

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

 **Washington University in St. Louis**
SCHOOL OF MEDICINE



ASSOCIATION ON AGING WITH
DEVELOPMENTAL DISABILITIES



IDDRC
Washington University in St. Louis

Intellectual and Developmental Disabilities Research Center

**SAINT LOUIS
UNIVERSITY**
EST. 1818

The 30th Annual
AGING
 with Developmental Disabilities Conference
 May 4-5, 2020



Conference Location

St. Charles Convention Center
 #1 Convention Center Plaza, St. Charles, Missouri 63303

For More Information

Contact AADD at (314) 647-8100
 aaddconference@agingwithdd.com

Monday, May 4

8:30 Registration/Exhibitors

9:30 **KEYNOTE ADDRESS: Cerebral Palsy and Aging**



Dr. Alejandra
 Camacho-Soto

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

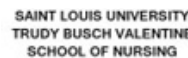
Learners will be introduced to a psychiatric (the branch of medicine that uses physical medicine and rehabilitation) approach to the management of cerebral palsy, a syndrome comprising various movement and posture disorders. Those caring for individuals with cerebral palsy will understand how to promote 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	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p>CHARTING THE LIFE COURSE</p> <p>Mary Ann Tolliver, St. Louis Arc, and Crystal Bell, University of Missouri-Kansas City Institute for Human Development</p> <p>Life is a journey that requires problem-solving and planning to ensure we live our "good life." <i>Charting the LifeCourse</i> provides tools and strategies to navigate services and supports for day-to-day decisions or planning for the future.</p>	<p>PATHWAYS TO SUCCESS: ASSISTIVE TECHNOLOGY, REMOTE MONITORING, AND TELEHEALTH</p> <p>Emily Martin, MOT, OTR/L, MO Department of Mental Health, Lyndsey Boyer, OT, MedXchange, and Aaron Milligan, COTA/L, Gray Matters Alliance</p> <p>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.</p>	<p>TRANSCRANIAL MAGNETIC STIMULATION IN TREATING DEPRESSION</p> <p>Kim Mercille, RN, TMS Institute of America LLC & Jane Skinner, TMS Institute of America LLC</p> <p>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.</p>	<p>BEHAVIOR MANAGEMENT FOR AGING INDIVIDUALS WITH TBI</p> <p>Alejandra Camacho-Soto, MD, Washington University School of Medicine</p> <p>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.</p>

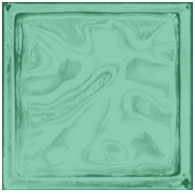
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SAINT LOUIS UNIVERSITY



Intellectual and Developmental Disabilities Research Center



The 30th Annual
AGING
with Developmental Disabilities Conference



Monday, May 4 (continued)

11:45 Lunch

1:00 Breakout Session II

DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>

2:00 Break/Visit our Exhibitors

2:15 Breakout Session III

DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p>SLEEP APNEA AND PAP THERAPY Loretta Colvin, ACNP-BC, SSMHealth Sleep Services This session will provide an overview of sleep apnea and treatment with positive airway pressure (PAP) machines including equipment troubleshooting and maintenance.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>

3:15 Break/Visit our Exhibitors

3:30 Breakout Session IV

DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>

4:30 Conference concludes for the day

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



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



Dr. Craig Escudé

DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>

10:45 Break/Visit our Exhibitors

11:00 Breakout Session II

DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p>PRESSED HAM OR NOT: PREVENTING PRESSURE INJURIES Retta Sutterfield, RN, ACNS-BC, CWCN, 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.</p>	<p>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.</p>	<p>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.</p>	<p>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 affect 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.</p>

12:00 Lunch and Award Presentations

1:15 Breakout Session III

DIRECT CARE TRACK A	PROFESSIONAL TRACK B	MEDICAL TRACK C	POTPOURRI TRACK D
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>

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.



Craig Laskowski

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



30th Annual AADD Conference Registration Form

**PAYING BY CREDIT CARD? Fees will apply.
Click here or scan the QR code to REGISTER ONLINE.**

Scan this QR Code to register online.



Name _____ Job Title _____

Organization _____

Home or Business Address _____

Email _____ Telephone _____

By April 2, 2020 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 Nursing, Social Work, Illinois CEUs
- \$115 ACPE Pharmacy CEUs
- \$250 Conference Fee for registrations received after April 2, 2020.
- \$215 Conference Fee per person for organizations sending 5 or more participants
- \$240 Conference Fee per person for organizations sending 5 or more registrations. received after April 2, 2020

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

Day One: Monday, May 4th

- Keynote
- Breakout Session I: 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

Day Two: Tuesday, May 5th

- 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.

All attendees will receive a certificate of attendance upon request.

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.

Questions?

Call (314) 647-8100

email aaddconference@agingwithdd.com
or visit www.agingwithdd.org