



The 23rd Annual

Aging
with

Developmental
Disabilities
Conference

May 20-21, 2013

www.agingwithdd.org

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

Contact Hours pending



SAINT LOUIS
UNIVERSITY

The 23rd Annual
AGING WITH DEVELOPMENTAL DISABILITIES CONFERENCE
 May 20-21, 2013

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

Monday, May 20

8:30 Registration/Exhibitors

9:30 **KEYNOTE ADDRESS: The Gift of Time: Aging with Lifelong Disabilities**

EDWARD F. ANSELLO, PhD

VIRGINIA GERIATRIC EDUCATION CENTER, VIRGINIA COMMONWEALTH UNIVERSITY

Growing older is now both commonplace and misunderstood, with frequent references to costs and limitations rather than dividends and opportunities. Growing older with lifelong disabilities is occurring within a society largely unprepared for the aging of the nation. This is a critical point to examine values and influences on policies and practices that limit the meaning of age.



10:30 Break

10:45 Breakout Session I

Basic Track A

AGING 101

*Annliese Stoever, MSW
 St. Louis Area Agency on Aging*

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

**ASSISTED AUTONOMY
 IN PRINCIPLE & IN PRACTICE**

*Edward F. Ansello, PhD
 Virginia GEC, Virginia Commonwealth University*

In the absence of consistent public policy on and adequate financial commitment to growing older with lifelong developmental disabilities, intersystem coalitions can offer *de facto* policy and cost-effective practices to face related challenges and opportunities. After testing models of intersystem collaboration, in 10 years of federally supported projects, three key elements mark effective coalitions; there are also keys to starting, proceeding, and continuing these coalitions.

Medical Track C

**POLYPHARMACY IN PEOPLE
 AGING WITH DEVELOPMENTAL
 DISABILITIES**

*Milta Little, MD, BS, DO
 St. Louis University School of Medicine*

More often than not, medications are a necessary part of aging, but too much medication can be dangerous. Explore the potential side effects and dangers of mixing medications or over-medicating.

11:45 Lunch

1:00 Breakout Session II

Basic Track A

**LIFE COURSE GUIDE: AGING
 WITH DD**

*Judy Wanko, Family Support Coordinator
 Department of Mental Health, State of Missouri*

We have heard from many individuals/families that they do not know what questions to ask and where to turn for resources. Learn about a tool that can be used across the lifespan.

Professional Track B

**AGING WITH DEVELOPMENTAL
 DISABILITIES BEHIND BARS**

*Lee TerHark, MSW, LCSW
 Alton Mental Health Center*

Explore this session about people who are aged and those with Developmental Disabilities involved in the Criminal Courts in Illinois. "Unfit to Stand Trial and Not Guilty by Reason of Insanity."

Medical Track C

**OBSERVATION SKILLS CAN SAVE
 A LIFE**

*Janet Whitworth, DNP, RN, FNP-BC
 Goldfarb School of Nursing, Barnes-Jewish
 College*

Identifying when someone needs professional care is the linchpin to staying healthy as we age. Use your senses to identify changes that may require medical attention for those in your care.



The 23rd Annual AGING WITH DEVELOPMENTAL DISABILITIES CONFERENCE

Monday, May 20 (continued)



2:00 Break
2:15 Breakout Session III

Basic Track A	Professional Track B	Medical Track C
<p>DIABETES: FOOTSTEPS TO GOOD HEALTH Steven Frank, DPM Steven Frank, DPM, LLC</p> <p>Diabetic care is needed from head to toe. Learn proper care and treatment for common foot disorders caused by diabetes.</p>	<p>ALZHEIMER'S & AGING WITH DEVELOPMENTAL DISABILITIES Tom Ala, MD SIU Neurology Center for Alzheimer's Disease & Related Disorders</p> <p>Learn the most current information on Alzheimer's Disease in people with Developmental Disabilities.</p>	<p>ARTHRITIS & JOINT REPLACEMENT ISSUES IN PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES Julia Henderson-Kalb, MS, OTR/L St. Louis University</p> <p>Learn about arthritis and the impact it can have on an aging body. Explore what can be prevented and what can be improved to decrease pain.</p>

3:15 Break
3:30 Breakout Session IV

Basic Track A	Professional Track B	Medical Track C
<p>CHANGING THINKING FOR A CHANGING TIME Bill Knittig, MA Jefferson County Developmental Disabilities Board</p> <p>Explore ways to provide supports in a changing society for individuals who have challenging support needs within the community.</p>	<p>WELCOMING CARE & SUPPORT FOR LESBIAN, GAY, BISEXUAL, & TRANSGENDER CLIENTS Sherrill Wayland, MSW SAGE Metro St. Louis</p> <p>Join this session for an interactive discussion on LGBT aging and creating welcoming spaces for LGBT clients.</p>	<p>DUAL DIAGNOSIS: MR/MI Peggy Szwabo, PhD Szwabo and Associates</p> <p>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 a dual diagnosis.</p>

4:30 Conference concludes for the day



**SAINT LOUIS
UNIVERSITY**



Tuesday, May 21

8:00 Registration

8:30 KEYNOTE ADDRESS: Attracting & Maintaining Quality Employees

D. Keith Bolton, COMMUNITY LIVING, INC.

Learn about what quality employees are looking for, what sets your organization apart from others, how to reach out or recruit candidates, use behavioral based questions and team interviewing, understand your organization's leadership style, and explore what the future holds that will set your organization apart.



9:30 Break

9:45 Breakout Session I

Basic Track A

LET'S HAVE SOME FUN!

Carol Callahan

The Recreation Council of Greater St. Louis

Whether at home or in the community, people aging with DD have the right to be active and engaged. Explore creative ways to support individuals in remaining active.

Professional Track B

THE NEW WORKFORCE: BUILDING A QUALITY WORKFORCE

D. Keith Bolton

Community Living, Inc.

This session will look more in-depth at the information presented in the keynote. The discussion will continue on how your organization can react and adjust to market influences in order to recruit and maintain a quality workforce.

Medical Track C

BALANCE & FALL PREVENTION

Cindy Kempf, MA, OTR/L

Missouri Occupational Therapy Association

There is a direct correlation between maintaining balance and preventing falls. Discover how you, as a support person, can help keep people moving.

10:45 Break

11:00 Breakout Session II

Basic Track A

FINANCIAL ISSUES

Martha C. Brown, JD, CELA

Martha C. Brown & Associates, LLC.

A variety of financial issues may impact individuals with developmental disabilities as they age. Learn from a Certified Elder Law Attorney about how to ensure that individuals have in place what they need for the future.

Professional Track B

GRIEF & LOSS FOR CAREGIVERS

Tere Owens, MSW, LCSW

Bridges Community Support Services

We all experience loss. As caregivers, we have the unique charge of supporting others while we may also be grieving. Learn creative ways to process your emotions while providing care.

Medical Track C

SEIZURES & AGING WITH DEVELOPMENTAL DISABILITIES

James Rohrbaugh, MD

Child Neurology Associates

Seizures take many forms. Come learn what seizures may look like, why they occur, and what to do to assist the person having a seizure.

12:00 Lunch and Award Presentations

1:15 Breakout Session III

Basic Track A

"HAVE YOUR CAKE & EAT IT TOO:" BALANCING PLEASURE WITH THE NEED FOR NUTRITION

Zoe Dearing, BME, MT

Alzheimer's Association, St. Louis Chapter

Learn from this informational, interactive eating 101 session on how to balance pleasure with nutrition for people aging with developmental disabilities.

Professional Track B

ADVANCE DIRECTIVES FOR PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES

Krescene Beck, BS, QSP, NHA

Bluetower Training Center

This session helps train support people on how to educate and talk to individuals with developmental disabilities about their end of life choices.

Medical Track C

LOOK BEFORE YOU FLUSH

Loren Marshall, MD

Gateway Gastroenterology

I know you don't want to look, but it should look like ??? Learn to identify what constitutes normal bowel movements and what is aberrant and may require medical attention.

2:15 Break

2:30 POSTNOTE: AGING SUCCESSFULLY

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

Dance with me! Laugh with me! Tell me your story! Discover your inner path to living a better life!

3:30 Conference concludes



23rd 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, 2013.

Registration Fee (includes instruction, materials, and lunch)

- \$150 Conference Fee (early registration)
- \$160 Conference Fee if requesting CEUs
- \$170 Conference Fee for registrations received after May 1, 2013
- \$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 circle the breakout sessions you wish to attend.

Day One: Monday, May 20th

Day Two: Tuesday, 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

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 8, 2013. 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 *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.*
- 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 Southwest & Viking Conference Center

314.821.6600 or 800.682.6338

Indicate AADD Conference when making reservations by May 1, 2013.

Questions?
Call 314.647.8100 or email
agingwithdd@msn.com



Association on Aging with Developmental Disabilities
2385 Hampton, Suite 110
St. Louis, MO 63139

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