



# The *25th* Annual Aging with Developmental Disabilities Conference

May 18-19, 2015

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

St. Charles Convention Center  
#1 Convention Center Plaza  
St. Charles, MO 63303  
AADD Contact Info: [agingwithdd@msn.com](mailto:agingwithdd@msn.com)  
Phone (314) 647-8100

Contact Hours pending

SAINT LOUIS UNIVERSITY  
SCHOOL OF NURSING



SAINT LOUIS  
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# AGING

with Developmental Disabilities Conference

May 18-19, 2015

## Conference Location

St. Charles Convention Center  
#1 Convention Center Plaza, St. Charles, Missouri 63303

## For More Information

Contact AADD at (314) 647-8100  
[www.agingwithdd.org](http://www.agingwithdd.org)

Monday, May 18



8:30 Registration/Exhibitors

9:30 KEYNOTE ADDRESS:

## AGING WELL WITH DEVELOPMENTAL DISABILITIES

JOSEPH H. FLAHERTY, MD, ASSISTANT PROGRAM DIRECTOR  
GERIATRIC MEDICINE FELLOWSHIP PROGRAM, ST. LOUIS UNIVERSITY DIVISION OF GERIATRIC MEDICINE

Explore and understand what we need to look for to ensure the best health and wellness for people with developmental disabilities who are aging.

10:30 Break

10:45 Breakout Session I

### BASIC TRACK A

#### AGING: THE BIG PICTURE

Carolyn Philpot, GNP  
St. Louis University School of Medicine

Learn about the normal, healthy process of aging, the changes that typically occur in our systems, and what changes could be cause for concern in people with developmental disabilities as they age.

### PROFESSIONAL TRACK B

#### EXPLORING HOW OLDER ADULTS WITH DD LEARN TO SUCCESSFULLY AGE IN PLACE

Tina Grosso, MA, Instructor of Gerontology  
Lindenwood University

This session is a program evaluation looking at Andragogical Techniques. What can you take from this study that will help promote independence in people with developmental disabilities who are aging?

### MEDICAL TRACK C

#### DOWN SYNDROME AND AGING

Stacey Laughlin, LMSW  
Albert Pujols Wellness Center for Adults with Down Syndrome

Explore typical physical and mental changes in people with Down Syndrome through the aging process.

11:45 Lunch

1:00 Breakout Session II

### BASIC TRACK A

#### DEMENTIA AND DEVELOPMENTAL DISABILITIES

(This session meets CARF requirement)  
Carolyn Philpot, GNP  
St. Louis University School of Medicine

Learn about the unique and changing needs of a person with dementia. Explore how to support someone experiencing cognitive, physical, and social changes while preserving their dignity and individualism.

### PROFESSIONAL TRACK B

#### GRIEF SUPPORT FOR PEOPLE AGING WITH DD

Tere Owens, MSW, LCSW  
Bridges Community Support Services

At some time, we all experience loss of loved ones, loss of status, loss of well being. Increase understanding of how people with developmental disabilities grieve and learn strategies how best to provide support through the grieving process.

### MEDICAL TRACK C

#### WOUND CARE: PREVENTION AND HEALING

Julie Gammack, MD, CMD  
St. Louis University School of Medicine

As we age, our skin changes. Learn about the prevention of skin breakdown, what to do when it happens, and different treatment strategies.

# AGING

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Monday, May 18 (continued)

2:00 Break

2:15 Breakout Session III

## BASIC TRACK A

### EQUIPPED FOR SUCCESS: SAFE USAGE OF ADAPTIVE EQUIPMENT

*Sarah Edler, MS, CCC-SLP/DOR  
Life Care Centers of St. Louis*

**Adaptive equipment can make the difference between independence and reliance on others. Learn about what is available.**

## PROFESSIONAL TRACK B

### SOCIAL SECURITY: LITTLE KNOWN FACTS/ISSUES

*Martha C. Brown, JD, CELA  
Martha C. Brown & Associates, LLC*

**Are the people you are supporting receiving their full benefit? Explore benefit packages for people with developmental disabilities who are aging and learn about where we can provide better supports.**

## MEDICAL TRACK C

### MEDICATIONS, THEIR SIDE EFFECTS, AND HOW THEY IMPACT AN AGING INDIVIDUAL

*Patty Frieda, RPh, CCN  
Neels Pharmacy and Wellness Center*

**This session looks at medication therapy management and medication compliance: Providing the right medication, the right person, the right time, the right route, for the right reasons.**

3:15 Break

3:30 Breakout Session IV

## BASIC TRACK A

### URINARY INCONTINENCE

*Kathleen LoBello, MSN, ANP, BC  
St. Louis University School of Nursing*

**People take bladder control for granted, until there is an issue. Learn about good urinary tract health.**

## PROFESSIONAL TRACK B

### HEALTHY STEPS: MOVING YOU TO BETTER HEALTH WITH THE LEBED METHOD

*Laura Dowell, PT, CLMT  
Alexian Brothers PACE*

**Explore the use of movement and dance to promote emotional, cognitive, social, behavioral, and physical well-being.**

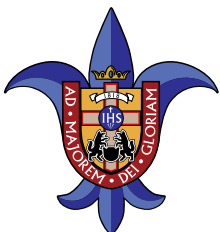
## MEDICAL TRACK C

### DEPRESSION IN INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

*Peggy Szwabo, PhD, ACSW, LCSW, BCD  
Szwabo & Associates*

**Depression is easily missed and misdiagnosed, especially in people with developmental disabilities. Learn to identify indicators and take action.**

4:30 Conference concludes for the day



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Tuesday, May 19

8:00 Registration/Exhibitors

8:30 KEYNOTE ADDRESS: AGING ACROSS THE LIFESPAN

SHELI REYNOLDS, PhD, DIRECTOR, INDIVIDUAL ADVOCACY AND FAMILY SUPPORT, UMKC INSTITUTE FOR HUMAN DEVELOPMENT

**Aging begins the day we are born. This session will focus on the importance of events leading up to the aging process for individuals with developmental disabilities and how policies are designed to respond. Learn about this Life Course perspective and how services and supports are provided.**



9:30 Break

9:45 Breakout Session I

BASIC TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C
<p><b>"WHO CAN HELP?" OSTOMY BASICS AND RESOURCES</b>  <i>Betsy Naeger, RN, BSN, COCN            Medical West Healthcare Center</i></p> <p><b>Learn basic skills and information about ostomy management, available resources, and how to obtain supplies and reimbursement.</b></p>	<p><b>SUPPORT PLANNING FOR PEOPLE WITH CO-OCCURRING DISORDERS: THE IMPORTANCE OF COLLABORATION</b>  <i>Cynthia Mueller, PhD, and JJ Gosrau, MSW, LCSW            Missouri Department of Mental Health</i></p> <p><b>People with co-occurring disorders encounter a wide variety of challenges as they age. Learn about the importance of collaboration in order to provide support for individuals with an Intellectual Disability who also have a Mental Health diagnosis.</b></p>	<p><b>STAYING HEALTHY: TESTS AND SCREENINGS EVERYONE SHOULD HAVE</b>  <i>Dannie Williams, MD, MPH            Delmar Primary Care Associates &amp; Home Doctors Medical Group</i></p> <p><b>Early detection is often critical in optimal treatment and prognosis. Learn key warning signs, tests, and screenings, and how proactive measures can impact a person's health.</b></p>

10:45 Break

11:00 Breakout Session II

BASIC TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C
<p><b>OBSERVATION SKILLS CAN SAVE A LIFE</b>  <i>Jane Whitworth, DNP, RN, FNP-BC            Goldfarb School of Nursing, Barnes-Jewish College</i></p> <p><b>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.</b></p>	<p><b>WHAT HAPPENS TO MY CHILD WHEN I DIE?</b>  <i>Carol Crebs, BSBA            Washington University-Retired, Parent</i></p> <p><b>This thought strikes terror in the hearts and minds of many parents. To counteract these thoughts, parents and family members must develop plans to protect their loved one. Explore what is working and what is not.</b></p>	<p><b>GI HEALTH</b>  <i>Christy Jenkins, BCND, QRA Practitioner            Naturo Health Solutions</i></p> <p><b>This session looks at the function and issues of the gastrointestinal system and how it impacts behavior and health.</b></p>

12:00 Lunch and Award Presentations

1:15 Breakout Session III

BASIC TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C
<p><b>LAUGHTER YOGA</b>  <i>Susan Tebb, PhD, MSW, RYT-500            St. Louis University School of Social Work</i></p> <p><b>Learn the benefits of yoga for improved mental and physical wellness throughout the aging process. Use laughter with yoga to bring awareness to body, mind, and spirit. This is a very participatory session!</b></p>	<p><b>IT'S BETTER TO BE KIND THAN BE RIGHT: VALIDATION THERAPY VS. THERAPEUTIC FIBBING AS COMMUNICATION TOOLS</b>  <i>Janis McGillick, MSW, LNHA            Dolan Memory Care Homes</i></p> <p><b>Sometimes the truth hurts, and is it always necessary? Learn the value of when to be brutally honest and when to take a different approach in communication.</b></p>	<p><b>DEMENCIA VS. DELIRIUM</b>  <i>Janice Palmer, PhD, RN, CNE            St. Louis University School of Nursing</i></p> <p><b>Mistaking delirium for dementia in an aging patient, a common clinical error, must be avoided, particularly when delirium is superimposed on chronic dementia.</b></p>

2:15 Break

2:30 POSTNOTE: HOW TO PREPARE OUR BABY BOOMERS FOR THEIR GOLDEN YEARS!

CAROLYN PHILPOT, GNP, ST. LOUIS UNIVERSITY SCHOOL OF MEDICINE

**We are all aging! As the Baby Boomer generation is reaching retirement, we are seeing aging in a new way. How do we prepare?**



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.

# 25th Annual AADD Conference Registration Form

or register online by clicking [here](#)



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, 2015.

Registration Fee (includes instruction, materials, and lunch)

- \$175 Conference Fee (early registration)
- \$ 35 Additional Fee if Requesting CEUs
- \$195 Conference Fee for registrations received after May 1, 2015.
- \$165 Conference Fee per person for organizations sending 5 or more participants
- \$120 Self Advocate Fee (sessions designated for consumers run concurrently.)

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

Day One: Monday, May 18th

Day Two: Tuesday, May 19th

- 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

- 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 or register online. No refunds after May 8, 2015. Please visit our website at [www.agingwithdd.org](http://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 Contact Hours for Missouri Nurses. *Saint Louis University School of Nursing is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*  
Midwest MSD provider #118-II Nursing Contact Hours: pending
- 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 314-647-8100.

All attendees will receive a certificate of attendance upon request.

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

Hotel accommodations available at Embassy Suites, 866-460-7456 and refer to room block for AADD or visit [www.historicstcharles.com](http://www.historicstcharles.com) for additional accommodations and area attractions.

RESERVE your room online!  
Click [HERE!](#)

**Questions?**  
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