THE 29TH ANNUAL

AGING

with Developmental Disabilities Conference

May 20-21, 2019
St. Charles Convention Center
www.agingwithdd.org

4 TRACKS, 3 KEYNOTE PRESENTERS, 2 DAYS,
FOCUSED ON 1 GOAL:
DEVELOPING THE BEST SUPPORT PRACTICES
FOR AGING WITH DEVELOPMENTAL DISABILITIES.

DR. BENJAMIN L. HANSEN
DR. JOHN E. MORLEY
DR. LIEKE VAN HEUMEN
DR. PETER BULOVA
Monday, May 20

8:30  Registration/Exhibitors

9:30  KEYNOTE ADDRESS: Psychosocial Therapy for Cognition in Individuals Aging with a Developmental Disability


Psychosocial Therapy for Cognition has been developed for those with developmental disabilities to stimulate them to talk about their memories. Using familiar items from sports and common events, people with memory problems are encouraged to share their past experiences. This approach enhances mood and communication skills and may even improve intellectual ability. Similarly, loneliness groups (Circle of Friends) can stimulate interactive behavior.

10:30 Break

10:45 Breakout Session I

DIRECT SERVICE TRACK A  PROFESSIONAL TRACK B  NURSING TRACK C  POTPOURRI TRACK D

AGING 101
Andrea Frazier EdD, Lindenwood University
Identify normal changes of body and mind during aging. Examine common deviations from physical and emotional/cognitive health in aging adults, especially those with developmental/intellectual disabilities.

ADDRESSING SOCIAL ISOLATION THROUGH A CIRCLE OF FRIENDS
Marla Berg-Weger, PhD, LCSW, Professor, Saint Louis University School of Social Work
Social isolation is a significant concern of older adults and their families. Improve the quality of care provided to all older adults by integrating assessment and intervention of social isolation and loneliness. One such intervention is the evidence-based group intervention, Circle of Friends.

WHY CAN’T I BREATHE? IT’S NOT JUST ASTHMA
Archie B. Harmon, PhD, Washington University School of Medicine
Different types of coughs that an aging person can develop and the appropriate treatment for each type of cough will be discussed in this session.

CANNABIS DERIVED THERAPIES IN EPILEPSY: THE GOOD, THE BAD, AND THE UGLY
John Ingram, MD, University of Mississippi Medical Center
Dr. Ingram will provide an overview of epilepsy and seizures, focusing on the remote history of cannabis in the treatment of epilepsy and the more recent history of cannabis and CBD’s role in epilepsy. Research opportunities in using cannabis in the treatment of epilepsy, including a new trial at UMMC, will also be discussed.

We gratefully acknowledge our sponsors:
Monday, May 20 (continued)

11:45 Lunch
1:00 Breakout Session II

**Direct Service Track A**

**Nutrition Supports for the Aging Individual**
Katharine Rug, MS, RD, LD, St. Louis Arc

Explore the relationship between disease, nutrition, and aging with a lens focused on supporting individuals with intellectual and developmental disabilities. This presentation aims to provide caregivers with a better understanding of the etiology of food related challenges that occur within this population, as well as tools to identify when these challenges are on the horizon.

**Professional Track B**

**End of Life Issues for People with Intellectual Disabilities**
Martha C. Brown, JD, CELA, Martha C. Brown & Associates, LLC, and Barbara Helm, Arcare, Inc.

Learn about legal, ethical, and psycho-social aspects of end of life issues for people with intellectual disabilities.

2:00 Break
2:15 Breakout Session III

**Direct Service Track A**

**What Do People Know About Promoting Desirable Behavior for Themselves and Others and What Is Actually Most Effective?**
Teresa A. Rodgers, PhD, BCBA-D, LBA, Missouri Department of Mental Health Division of Developmental Disabilities

Explore beliefs and practices in self-management and the management of the behavior of others through a series of interactive exercises. Common understanding and practices will be compared to best practices identified by science for self-management and the management of the behavior of others.

**Professional Track B**

**Managing Cancer-Related Distress**
Renata Sledge, MSW, PhD Student

This presentation will describe cancer-related distress, the impact of distress on patients and their families, and a framework for everyone on the treatment team, including patients and their families, to manage symptoms of distress.

**Nursing Track C**

**Use of VitalStim (NMES) for the Treatment of Dysphagia in Individuals with IDD**
Tyyna Bailey, MS, CCC-SL, SSM Health St. Mary's Jefferson City, and Jacqueline Fernald, RN, CDDN, Finck Supported Living Services

In this presentation, participants will learn from the presenters' firsthand experience with VitalStim, a little-known treatment of dysphagia. Awareness of the symptoms of dysphagia and aspiration will be increased.

3:15 Break

3:30 Postnote: St. Louis Arc Holistic Aging Committee: A Panel Discussion

Mary Anne Tolliver, MPA, St. Louis Arc; Jessica Gantner, St. Louis Arc; Katharine Rug, MS, RD, LD, St. Louis Arc; John Kelly, St. Louis Arc; Craig Sever, BS, RPh, Everspring Pharmacy; Kelli Barton, PhD, University of Missouri at Kansas City Institute of Human Development

The St. Louis Arc continues as a leader in serving the aging population with intellectual and developmental disabilities in the best and most holistic way possible. In early 2018, it was determined that a need for a targeted due process review was present, and the Holistic Aging Committee was created. This committee is overseen by the St. Louis Arc and is comprised of community experts in the field of aging. The group meets monthly to not only review any due process issues (behavior modifying medications/supports and/or rights restrictions) but to also review the individual’s current strengths and challenges and provide recommendations regarding supports, the environment, the need to seek the assistance of additional professionals, educational opportunities, etc. to support the individual as well as the team that is providing supports to that individual as they age. This session will include a panel discussion with some of the committee members who will discuss how the committee was formed, how it is maintained, and what lessons have been learned in its first year.

4:30 Conference concludes for the day
8:00 Registration/Exhibitors
8:30 KEYNOTE ADDRESS: DOWN SYNDROME AND DEMENTIA
Benjamin L. Handen, PhD, University of Pittsburgh and Peter Bulova, MD, University of Pittsburgh Medical Center

Adults with Down syndrome are at extremely high risk for developing Alzheimer’s disease. Drs. Handen and Bulova, investigators in a dementia and Down syndrome study, will share findings related to providing appropriate services and support for individuals with Down syndrome and their caregivers.

9:30 Break
9:45 Breakout Session I

DIRECT CARE TRACK A
FALL PREVENTION
Jackie Rand, PT, BJc Homecare
Falling is a common cause of injuries and reduced quality of life. As the number of elderly persons with ID is growing rapidly, it is imperative to gain insight into the circumstances that precipitate falls and how to prevent these falls.

DIRECT CARE TRACK A
AGING WITH IDD
Karen Kelly, EdD, RN, NeA-BC, Retired
Help caregivers distinguish between symptoms of dementia and delirium and develop approaches to respond appropriately to either one or both of these conditions. Definitions, causes, prevention strategies, and related therapies will all be highlighted in the presentation and discussion of case studies.

PROFESSIONAL TRACK B
BEST PRACTICES FOR CREATING LGBT-WELCOMING AGING PROGRAMS
Sherri Wayland, MSW, SAGE
This session will look at the intersections of aging, sexual orientation, gender identity and intellectual disabilities. Join this interactive session as we discuss the needs of serving people with intellectual disabilities who identify as LGBT, best practices for creating LGBT-welcoming organizations, and programming ideas.

PROFESSIONAL TRACK B
INCLUSION INCLUDES HOSPICE
Holly Wamser, MSN, RN, BJc Hospice & Home Care Services
Explore how to meld two supports to best serve those with developmental and physical disabilities at the end of life. How can new technology assist in bringing inclusion to palliative and hospice services? The presentation will include small group activities.

NURSING TRACK C
REDUCING MEDICATIONS-WHEN, WHAT, AND HOW TO MINIMIZE ADVERSE OUTCOMES
Craig Sever, BS, RPh, EverSpring Pharmacy
Learn about the multiple intricacies of when a medication should be reduced, what medications we should target, how to go about the actual reduction process to enhance the opportunity for a successful reduction, and strategies for reductions and ideas to prevent excessive medication use in the future.

NURSING TRACK C
DIABETES/COMORBIDITY
John E Morley, MB, BC, Saint Louis University School of Medicine
It is vital to recognize the importance of special syndromes in diabetes persons with developmental disabilities. We will explore how diabetes causes cognitive dysfunction.

POTPOURRI TRACK D
DOWN SYNDROME AND DEMENTIA: A CLOSER LOOK
Benjamin L. Handen, PhD, University of Pittsburgh, and Peter Bulova, MD, University of Pittsburgh Medical Center
Join this more in-depth follow-up to the keynote presentation on adults with Down syndrome and Alzheimer’s disease.

POTPOURRI TRACK D
SIMPLE SOLUTIONS FOR AGING IN PLACE
Emily Martin, MOT, OTR/L, CAPS, eSpecial Needs
Learn common sense strategies and simple solutions for aging in the home. Equipment versus home modifications will be discussed as well as a review of safety and sensory considerations.

12:00 Lunch and Award Presentations
1:15 Breakout Session III

DIRECT CARE TRACK A
DEMENTIA VS. DELIRIUM?
Janis McGillick, MSW, LhNa, Dolan Memory Care Homes
Help caregivers distinguish between symptoms of dementia and delirium and develop approaches to respond appropriately to either one or both of these conditions. Definitions, causes, prevention strategies, and related therapies will all be highlighted in the presentation and discussion of case studies.

PROFESSIONAL TRACK B
AN AUTISM JOURNEY: A LOOK INTO THE FUTURE FOR THOSE AGING WITH ASD
Karen Kelly, EdD, RN, NeA-BC, Retired Nurse Administrator and Faculty Member
Examine the evolving challenges faced by one family with their son with autism spectrum disorder (ASD) during their journey from 1976 to the present. Policy trends, research, and societal trends that may drive the future for adults with ASD will be reviewed.

PROFESSIONAL TRACK B
SUPPORTING AGING INDIVIDUALS IN EFFECTIVELY COMMUNICATING WITH THEIR MEDICAL PROVIDERS
Preston Howerton, DO, Howerton Integrated Medical Clinic
Gain insight on how nurses and others who interact with the medical team for aging individuals with DD can develop a rapport with the medical team (the doctor as well as the staff) to ensure that the patient’s needs are met, including enhanced treatment.

POTPOURRI TRACK D
BEHAVIORAL MANIFESTATIONS OF UNDERLYING MEDICAL CONDITIONS IN PEOPLE WITH IDD
Craig Escudé, MD, HRS, Inc.
In this session, case studies will be reviewed to illustrate how behaviors can be a way of communicating certain medical problems.

2:15 Break
2:30 POSTNOTE: INCLUSIVE RESEARCH WITH OLDER ADULTS WITH IDD: IMPLICATIONS FOR PRACTICE
Lieke van Heumen, PhD, University of Illinois at Chicago
Findings from recent research strategies that retrieve the experiences of older adults with IDD provide insights into the lives and needs of adults aging with IDD from their own perspectives. These insights inform the supports they need to thrive and be fully included members of their communities.

3:30 Conference concludes
If paying by check or purchase order, online registration is not available. Complete this form for each registrant and mail with check payable to AADD, 2385 Hampton Avenue, St. Louis, MO 63139.

Name ____________________________ Job Title ____________________________

Organization____________________________

Home or Business Address____________________________________________________

Email ____________________________ (_____)____________________________________

By May 2, 2019, submit any special needs or accommodation requests (including dietary) by listing here:

Registration Fee (includes instruction, materials, and lunch)

☐ $225  Conference Fee (early registration)  ☐ $  45  Additional Fee if Requesting CEUs
☐ $250  Conference Fee for registrations received after May 2, 2019.
☐ $215  Conference Fee per person for organizations sending 5 or more participants
☐ $240  Conference Fee per person for organizations sending 5 or more participants for registrations received after May 2, 2019.

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

Day One: Monday, May 20th                                      Day Two: Tuesday, May 21st

☐ Keynote                                                                                     ☐ Keynote
☐ Breakout Session I: A B C D                                                                 ☐ Breakout Session I: A B C D
☐ Breakout Session II: A B C D                                                                ☐ Breakout Session II: A B C D
☐ Breakout Session III: A B C D                                                               ☐ Breakout Session III: A B C D
☐ Postnote                                                                                     ☐ Postnote

No refunds after May 10, 2019. Please visit our website at www.agingwithdd.org for more information.

Amount Enclosed $__________________________ Purchase Order # ________________________________

Continuing Education Hours (pending approval)

• 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 Multistate Division provider #MO221-1. Nursing Contact Hours: pending

• 10 Social Work Clock Hours for Missouri Social Workers. Application will be submitted to the NASW-Missouri Chapter and is pending for pre-approval of Social Work clock hours.

• 10 CEU Hours for Illinois LNHA, LCPC, LPC, LSW, PT, OT, QIDP, RN. Application will be submitted for clock hours. This conference will qualify for continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline, certificate of completion, and contact your specific organization for filing requirements. Please bring your license/certification number to the conference. In the event of late arrival or early departure, amended certificates indicating the actual number of credit hours earned will be provided. This conference contains intermediate level content.

For more information regarding contact hours, please call 314-647-8100.

All attendees will receive a certificate of attendance upon request.

Registration includes consent for the Association on Aging with Developmental Disabilities to use your name, picture, likeness, film clip, voice recording, and other media-based material to develop marketing materials to be used by AADD. You may revoke this authorization by initialing here:____________

Registration includes consent for the Association on Aging with Developmental Disabilities to share your name and contact information with other conference attendees and vendors. If you DO NOT consent to this use, you may revoke authorization by initialing here:____________

Discounted hotel accommodations are available until April 30, 2019 at the Embassy Suites (attached to the Convention Center). Click here or call 800-560-7782. Refer to the room block for AADD.

Or visit www.discoverstcharles.com for additional accommodations and area attractions.
John Blair Moore (1948-2018) spent his career as an artist, illustrator, graphic designer, cartoonist, and keen political commentator. He had notoriety as being a writer and illustrator for Disney, an internationally known graphic designer, a political cartoonist in newsprint and more recently, through social media. John was a self described “Illustrator, Raconteur, Savant”. Since 2007, those of us at the Association on Aging with Developmental Disabilities (AADD) also had the honor of calling John “Colleague, Friend, and Family”.

John had experience in customer service, but not in social services. He began working with people with developmental disabilities in order to share time and interest with his wife, who works in the field. John quickly came to have his own appreciation and understanding of the people he served. He had curiosity, insight, and perspective that allowed him to form unique and meaningful relationships. Before long, John began capturing his impressions on canvas. AADD commissioned John to illustrate programs that AADD offers, and we were fortunate to receive five pieces over the years, three of which are depicted below. These paintings capture the movement, personality and essence of those we serve, as only could be accomplished by one who knows and cares about this population.