



The 24th Annual

**Aging
with
Developmental
Disabilities
Conference**

May 19-20, 2014

www.agingwithdd.org

Holiday Inn St. Louis SW - Route 66
10709 Watson Road, St. Louis, MO 63127
AADD Contact Info: www.agingwithdd.org
Phone (314) 647-8100

Contact Hours pending

co-sponsored by

SAINT LOUIS UNIVERSITY
SCHOOL OF NURSING



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UNIVERSITY

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AGING

with Developmental Disabilities Conference

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Conference Location

Holiday Inn St. Louis SW-Route 66
10709 Watson Road, St. Louis, MO 63127 • 800-682-6338

For More Information

Contact AADD at 314.647.8100
www.agingwithdd.org

Monday, May 19



Dr. David Carr

8:30 Registration/Exhibitors

9:30 KEYNOTE ADDRESS:

THE AGING BRAIN

DAVID CARR, MD

THE REHABILITATION INSTITUTE OF ST. LOUIS, WASHINGTON UNIVERSITY

Learn how the brain changes as people age.



10:30 Break

10:45 Breakout Session I

Basic Track A

AGING 101 IN PEOPLE WITH DEVELOPMENTAL DISABILITIES

Kim Fears, AABS, MS
New Opportunities, Inc.

Learn about the normal, healthy process of aging, the 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

DUAL DIAGNOSIS: ID/MI

Peggy Szwabo, PhD
Szwabo and Associates

People with a dual diagnosis encounter a wide variety of challenges as they age. Learn how to identify, seek treatment, and provide support for individuals with an Intellectual Disability who also have a Mental Health diagnosis.

Medical Track C

WHEN TO POP OR DROP: MEDICATION REDUCTION IN PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES

Joseph H. Flaherty, MD
St. Louis University School of Medicine

Medication needs vary and change as individuals age. How many prescriptions are too many?

11:45 Lunch or Lunch Product Theater: Identifying and Treating Symptomatic Generalized Epilepsy

AMIT VERMA, MD, DIRECTOR, EPILEPSY PROGRAM, METHODIST NEUROLOGICAL INSTITUTE, HOUSTON, TEXAS

1:00 Breakout Session II

Basic Track A

CORE TRAINING: SETTING CARE-GIVERS UP FOR SUCCESS

Mary L. Miller
Christian Home Care Services, Inc.

Learn the basics of providing exceptional care in this interactive session. What do you need to know to be successful in providing person-centered care?

Professional Track B

THE MANY ASPECTS OF PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES IN THE CRIMINAL JUSTICE SYSTEM

Maria Maldonado
State of Illinois

Learn about the makeup of prison populations and what is happening when people with DD are being discharged to the community in the State of Illinois.

Medical Track C

FEAR OF FALLING AND FALL RISK REDUCTION

Helen Lach, PhD, RN, GCNS-BC, St. Louis University School of Nursing
Hedva Levy, PharmD, BCPS, CGP
HbL PharmaConsulting

As we age, the risk of falling becomes greater. What can providers do to decrease fear and risk, and to address issues post-fall.



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 Monday, May 19 (continued)



2:00 Break
 2:15 Breakout Session III

Basic Track A	Professional Track B	Medical Track C
FINAL GAME PLAN: PROACTIVE PLANNING FOR AGING IN PLACE Connie McKelvey, MA Association on Aging with Developmental Disabilities Explore this pilot program that is designed to help people with DD put preventative "shields" in place for avoidance of hospitalization and long term care.	COMMON LEGAL ISSUES IN AGING WITH DD M. Brigid Fernandez, JD, LCSW Martha C. Brown & Associates, LLC Understand the more common legal issues that impact people with DD as they age. This session will look at the ramifications of special needs trusts, advance directives, and power of attorney.	WHEN YOUR ALARM BELLS RING Maria Miskovic, LCSW Care Choice Care Management, LLC What is happening with this person? We are taught to rule out medical causes first, but why is this person exhibiting this change?

3:15 Break
 3:30 Breakout Session IV

Basic Track A	Professional Track B	Medical Track C
HAPPY FEET FOR PEOPLE AGING WITH DD Carolyn Philpot, GNP St. Louis University School of Medicine Good foot care is important to overall health. Learn the basics of foot care, how certain medical conditions can affect the feet, and how to support individuals in having happy feet throughout their lifetime.	SUPPORTING END OF LIFE CHOICES FOR PEOPLE WITH DD Jane Loitman, MD Alternative Palliative Care Do people with a developmental disability have choices about their end-of-life decisions and plans? This session examines what that support could and should look like.	EATING SHOULD NOT BE LIFE THREATENING: ORAL CARE, DIET, AND SAFE SWALLOWING Sharon Johnson, PhD, CCC-SLP Practical Rehab Services As people age, the ability to chew and swallow may be impacted. Learn the importance of good oral care, explore a variety of diet modifications, and learn swallowing techniques to maximize ability to enjoy eating in a safe manner.

4:30 Conference concludes for the day

Please be sure to indicate on the registration form that you wish to attend Monday's Lunch Product Theater which is graciously provided by



Tuesday, May 20

8:00 Registration/Exhibitors

8:30 KEYNOTE ADDRESS: Home Healthcare: New Paradigm for the 21st Century

MICHAEL HUNCHAREK, MD, MPH, HOME MEDICAL ASSOCIATES



What about bringing resources to patients who are aging with Developmental Disabilities? Discover social, physical, and economic barriers to care through the eyes of a primary care physician.

9:30 Break

9:45 Breakout Session I

Basic Track A	Professional Track B	Medical Track C
<p>OUT AND ABOUT: WHAT TO DO WITH THIS PERSON</p> <p>Sue Fleming The Recreation Council of Greater St. Louis</p> <p>You are responsible for the activities and choices presented to aging individuals on a daily basis. What are you going to do? Explore free and low-cost options.</p>	<p>PREPARING TO RETURN HOME: RESOURCE COORDINATION IN HOSPITAL DISCHARGE</p> <p>Michele Dain, RN, MSW St. Anthony's Medical Center</p> <p>Recovery and return to health continues after hospital discharge. What services and supports need to be in place for continued care to maximize recovery and prevent re-hospitalization?</p>	<p>"DAMN NEAR DIED:" HEALTH RISK RECOGNITION BEFORE ITS TOO LATE</p> <p>Carolyn Philpot, GNP St. Louis University School of Medicine</p> <p>I checked on them. They were fine. I checked again, and we are going to the ER. What happened? Life threatening situations can develop suddenly. Learn what to look for to avoid "near misses."</p>

10:45 Break

11:00 Breakout Session II

Basic Track A	Professional Track B	Medical Track C
<p>OBSERVATION SKILLS CAN SAVE A LIFE</p> <p>Janet Whitworth, DNP, RN, FNP-BC Goldfarb School of Nursing, Barnes-Jewish College</p> <p>Recognizing when someone needs medical care is critical to maintaining health as we age. Learn to use your senses to identify changes that may require medical attention for those in your care.</p>	<p>DOWN SYNDROME AND AGING</p> <p>Cynthia Poelker, MD, and Stacey Laughlin, LMSW Albert Pujols Wellness Center for Adults with Down Syndrome</p> <p>Explore the physical and mental changes in people with Down Syndrome through the aging process.</p>	<p>RESPIRATORY ISSUES IN PEOPLE AGING WITH DD</p> <p>TBD</p> <p>Explore prevention, detection, and the treatment of respiratory issues in people with developmental disabilities who are aging.</p>

12:00 Lunch and Award Presentations

1:15 Breakout Session III

Basic Track A	Professional Track B	Medical Track C
<p>12 DONUT HOLES DOES NOT EQUAL ONE SERVING: NUTRITION 101</p> <p>Deanne Marselle, RD Insight Dieticians</p> <p>People with DD experience poor nutrition, obesity, and other serious health problems at higher rates than those in the general population. Learn how to help.</p>	<p>SERVING DIFFERENT CULTURES</p> <p>Dulce M. Cruz Oliver, MD St. Louis University School of Medicine</p> <p>In providing care, we may be introduced to people from different cultural backgrounds. Learn common cultural differences and how to respect people of different cultures when providing care.</p>	<p>DANCE BASED THERAPY: I COULD HAVE DANCED ALL NIGHT</p> <p>Jean Krampe, PhD, RN, CPHQ St. Louis University School of Nursing Laura Dowell, PT, CLMT Alexian Brothers PACE</p> <p>What is dance-based therapy? How is it done? Where is it used? Who may benefit? Explore the use of movement and dance for emotional, cognitive, social, behavioral, and physical conditions.</p>

2:15 Break

2:30 POSTNOTE: I REMEMBER THAT... COGNITIVE STIMULATION THERAPY

JOHN E. MORLEY, MB, BCH, DAMMERT PROFESSOR OF GERONTOLOGY, DEPARTMENT OF INTERNAL MEDICINE, SAINT LOUIS UNIVERSITY MEDICAL CENTER

Thoughts, feelings, and behaviors are all connected. Understand this therapeutic approach designed to actively stimulate and engage people.



3:30 Conference concludes

The conference planning committee has selected speakers who are experts in their field. Speakers are solely responsible for the content of their presentation.

24th 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, 2014.

Registration Fee (includes instruction, materials, and lunch)

- \$150 Conference Fee (early registration)
- \$ 25 Additional Fee if Requesting CEUs
- \$170 Conference Fee for registrations received after May 1, 2014
- \$140 Conference Fee per person for organizations sending 5 or more participants
- \$110 Self Advocate Fee (sessions designated for consumers run concurrently. See www.agingwithdd.org for schedule)

Please check the sessions you will attend and circle the breakouts of your choice.

Day One: Monday, May 19th

Day Two: Tuesday, May 20th

<input type="checkbox"/> Keynote
<input type="checkbox"/> Breakout Session I: A B C
<input type="checkbox"/> Breakout Session II: A B C
<input type="checkbox"/> Lunch Product Theater
<input type="checkbox"/> Breakout Session III: A B C
<input type="checkbox"/> Breakout Session IV: A B C

<input type="checkbox"/> Keynote
<input type="checkbox"/> Breakout Session I: A B C
<input type="checkbox"/> Breakout Session II: A B C
<input type="checkbox"/> Breakout Session III: A B C
<input type="checkbox"/> Postnote

Please duplicate this form and submit a separate registration form for each participant.
No refunds after May 8, 2014. Please visit our website at www.agingwithdd.org for more information.

Amount Enclosed \$ _____ Purchase Order # _____

Contact Hours Pending Approval:

- 10 CEU Hours for Illinois LNHA, LCPC, LPC, LSW, PT, OT, QIDP, RN
- 10 CEU Hours for National Certified Guardians-Center for Guardianship Certification
- 10 CEU Contact Hours for Missouri Nurses. *Saint Louis University School of Nursing 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.*
Missouri Nurses Association provider #115 - III Nursing Contact Hours: 10
- 10 Social Work Clock Hours for Missouri Social Workers *Application has been submitted to the NASW-Missouri Chapter and is pending for pre-approval of Social Work clock hours.*

For more information regarding contact hours, please call Pamela Merkle at 314-647-8105.
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 St. Louis SW - Route 66

Phone: 800-682-6338

Indicate AADD Conference when making reservations by April 30, 2014.

Questions?
Call 314.647.8100 or email
agingwithdd@msn.com

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