Missouri League for Nursing

Tuesday, May 22



8:00 Registration

8:30 KEYNOTE ADDRESS: Cardinals Reminiscence League:  
A Social Model of Communication for People with Memory Loss

*NINA TUMOSA, PHD, ACTING GRECC DIRECTOR, ST. LOUIS VAMC AND PROFESSOR OF INTERNAL MEDICINE, SAINT LOUIS UNIVERSITY*

Limited research on reminiscence therapy has shown psychological benefits for patients and caregivers. "This project provides social interactions for people with memory problems on a topic they can remember well- their love of baseball."

9:30 Break

9:45 Breakout Session I

**Basic Track A**

BEHAVIOR AS COMMUNICATION

*Karen Fry, MA*

*MO Department of Mental Health, St. Louis Regional Office*

All behavior is some form of communication. Learn how providing positive behavior support can help people learn useful skills, use desirable behaviors, and gain control over their own lives.

**Professional Track B**

TOOLS AND TECHNOLOGY FOR HEALTHIER AGING

*Sean P. Dineen, MPH*

*Medtronic Neurological - Greater St. Louis*

Technology is having a tremendous impact on the medical/aging field. A representative from Medtronic will discuss ways that medical devices and technology can assist in healthy aging.

**Medical Track C**

ALZHEIMER'S UPDATE: THE COURSE TOWARD A CURE

*John C. Morris, MD*

*Washington University*

*Knigt Alzheimer's Disease Research Center*

Learn the latest research findings around prevention, treatment, and cure for Alzheimer's Disease.

10:45 Break

11:00 Breakout Session II

**Basic Track A**

GRIEF AND LOSS AS PEOPLE WITH DEVELOPMENTAL DISABILITIES AGE

*Tere Owens, MSW, LCSA*

*Bridges Community Support Services*

As people with developmental disabilities age, they may experience a wide variety of grief and loss: death of family and friends, staff changes, moves, and loss of independence. How can we provide the most effective supports?

**Professional Track B**

LEGAL ISSUES FOR ELDERS WITH A DEVELOPMENTAL DISABILITY

*Martha C. Brown, JD, CELA*

*Martha C. Brown & Associates, LLC*

A Certified Elder Law Attorney will share her expertise in a variety of legal areas that impact the rights, benefits, and financial security of people aging with developmental disabilities.

**Medical Track C**

THE CARDIAC SYSTEM IN PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES

*John W. Kilgore, MD, FACC*

*SSM St. Mary's Health Center*

Learn current information on a healthy cardiac system, changes as a person ages, signs and symptoms to look for and address in people with DD, and assessment in people who may not be able to verbalize/ report/ identify changes in themselves.

12:00 Lunch

1:15 Breakout Session III

**Basic Track A**

ROUND TABLE DISCUSSIONS: AN OPPORTUNITY TO DEEPEN THE CONVERSATION

Join conference attendees and a facilitator to discuss pertinent issues in the field of aging with developmental disabilities. Topics include Recreation, Abuse/Neglect, Aging 101-Expanded, Easing the Change, Skin Issues, and Supporting a Person with Cancer.

**Professional Track B**

COMMON SKIN CONDITIONS OF PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES

*Chris Seckman, DNP, MSN, RN*

*Goldfarb School of Nursing, Barnes-Jewish College*

Skin issues have an impact on our overall health. Review healthy and potentially non-healthy observable changes that can occur on the largest organ of the human body.

**Medical Track C**

DENTAL HEALTH AND AGING IN PEOPLE WITH DEVELOPMENTAL DISABILITIES

*Scott Wolter, DMD*

Gain a better understanding of the impact that oral habits, medical conditions, and medication usage have on oral health and the impact of oral health on overall health.

2:15 Break

2:30 POSTNOTE: Humor is the Best Medicine: Aging Well

*JOSEPH H. FLAHERTY, MD*

*PROFESSOR OF MEDICINE, GERIATRIC MEDICINE AND INTERNAL MEDICINE, SAINT LOUIS UNIVERSITY SCHOOL OF MEDICINE*

How to make the most out of life and embrace the aging process. This session highlights the reflections of a Geriatrician's experience with our best teachers, elders themselves.

3:30 Conference concludes

# 22nd Annual AADD Conference Registration Form



Name \_\_\_\_\_

Organization \_\_\_\_\_

Home or Business Address \_\_\_\_\_

Email \_\_\_\_\_ Telephone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Please indicate any special needs or accommodation requests below. Requests must be made by May 1, 2012.

Registration Fee (includes instruction, materials, and lunch)

- \$140 Conference Fee (early registration)
- \$160 Conference Fee for registrations received after May 1, 2012
- \$130 Conference Fee per person for organizations sending 5 or more participants
- \$105 Consumer Fee (sessions designated for consumers run concurrently. Please see [www.agingwithdd.org](http://www.agingwithdd.org) for schedule)

Please circle the breakout sessions you wish to attend.

## Day One: Monday, May 21st

Keynote
Breakout Session I:    A    B    C
Breakout Session II:  A    B    C
Breakout Session III: A    B    C
Breakout Session IV: A    B    C

## Day Two: Tuesday, May 22nd

Keynote
Breakout Session I:    A    B    C
Breakout Session II:  A    B    C
Breakout Session III: A    B    C
Postnote

Please duplicate this form and submit a separate registration form for each participant.  
No refunds after May 7, 2012. Please visit our website at [www.agingwithdd.org](http://www.agingwithdd.org) for more information.

Amount Enclosed \$ \_\_\_\_\_ Purchase Order # \_\_\_\_\_

### Contact Hours Available:

- 10 CEU Hours for Illinois LNHA, LCPC, LPC, LSW, LCSW, PT, OT, QIDP
- 10 CEU Hours for National Certified Guardians-Center for Guardianship Certification
- 10 CEU Contact Hours for Missouri Nurses



### REGISTERED NURSE:

The Missouri League for Nursing, Inc., is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

MONA Provider Approval #113-VI

RECIPROCITY: This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process. Please contact your State Board of Nursing if licensed in states other than Missouri to ensure that this program meets the requirements for your state.

All attendees will receive a certificate of attendance.

**Please make checks payable to AADD and send to 2385 Hampton, Suite 110, St. Louis, MO 63139**

Conference rate hotel accommodations available at

Holiday Inn Southwest & Viking Conference Center

314.821.6600 or 800.682.6338

Indicate AADD Conference when making reservations by May 1, 2012.

**Questions?**  
Call 314.647.8100 or email  
[agingwithdd@msn.com](mailto:agingwithdd@msn.com)



Association on Aging with Developmental Disabilities  
2385 Hampton, Suite 110  
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