THE 30TH ANNUAL

AGING

with Developmental Disabilities Conference

May 4-5, 2020
St. Charles Convention Center
www.agingwithdd.org

4 TRACKS. 3 KEYNOTE PRESENTERS. 2 DAYS. 1 GOAL:

DEVELOPING THE BEST SUPPORT PRACTICES FOR AGING WITH DEVELOPMENTAL DISABILITIES.

Dr. Alejandra Camacho-Soto
Dr. Craig Escudé
Craig Laskowski

ASSOCIATION ON AGING WITH DEVELOPMENTAL DISABILITIES

Intellectual and Developmental Disabilities Research Center
Monday, May 4

8:30  Registration/Exhibitors

9:30  KEYNOTE ADDRESS: Cerebral Palsy and Aging

ALEANDRA CAMACHO-SOTO, MD, WASHINGTON UNIVERSITY SCHOOL OF MEDICINE, ST. LOUIS, MISSOURI

Learners will be introduced to a physiatric (the branch of medicine that uses physical medicine and rehabilitation) approach to the management of cerebral palsy, a syndrome comprising various movement and posture disorders. Those caring for individuals with cerebral palsy will understand how to promote and improve function, how to manage and treat various impairments associated with cerebral palsy, and how medical conditions associated with aging manifest in cerebral palsy.

10:30 Break/Visit our Exhibitors

10:45 Breakout Session I

DIRECT CARE TRACK A

CHARTING THE LIFE COURSE
Mary Ann Tolliver, St. Louis Arc, and Crystal Bell, University of Missouri-Kansas City Institute for Human Development
Life is a journey that requires problem-solving and planning to ensure we live our “good life.” Charting the LifeCourse provides tools and strategies to navigate services and supports for day-to-day decisions or planning for the future.

PROFESSIONAL TRACK B

PATHWAYS TO SUCCESS: ASSISTIVE TECHNOLOGY, REMOTE MONITORING, AND TELEHEALTH
Emily Martin, MOT, OTR/L, MO Department of Mental Health, Lyndsey Boyer, OT, MedXchange, and Aaron Milligan, COTA/L, Gray Matters Alliance
Increase your knowledge in identifying appropriate assistive technology and telehealth options to be proactive in approaches to planning universal design for home, community and quality of life.

MEDICAL TRACK C

TRANSCRANIAL MAGNETIC STIMULATION IN TREATING DEPRESSION
Kim Mercille, RN, TMS Institute of America LLC & Jane Skinner, TMS Institute of America LLC
Transcranial Magnetic Stimulation (TMS), an FDA approved outpatient therapy that is non-invasive, is being used to treat depression and a variety of other disorders. Attend this session to learn how this treatment is used for depression in individuals aging with a developmental disability.

POTPOURRI TRACK D

BEHAVIOR MANAGEMENT FOR AGING INDIVIDUALS WITH TBI
Alejandra Camacho-Soto, MD, Washington University School of Medicine
The goal of this lecture is to highlight the non-pharmacological and pharmacological therapies often used to treat behavioral complications associated with traumatic brain injuries, and how management of behavioral complications may differ in the older adult.

We gratefully acknowledge our sponsors:

- Washington University in St. Louis
- IDDRC
- MPCDD
- AGING SUCCESSFULLY
- SAINT LOUIS UNIVERSITY TRUST BUSCH VALENTINE SCHOOL OF NURSING
- SAINT LOUIS UNIVERSITY
- Partially funded by the Productive Living Board for St. Louis County Citizens with Developmental Disabilities
BREAKOUT SESSION II

1:00 Breakout Session II

DIRECT CARE TRACK A  PROFESSIONAL TRACK B  MEDICAL TRACK C  POTPOURRI TRACK D

ENCOURAGING PEOPLE WITH DEMENTIA TO EAT
Katharine Rug, MS, RD, LD, St. Louis Arc & John Kelley, Med, BCBA, St. Louis Arc
This session will provide caregivers with a better understanding of techniques to encourage people with dementia to eat in order to ensure that their nutritional needs are met. Presenters will review various components of positive behavioral supports, techniques, and application tips for direct support professionals to utilize when providing care to aging adults with IDD.

AWARENESS AND EMPATHY IN REDUCING SOCIAL ISOLATION LINKED TO AGE-RELATED CHANGES
Marla Berg-Weger, PhD, LCSW, Professor, Saint Louis University School of Social Work
Participants will gain knowledge of distinctions between social isolation and loneliness, prevalence of both, and impact on physical/mental health. Non-pharmacological, evidence-based interventions shown to positively impact social isolation and loneliness will be reviewed.

COMBATING THE THREAT OF MULTI-DRUG RESISTANT ORGANISMS
Michael Geisler, PharmD, BCPS, BJC Healthcare
Gain insight on the threat of multi-drug resistant organisms (MDROs) and utilize antimicrobial stewardship approaches for treatments of common infections in individuals who are aging with a developmental disability to improve quality of care.

DOWN SYNDROME & AGING
Cynthia Poelker, MD, Albert Pujols Wellness Center for Adults with Down Syndrome
Physical health is achieved by care of our bodies for optimal health and functioning. In this session, explore the physical and mental changes in people with Down syndrome through the aging process in order to understand how to best support them.

2:00 Break/Visit our Exhibitors

2:15 Breakout Session III

DIRECT CARE TRACK A  PROFESSIONAL TRACK B  MEDICAL TRACK C  POTPOURRI TRACK D

SLEEP APNEA AND PAP THERAPY
Loretta Colvin, ACNP-BC, SSMahon Health Sleep Services
This session will provide an overview of sleep apnea and treatment with positive airway pressure (PAP) machines including equipment troubleshooting and maintenance.

DEVELOPING MEMORY CARE IN DIFFERENT ENVIRONMENTS
Janis McGillick, MSW, LNHA, Dolan Memory Care Homes
Discover useful tips in developing the best environment to promote memory care, regardless of the setting you are in.

OVERCOMING SELF-IMPOSED OBSTACLES WHEN IMPLEMENTING MEDICATION REDUCTIONS
Craig Sever, BS, RPh, EverSpring Pharmacy
Dated information in behavior plans can impose unnecessary obstacles in reducing medications. In this session, learn how to analyze current needs to write better behavior plans and promote medication reduction.

CBD: EPILEPSY AND BEYOND
Jennifer L. Griffith, MD, PhD, Washington University School of Medicine
This presentation will review the risks and benefits of cannabidiol (CBD) and medical marijuana use in pediatric patients with epilepsy and how this research translates to the usage of CBD for epilepsy and other conditions relevant to the aging population.

3:15 Break/Visit our Exhibitors

3:30 Breakout Session IV

DIRECT CARE TRACK A  PROFESSIONAL TRACK B  MEDICAL TRACK C  POTPOURRI TRACK D

OSTOMY 101
Retta Sutterfield, RN, ACNS-BC, CWOCN, STL WOCN Affiliate President
This session will cover the basics of day-to-day ostomy care as well as best practices for preventing skin problems around the stoma.

DUAL DIAGNOSES: DD/MI
Cynthia L. Mueller, PhD, Licensed Psychologist
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 developmental disability who also have a mental health diagnosis.

DENTAL HEALTH AND AGING IN PEOPLE WITH DEVELOPMENTAL DISABILITIES
Scott Wolter, DMD, PC
Gain a better understanding of the impact that oral habits, medical conditions, and medication usage have on oral health and the impact of oral health on overall health.

UNDERSTANDING ILLNESS FOR THOSE WHO CAN’T SPEAK FOR THEMSELVES
Tiffany M Osborn, MD, MPH, FACEP, Washington University School of Medicine
Having an advocate in navigating the health care system can be critical when an individual has limited ability to self-report or does not accurately convey information. Learn ways to enhance observation and interaction skills to more effectively recognize an individual’s illness, including infection, and address barriers to effective healthcare.

4:30 Conference concludes for the day
8:00  Registration*/Exhibitors (*Registration only if you did not attend Monday)
8:30  KEYNOTE ADDRESS: SOLUTIONS TO HEALTH & SAFETY IN AGING

**Craig Escudé, MD, Health Risk Screening, Inc.**

Explore and understand practical applications and supports to ensure the best health, wellness, and safety for people with developmental disabilities who are aging.

9:30  Break/Visit our Exhibitors
9:45  Breakout Session I

**DIRECT CARE TRACK A**

TEACHING HEALTHY SEXUALITY TO PEOPLE WITH INTELLECTUAL DISABILITIES AS SEXUAL ABUSE PREVENTION

Jessica Naslund, LCSW, AASECT Certified Sexuality Educator

This interactive session will cover scenarios that put people who are aging with a developmental disability at risk for abuse and how to use the Ring of Safety as a prevention technique.

**PROFESSIONAL TRACK B**

SENSORY CHANGES

Craig Escudé, MD, Health Risk Screening, Inc.

As people age, they often experience changes in their sensory functions, which can negatively impact their ability to interact with their environment, decreasing their quality of life. Learn methods to stabilize or improve quality of life from a medical perspective.

**MEDICAL TRACK C**

PHARMACOGENOMICS IN PSYCHIATRY

Kim Hamann, LCGC, Myriad Neuroscience

This session will explore testing that helps practitioners and clinicians choose the best medications for an individual based on their own DNA. This information can be used in advocating for individuals being supported, as well as means of reducing polypharmacy.

**POTPOURRI TRACK D**

ARE YOU READY TO LISTEN? ENGAGING, VALIDATING, AND HEARING OTHERS THROUGH MUSIC

Teresa Stamey, MT-BC, Midwest Music Therapy Services

Music is an interactive tool that affects us at all levels. In this session, participants will engage in different musical experiences that will teach alternative ways to communicate and connect at a deeper level with others.

10:45  Break/Visit our Exhibitors
11:00  Breakout Session II

**DIRECT CARE TRACK A**

PRESSED HAM OR NOT: PREVENTING PRESSURE INJURIES

Retta Sutterfeld, RN, ACNS-BC, CWOCN, STL WOCN Affiliate President

Pressure injuries can be devastating and very expensive to resolve. Explore hidden common pressure areas, common risk factors, and prevention strategies.

**PROFESSIONAL TRACK B**

ABLE ACCOUNTS, SPECIAL NEEDS TRUSTS, AND GOVERNMENT BENEFITS - MAKING IT ALL WORK TOGETHER

Martha C. Brown, JD, CELA, Martha C. Brown & Associates, LLC & Barbara Helm, Arcare, Inc.

This session will cover how different government benefit programs treat ABLE Accounts and Special Needs Trusts.

**MEDICAL TRACK C**

MEDICAL UTILITY OF CANNABIS: THE HIGHS AND LOWS

Chris Herndon, PharmD, BCACP, Southern Illinois University Edwardsville & Chris Lynch, PharmD, Southern Illinois University Edwardsville

In this session, learn about the benefits of medical marijuana relevant to the aging individual with a developmental disability. Potential pitfalls and the patchwork of laws will also be reviewed.

**POTPOURRI TRACK D**

RESTORATIVE SLEEP: CREATING A CULTURE OF SLEEP

Dave Walker, BSE, LNHA, LTC Healthcare Consulting

This presentation will explain how restorative sleep can improve health and wellness in the aging population and how lack of sleep affects a person’s 24-hour day. The different stages of sleep, the hazards of sleep fragmentation, and the top ten sleep disturbances will also be reviewed.

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

**DIRECT CARE TRACK A**

GUM HEALTH & ORAL CARE

Jessica Robinson, RDH, MO Department of Mental Health

Gain an understanding of providing support with oral care, including gum care for people who cannot eat by mouth. In this hands-on session that will address the best practices of oral care for people with limitations in this area.

**PROFESSIONAL TRACK B**

DEATH AND DYING

Margaret Terranova, RN, CHPN, Heartland Hospice

Every BODY is different – how it starts, how it grows, how it ends. Death, while it is unique for each person – each body – also gives us some common experiences that allow us to care in the best way possible.

**MEDICAL TRACK C**

PREVENTION OF FRAGILE FRACTURE RELATED TO OSTEOPOROSIS

Sara B. Johnson, BSN, RN, Missouri Department of Mental Health

Gain knowledge on the basics of osteoporosis, effects on individuals with DD, and how to prevent fragile fracture during movement/handling of individuals during daily care and treatment.

**POTPOURRI TRACK D**

OVERCOMING THE CHALLENGES OF CHRONIC KIDNEY DISEASE

Kunal Malhotra, MD, MBA, MU Healthcare

With increasing longevity and cardiovascular events, chronic kidney disease may also become a significant problem in older people with developmental disabilities. This session will review factors that increase the prevalence of chronic kidney disease in the aging DD population as well as preventive measures to be taken.

2:15  Break/Visit our Exhibitors
2:30  POSTNOTE: SAVVY CARE GIVER TRAINING

**Craig Laskowski, MA Ed, MS Ed, Human Support Services**

This session will offer a review of the Savvy Caregiver Program, a widely implemented training with a focus on improving caregivers’ beliefs about caregiving, reactions to the behavioral symptoms of their care recipient, and their feelings of stress and burden. Mr. Laskowski will provide hands-on tools to be better caregivers; special focus will be given to caregiving in the world of aging with DD.

3:30  Conference concludes. Submit survey and continuing education paperwork.
Keynote

Breakout Session I: A B C D

Breakout Session II: A B C D

Breakout Session III: A B C D

Postnote

No refunds after April 2, 2020. Please visit our website at www.agingwithdd.org for more information.

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. Please initial to accept ____ or revoke____ authorization. If no initial is present, then authorization is presumed.

Registration includes consent for the Association on Aging with Developmental Disabilities to share your name and contact information with other conference attendees and vendors. Please initial to accept ____ or revoke____ authorization. If no initial is present, then authorization is presumed.

Amount Enclosed $________________________

Purchase Order # _______________________________

Continuing Education Hours (pending approval)

Applications for up to 10 CEU Contact Hours will be submitted for approval to the following:

- Saint Louis University Trudy Busch Valentine School of Nursing, which is approved as a provider of nursing continuing professional development by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
  Midwest MSD Provider Approval #MO221-1
- National Association of Social Workers - Missouri Chapter
- Illinois Dept. of Human Services (LCPC, LCP, LCSW, LNHA, LOT, LOTA, LPT, LPTA, LPC, LSW, RN, LPN, APN
- PHARMACISTS: Southern Illinois University - Edwardsville School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Successful completion of each activity requires participation in the entire activity, and completion of an online activity evaluation survey. Statements of credit will be posted to participants’ profiles within six weeks of successful completion of the activity. Pharmacists can earn a maximum of 8 credit hours at this conference.

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.

Questions?
  Call (314) 647-8100
  email aaddconference@agingwithdd.com
  or visit www.agingwithdd.org

Discounted hotel accommodations are available until April 17, 2020 at the Embassy Suites (attached to the Convention Center). Click here or call 800-EMBASSY.

Refer to the room block for AOA.

Or visit www.discoverstcharles.com for additional accommodations and area attractions.