



The 21st Annual

Aging  
with

# Developmental Disabilities Conference

Contact Hours Pending

May 16-17, 2011

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 21st Annual

# AGING WITH DEVELOPMENTAL DISABILITIES CONFERENCE

May 16-17, 2011

## 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 16



8:30 Registration/Exhibitors

9:30 Keynote Address: The Art of Living

*DR. JOHN E. MORLEY, MB, BCH, DAMMERT PROFESSOR OF GERONTOLOGY, DIRECTOR, DIVISION OF GERIATRIC MEDICINE, SAINT LOUIS UNIVERSITY MEDICAL CENTER, AND DIRECTOR, GERIATRIC RESEARCH, EDUCATION, AND CLINICAL CENTER, ST. LOUIS VA MEDICAL CENTER*

Join Dr. Morley for an eye-opening and entertaining discussion of how to maximize quality of life for yourself and those around you.

10:30 Break

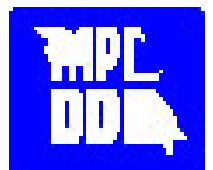
10:45 Breakout Session I

Track A	Track B	Track C
<b>Avoiding Overmedication in Aging</b> <i>Nancy M. Birtley, MSN(R), RN, CS, AP/MHCNS Psychiatric Care &amp; Wellness Specialists</i> See a behavior change? Is it medication related? As people age, medication dosages may need to be adjusted. Learn strategies to prevent overuse of medication and what changes to look for in aging individuals.	<b>Spirited People - Spirit Filled Lives</b> <i>Rev. Joan C. Jones, Chaplain Emmaus Homes</i> Explore the importance of a spiritual life and learn about ways to support older adults with developmental disabilities in connecting to their spirituality.	<b>Common Physical Changes: Aging with DD</b> <i>Janet Whitworth, DNP, RN, FNP-BC Southern Illinois University, Edwardsville</i> We all age: The key is how to do it well. Obtain a better understanding of the system change in aging and how these changes effect those with developmental disabilities.

11:45 Lunch

1:00 Breakout Session II

Track A	Track B	Track C
<b>Colon Health: The Good, The Bad, The Ugly</b> <i>Loren H. Marshall, MD Gateway Gastroenterology</i> An enlightening talk regarding the function of the large bowel when it is working well, and when it is not.	<b>Unplugged: No Batteries Needed</b> <i>Krista Kell Beverly Farm Foundation</i> A new, old way to create activities! Taking technology out of activity time and learning ways to use your imagination to provide meaningful activities for individuals.	<b>Myths and Realities: DD/MI + Aging</b> <i>Jeanne Niehaus, AP/MHCNS BC Crider Health Center</i> What challenges do people with dual diagnosis encounter as they age? Learn how to manage the myths and truths for persons living with mental illness and developmental disabilities.



# The 21st Annual AGING WITH DEVELOPMENTAL DISABILITIES CONFERENCE

Monday, May 16 (continued)



2:00 Break

2:15 Breakout Session III

Track A	Track B	Track C
<b>Cerebral Palsy and Aging</b> <i>Thomas F. Lieb, MD</i> <i>Mid County Orthopaedic</i> What changes can you anticipate for people with Cerebral Palsy who are aging? Learn how to provide better supports and services.	<b>Life Review and Identity for People With Developmental Disabilities</b> <i>Thomas M. Meuser, PhD, MS</i> <i>University of Missouri, St. Louis</i> Life review doesn't just apply to your grandparents. Learn how life review can assist the individual with developmental disabilities in aging successfully.	<b>Creative Approaches to Behaviors in People Aging with Developmental Disabilities</b> <i>Peggy Szwabo, PhD</i> <i>Szwabo and Associates</i> Discussion and case studies of some of the most common behavioral issues associated with aging and developmental disabilities. Learn common sense strategies and tips to effectively support people.

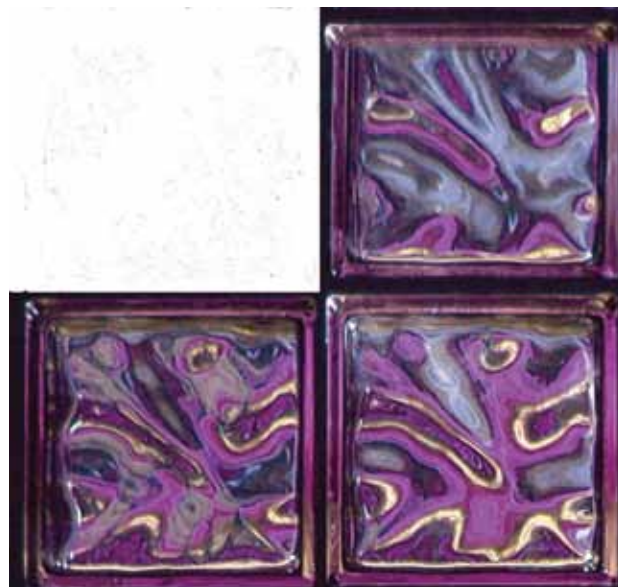
3:15 Break

3:30 Breakout Session IV

Track A	Track B	Track C
<b>Prader Willi and Aging</b> <i>Barbara Y. Whitman, MSW, PhD</i> <i>Cardinal Glennon Children's Medical Center</i> What is Prader Willi Syndrome, and how can we improve the lives of those with this diagnosis as they age?	<b>What Happens to My Child When I'm Gone?</b> <i>Carol Crebs, Parent</i> The future of their children is a concern for many families. Learn from one parent's experience and ongoing education how to establish and maintain the needed supports for an adult child.	<b>Creative Approaches to Behaviors in People Aging with Developmental Disabilities (continued)</b> <i>Peggy Szwabo, PhD</i> <i>Szwabo and Associates</i> Continuation of Breakout Session III, Track C workshop.

4:30 Conference concludes for the day

This activity has been submitted to the Missouri Nurses Association for approval to award nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Approval is pending.



Tuesday, May 17

8:00 Registration

8:30 Keynote Address: Generational Differences in the Workplace

*D. Keith Bolton, Bolton HR Consulting and Leadership Development*

Learn about the four generations that interact in the workplace, core values of each generation, reward preferences, lifestyle comparisons, inter-generational interaction, common myths, and management of our 21st century workforce. By understanding differences and using the right technique, our diverse workforce can and will produce the positive outcomes for our consumers.



9:30 Break

9:45 Breakout Session I

Track A	Track B	Track C
<p><b>Down Syndrome and Aging</b> <i>Kendall R. Brune, PhD, MBA, LHNA Fellow, and Shari Brune Future Focus Community</i></p> <p>People with Down Syndrome age at an accelerated rate. Learn what is fact and what is fiction during the aging process and how to become a better advocate for people with Down Syndrome as they age.</p>	<p><b>Closing Generation Gaps to Provide Optimal Support</b> <i>D. Keith Bolton Bolton HR Consulting and Leadership Development</i></p> <p>Discuss practical ways to address challenges that arise as different generations of staff interact with each other and with our consumers.</p>	<p><b>Abuse &amp; Neglect: A Focus on Risk Factors</b> <i>Anita Contreras, MSW Department of Mental Health, Division of Developmental Disabilities</i></p> <p>This session will be an overview of factors that contribute to abuse and neglect of persons with developmental disabilities and what service providers can and should do to manage these risk factors.</p>

10:45 Break

11:00 Breakout Session II

Track A	Track B	Track C
<p><b>Rethinking Alzheimer's: What's New?</b> <i>Joy Snider, MD, PhD Knight Alzheimer's Disease Research Center</i></p> <p>What is the latest research telling us about risk factors for Alzheimer's? Learn about newest findings and how this information relates to people aging with developmental disabilities.</p>	<p><b>A Model for Providing End of Life Care</b> <i>Brooke Schlabaugh and Ruth Henry Systems Unlimited, Inc.</i></p> <p>Learn about this agency's development of a model to support individuals through aging issues, dementia, and end-of-life care.</p>	<p><b>Social Security Benefits: Are You Secure?</b> <i>Martha C. Brown, J.D. Martha C. Brown &amp; Associates, Certified Elder Law Attorney</i></p> <p>Do the people you serve receive the benefits to which they are entitled? Check out this session to ensure that you have the latest information.</p>

12:00 Lunch

1:15 Breakout Session III

Track A	Track B	Track C
<p><b>Reducing Errors in Medication Administration</b> <i>Steve McConnell EverSpring Pharmacy</i></p> <p>Decrease your agency's medication errors. Learn about a packaging system and other ways to ensure that people get the correct medications.</p>	<p><b>Moving Matters: Exercise, Balance, and Longevity</b> <i>Myriam Meyer and Monica Weathers Emmaus Homes</i></p> <p>What happens when aging individuals stop moving? Learn the importance of maintaining exercise and balance and how to support people in staying active.</p>	<p><b>Don't Predict the Future - Invent It!</b> <i>Derrick F. Dufresne CRA, Inc.</i></p> <p>Learn how to create "dosearch" and invent, not prevent, desirable futures for people with disabilities.</p>

2:15 Break

2:30 Postnote: Making a Difference in a Changing World

*Derrick F. Dufresne, Founder and Senior Partner, CRA, Inc.*

This presentation will challenge participants to erase old tapes that limit our vision and get us into ruts. Challenges and opportunities for the future will be explored.

3:30 Conference concludes

# 21st 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 2, 2011.

Registration Fee (includes instruction, materials, and lunch)

- \$140 Conference Fee (early registration)
- \$160 Conference Fee for registrations received after April 26, 2011
- \$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 16th  
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 17th  
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 2, 2011. Please visit our website at [www.agingwithdd.org](http://www.agingwithdd.org) for more information.

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

Contact Hours Available.

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 2, 2011.**

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



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