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
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

11:45 Lunch

1:00 Breakout Session II

Basic Track A
AGING 101
Anniliese 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 Wanka, 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.
2:00 Break
2:15 Breakout Session III

<table>
<thead>
<tr>
<th>Basic Track A</th>
<th>Professional Track B</th>
<th>Medical Track C</th>
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</thead>
</table>
| **DIABETES: FOOTSTEPS TO GOOD HEALTH**  
Steven Frank, DPM  
Steven Frank, DPM, LLC                                                                 | **ALZHEIMER’S & AGING WITH DEVELOPMENTAL DISABILITIES**  
Tom Ala, MD  
SIU Neurology Center for Alzheimer’s Disease & Related Disorders  
Learn the most current information on Alzheimer’s Disease in people with Developmental Disabilities.                                                                 | **ARTHRITIS & JOINT REPLACEMENT ISSUES IN PEOPLE AGING WITH DEVELOPMENTAL DISABILITIES**  
Julia Henderson-Kalb, MS, OTR/L  
St. Louis University  
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. |
| Diabetic care is needed from head to toe. Lean proper care and treatment for common foot disorders caused by diabetes.                                                                 |                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                         |

3:15 Break
3:30 Breakout Session IV

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

4:30 Conference concludes for the day
Tuesday, May 21

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Registration</td>
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<tr>
<td>8:30</td>
<td>KEYNOTE ADDRESS: Attracting &amp; Maintaining Quality Employees</td>
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<td>D. Keith Bolton, Community Living, Inc.</td>
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<tr>
<td></td>
<td>Learn about what quality employees are looking for, what sets your</td>
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<td>organization apart from others, how to reach out or recruit</td>
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<td>candidates, use behavioral based questions and team interviewing,</td>
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<td>understand your organization’s leadership style, and explore what</td>
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<td>the future holds that will set your organization apart.</td>
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<tr>
<td>9:30</td>
<td>Break</td>
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<tr>
<td>9:45</td>
<td>Breakout Session I</td>
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### 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

### 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, MF
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

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

Organization

Home or Business Address

Email

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

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 21st

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.

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 Click 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