THE 32ND ANNUAL

# AGING

with Developmental Disabilities Conference



May 15-16, 2023
St. Charles Convention Center
www.agingwithdd.org
Phone: 314-647-8100



4 PLENARY PRESENTERS 3 CE OPTIONS 2 DAYS 1 GOAL

#### DEVELOPING THE BEST SUPPORT PRACTICES FOR AGING WITH DEVELOPMENTAL DISABILITIES.



DR. CRAIG ESCUDÉ



Dr. Max Zubatsky



DR. BEAU ANCES



SHARON DEBOEVER

The 32nd Annual Aging with Developmental Disabilities Conference is presented by:







#### Notes

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# AADD

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May 15, 2023

Dear Conference Participant,

#### Welcome to the 32<sup>nd</sup> Annual Conference on Aging with Developmental Disabilities!

We hope that you find these two days to be educational, thought provoking and enjoyable. We also hope that you will take what you learned and what is reinforced and continue to provide the best supports and services to our aging population. We believe that everyone here has that very goal. Whether you are joining us in-person or virtually, we are glad that you are here!

As you attend different sessions, listen to different speakers, and network, we ask that you keep in mind that the knowledge you acquire comes from professionals of <u>different</u> disciplines. You are in the company of doctors, nurses, administrators, nurse aides, habilitation specialists, DSPs, QDDPs, family members, self-advocates, service coordinators, case managers, social workers and a host of other people who care and worry about people with developmental disabilities who are aging. With that said, you may notice that language, philosophy and practices differ from state to state, one profession to another, as well as person to person. For example, many of us are quite familiar with, and committed to, "people first" language, which is commonly preferred in the field of developmental disabilities, but there are also advocates for "identity first" language. Please take the opportunity to listen to the message, even when the terminology may differ from yours, and use what you learn for the betterment of the people we all support.

#### Thank you for your continued support of older individuals with developmental disabilities!

Sincerely,

#### The 32<sup>nd</sup> Annual Aging with Developmental Disabilities Conference Committee

### Sheila Wunning, MO Department of Mental Health and 32<sup>nd</sup> Annual Aging with DD Conference Chairperson Mary Ann Tolliver\*, St. Louis Arc and President of the AADD Board of Directors

Edward Ansello, Virginia Geriatric Education Center Valerie Baker, Planify Group

Kelli Barton\*, UMKC Institute for Human Development Britney Burkart, Clinical Geriatric Social Worker

Jill Cigliana\*, Memory Care Home Solutions Michelle Darden, Association on Aging with DD

Leslie DeGroat, MO Department of Mental Health Katherine Farache, Association on Aging with DD

Ratherme Parache, Association on Aging with DE

Catherine Goebel\*, Retired Professional Guardian Dishon Knox, MO Department of Mental Health

Denise Limback, MO Department of Mental Health Mele Manning, EverSpring Pharmacy

Molly Mattingly, Easter Seals Midwest Jan McGillick, Retired Geriatric Social Worker

Pamela Merkle, Association on Aging with DD Vanessa Rastovic, Achieva

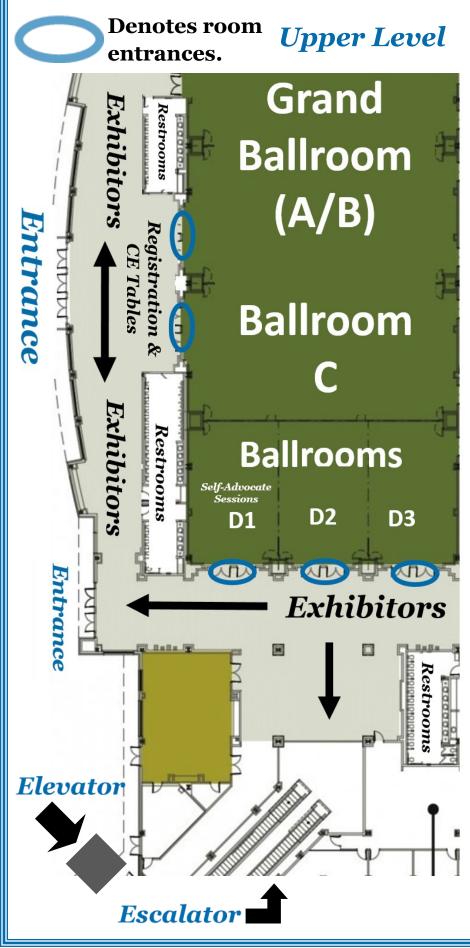
Terry Reiser\*, Optum Craig Sever\*, EverSpring Pharmacy

Nancy Shrewsbury\*, Retired Registered Nurse Emma Swinford, UMKC Institute for Human Development

\*AADD Board Member

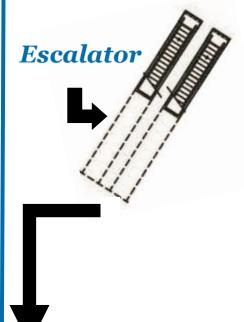
The Conference Planning Committee has selected speakers who are experts in their field. Speakers are solely responsible for the content of their presentation.

#### St. Charles Convention Center Map



Lower Level

For lunch, take the escalator or elevator downstairs to the North Exhibit Hall in the Lower Level



North
Exhibit
Hall



#### vith Developmental Disabilities Conference

May 15-16, 2023

#### St. Charles Convention Center

#### Monday, May 15

Registration/Exhibitors 8:30

9:15 Welcome Address



#### MORNING PLENARY ADDRESS: THE FATAL FIVE PLUS 9:30



Dental



Dr. Craig Escudé

CRAIG ESCUDÉ, MD, FAAFP, FAADM, PRESIDENT, INTELLECTABILITY

There are a handful of conditions considered to be the top preventable causes of illness and death in people with IDD: Aspiration, Constipation, Dehydration, Seizures, Sepsis, and Gastroesophageal Reflux. This presentation will highlight the common signs, symptoms, and principles of prevention to help all levels of supporters reduce the occurrence of them, know what to do when they see early signs, and improve health and wellness for people they support.

10:30 Break/Visit our Exhibitors 10:45 Breakout Session I

#### DIRECT CARE TRACK

ABOUT ORAL HEALTH IN AN

Kaylee Graham, RN, Regional Engagement

Manager, StationMD; and Nathan Suter,

DDS, Chief Innovation Officer, Enable

Older adults with IDD are particularly

vulnerable to poor health outcomes,

face greater barriers in finding a

dentist, funding, and transportation

services. Attend this session to learn about the value of dental integration into care models for the

AGING IDD POPULATION



#### WHEN WORDS ARE NOT **ENOUGH: ADDRESSING LIFE-**

C

#### LIMITING ILLNESS IN THE ADULT IDD POPULATION

Mary E. Fox, MD, ABFM, Chief Medical Officer, Visiting Nurse Association of Greater St. Louis

Participants will learn about palliative care and its potential benefits as well as when to consider it for the aging adult IDD population.

#### GRAND MEDICAL TRACK THE **OVERLOOKED**



GRAND

Craig M. Sever, BS, RPh, Clinical Director, **Everspring Pharmacy** 

This session will look at commonly used medications in the DD and elderly population, associated longterm side effects, and how aging affects the way medicine acts within the body.

#### **ROCK STEADY BOXING**

Kole Harre, Wellness Center Manager, Senior Services Plus

Learn how Rock Steady Boxing, a non-contact fitness program that has been proven effective in treating Parkinson's disease, could also be effective in improving endurance, hand-eye coordination, and overall strength in individuals aging with a developmental disability.

#### We gratefully acknowledge our sponsors:



Resources

aging IDD population.











**Institute for** 

sity Center for Excellence in Developmental Disabilitie

Human Development

Intellectual and Developmental Disabilities Research Center Washington University School of Medicine in St. Louis

ST. LOUIS OFFICE FOR

DEVELOPMENTAL













11:45 Lunch (lower level) NORTH-EXHIBIT

HALL

1:00 Breakout Session II

GRAND BALLROOM DIRECT CARE TRACE **PROFESSIONAL** GRAND

**MEDICAL TRACK** 

**POTPOURRI** NATIONAL COUNCIL ON

INTEGRATED PEST MANAGEMENT FOR STRUCTURAL PESTS

Michael Daniels, Life Scientist, United States Environmental Protection Agency This session will cover how to prevent and treat structural pests through an Integrated Pest Management (IPM) approach.

OPTIMIZING MENTAL HEALTH CARE IN AGING INDIVIDUALS WITH INTELLECTUAL DISABILITY

Angeline Stanislaus, MD, Chief Medical Director, Missouri Department of Mental

This session will review clinical presentations of the various mental disorders in individuals with ID and how to optimize treatment for individuals with ID and mental illness, including dementia-related psychiatric issues.

THE HEALTH RISK SCREENING TOOL (HRST) IN MISSOURI

Craig Escude, MD, FAAFP, FAADM, President, IntellectAbility; Kim Stock, RN, Quality Enhancement, MO Department of Mental Health; and Dina Pizzurro-Smith, RN, Director of Client Services, IntellectAbility

The HRST screens for health risks that are often missed in people with IDD. The MO Department of Mental Health is rolling out the HRST to improve health and wellness in people with IDD. This discussion will center around the current rollout process to answer questions and help ensure successful implementation.

**DISABILITY'S HEALTH EQUITY FRAMEWORK** 

Amged M. Soliman, Esq., Senior Attorney Advisor, National Council on Disability

This session will provide recommendations from NCD's Health Equity Framework address systemic barriers that have contributed to health disparities and help achieve health equity for people with disabilities, including those aging with developmental disabilities.

2:00 Break/Visit our Exhibitors

GRAND

2:15 Breakout Session III

BALLROOM DIRECT CARE TRAC GRAND

AND DIGNITY OF RISK

Student, MU School of Social Work

of Dignity of Risk.

SEXUALITY. GUARDIANSHIP.

Sean Murphy, MBA, DHSc Student, A.T. Still

University; and Caitlin Bartley, MSW, PhD

This session will cover the need for

sexual education for individuals

diagnosed with a developmental

disability, the need to address

guardianship issues, and the influence

**PROFESSIONAL** IMPACT OF TELEHEALTH FOR

INDIVIDUALS WITH IDD

Maulik Trivedi, MD, FACEP, Co-Founder and Chief Strategy Officer, StationMD Imagine accessing a doctor who understands the unique, complex needs of the IDD population from your home. Learn how telehealth solutions create healthcare access, improve outcomes, reduce stress, and lower costs in 18 states and counting.

LONG COVID'S EFFECTS ON MEDICAL USE OF CANNABIS PEOPLE WITH IDD

C

**MEDICAL TRACK** 

Angeline Stanislaus, MD, Chief Medical Director, Missouri Department of Mental

This session will discuss the general characteristics of long COVID and the effects on the human body as well as the prevalence of long COVID in people who are aging with IDD.

POTPOURRI TRAC

IN PAIN MANAGEMENT

Naomi Bailey, PharmD, PGY-2 Pain and Palliative Care Pharmacy Resident, VA St. Louis Health Care System

This session will discuss the current data surrounding the use of medical marijuana in the management of pain. Specific topics addressed include mechanism of action of cannabis and overview of the endocannabinoid system, review of data on the use of medical cannabis, and summary of legislation on cannabis use.

3:15 Break/Visit Exhibitors

#### 3:30 AFTERNOON PLENARY ADDRESS: SUPPORTING AN AGING PERSON WITH DD WHO HOARDS

GRAND MAX ZUBATSKY, PHD, LMFT, ASSOCIATE PROFESSOR AND PROGRAM DIRECTOR, SAINT LOUIS UNIVERSITY

Hoarding continues to remain a critical public health concern in America. This session will cover the psychology behind hoarding as well as support interventions to address hoarding and cluttering issues, including in-home visits and safety days for those with whom you work.



Dr. Max Zubatsky





BALLROOM

**GRAND** 

















#### **Conference Awards—Tuesday**

During lunch on Tuesday, the 32<sup>nd</sup> Annual Aging with Developmental Disabilities Conference Committee will honor its award recipients.



The Allene M. Jackson Award originated in 2003 in honor AADD's founding Executive Director, Allene M. Jackson, who led the agency from 1989 to 1995. Jackson was a founding member of a Special Interest Group, from which the Association on Aging with Developmental Disabilities was formed. Her vision and commitment helped to pave the way for people aging with developmental disabilities. This award is given to direct care staff who have demonstrated a commitment to excellence in their work with

a person or persons who are at least 50 years of age and have a developmental disability. 2023 marks the  $5^{th}$  year of this award.



The Dr. John E. Morley Award, originated in 2017, is named after the inaugural recipient, Dr. John E. Morley. Dr. Morley is one of the nation's foremost authorities on geriatrics, receiving his medical degree from University of the Witwatersrand. Since 1989, he has been a Dammert Professor of Gerontology and Director for the Division of Geriatric Medicine, Department of Internal Medicine at Saint Louis University Medical Center. He has also been the Director of the Division of Endocrinology at

Saint Louis University Medical Center since 2006. He has recently announced his retirement at the end of June 2022. The John E. Morley award is given in honor of individuals who show commitment and leadership in reducing barriers and/or creating new opportunities for persons who are at least 50 years of age and have a developmental disability. Eligible recipients are doctors, nurses, social workers, administrators, and management professionals who have followed in Dr. Morley's path in opening doors for this population.

#### **Continuing Education Units Provided By:**





Missouri State Committee for Social Workers

#### Please visit the Continuing Education Table in the registration area with any questions.

#### **Disclosure Statement**

- Successful Completion: Participants must participate in the full session. To receive nursing Continuing Education (CE) contact hours, an on-line evaluation form is required.
- In-Person attendees must sign in each day at the CE table.
- Sponsorship and Commercial Support: We are grateful to our Sponsors. Although they provided sponsorship, they had no input or influence over the content or choice of presenters.
- Potential conflicts of interest have been identified in some of our presenters. However, all presenters are committed to present an unbiased presentation.

This conference qualifies for up to 10 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline, certificate of completion (issued upon request), and contact your specific organization for filing requirements. In the event of late arrival or early departure, amended certificates indicating the actual number of credit hours earned will be provided.

#### Tuesday, May 16

8:00 Registration\*/Exhibitors (\*Check in at Registration Desk only if you did not attend Monday)



8:15 Welcome Address

BALLROOM GRAND

#### 8:30 MORNING PLENARY: THE ROLE OF ALZHEIMER DISEASE IN ADULTS WITH DOWN SYNDROME

GRAND BEAU ANCES, MD, PhD, DANIEL J. BRENNEN PROFESSOR OF NEUROLOGY, VICE CHAIR OF ACADEMIC AFFAIRS FOR THE DEPARTMENT OF BALLROOM) NEUROLOGY AT WASHINGTON UNIVERSITY

This session will highlight the increased prevalence of Alzheimer disease (AD) in adults with Down Syndrome (DS). Learn about the hallmarks of AD, biomarkers that have been developed to stratify patients, and new therapies that are being developed for AD in adults with DS.

9:30 Break/Visit our Exhibitors

9:45 Breakout Session I

GRAND/



Dr. Beau Ances

#### DIRECT CARE TRACE

#### HOW TO STOP FALLS FROM **KEEPING YOU DOWN**

Jane Bufe, OTD, OTR/L, Founder, Your **Supportive Place** 

Learn about the importance of fall prevention, statistics, risk factors, and potential negative outcomes. This session will focus on prevention strategies and creating a safety plan including online fall prevention tools.

#### PROFESSIONAL TRA D3

**HEALTHY GUARDIANSHIP** Martha C. Brown, JD, CELA, Managing Director, Midwest Trust Co.

Explore legal and practical approaches to disputes between guardians and their protectees since the inception of Missouri Guardianship Code revisions. Mediation as a source for resolution of guardian/ protectee disputes will also be reviewed.

#### MEDICAL TRACK

#### AGING WITH EPILEPSY AND **NEURODEVELOPMENTAL DISABILITIES**

GRAND BALLROOM

GRAND

**D2** 

Fabio Nascimento MD, Assistant Professor of Neurology, Washington University

People with epilepsy and NDD have special needs which should be recognized and managed appropriately to ensure these patients receive optimal care.

#### **POTPOURRI COMMUNICATION TIPS AND EDSD SCREENING TOOL**

Sharon DeBoever, MEd, Regional Trainer, National Task Group on Intellectual **Disabilities and Dementia Practices** 

Introducing the "45 second, 90 second rules." as well as the NTG-Early Detection Screen for Dementia, an easy-to-use tool for early detection screening for adults with IDD showing early signs of a dementia.

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

#### BALLROOM GRAND

#### PROFESSIONAL TRA **D3**

#### CONTROLLING TOOTH DECAY IN VULNERABLE POPULATIONS

Jeremy Horst, DDS, PhD, Director of Clinical Innovation, CareQuest Innovation Partners Learn about innovative professional and home-based oral health interventions and diagnostics to prevent tooth decay.

#### POTPOURRI TRACK

#### SOCIAL CHANGE THROUGH SYSTEMS ADVOCACY

Nicole Brueggeman, MA, MSW, Executive Director, Missouri Council on Aging; and Jamie Opsal, MSG, Executive Director, St. Louis City Senior Fund

This session will touch on the main principles of successful advocacy strategies at an individual, local, and state level, Participants will learn why it is important to advocate and how to do so effectively.

#### DIRECT CARE TRAC

#### STIMULATING COGNITION AND BEYOND

Emily Eckhardt, MA, CCC-SLP, CDP, Program Implementation Specialist, EmpowerMe Wellness; and Taylor Dittmann, PT, DPT, GCS Clinical Consultant, EmpowerMe Wellness

This hands-on session will cover techniques to stimulate and maintain cognition as well as explain why these techniques work.

#### BECOMING AN ALLY: SUPPORTING TRANSGENDER **OLDER ADULTS**

Sherrill Wayland, MSW, Director of Special Initiatives, SAGE

Introducing the new toolkit, How to Be An Ally to Transgender Older Adults. Strengthen knowledge and flex the allyship muscle supporting transgender community members living with IDD.

12:00 Lunch and Awards Presentations (lower level)

HALL

#### 1:15 Breakout Session III GRAND

#### BALLROOM DIRECT CARE TRAC **PROFESSIONAL** GRAND

#### CARE FOR THE CAREGIVER -MANAGING STRESS

Margaret Terranova, RN, Staff Development Coordinator, ProMedica Hospice

Anyone experiencing stress? Let's talk about WHAT. What's making me stressed out? What's the big deal about being stressed out? And what can I do about it?

#### PRACTICES IMPACTING AGING INDIVIDUALS WITH IDD IN CORRECTIONAL SETTINGS

Jeanette Simmons, PsvD, Deputy Division Director; Sharon Robbins, PhD, Annual Evaluator; and Brittany Howard, RN, Quality Enhancement RN, Missouri Department of Mental Health

People with IDD are especially vulnerable within the criminal justice system. This session will discuss current practices and challenges and the need for advocacy.

#### MEDICAL TRACK

#### SLEEP ISSUES AND AGING WITH DD

Amy Licis, MD, MSCI, Associate Professor, Department of Neurology, Washington University School of Medicine

Learn about the implications of sleep in health, functioning, and aging as well as the pathophysiology, treatments, and need for further research on sleep disorders in individuals aging with DD.

#### POTPOURRI TRACK

Dena Priluck, PT, DPT, NCS, Physical Therapist/Clinic Associate, Washington University Program in Physical Therapy

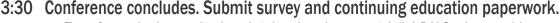
AGING WITH CEREBRAL PALSY

This session will review how to manage and treat various conditions associated with cerebral palsy and how medical conditions associated with aging manifest in cerebral palsy.

#### 2:15 Break/Visit our Exhibitors

#### 2:30 AFTERNOON PLENARY: ACKNOWLEDGING THE PERSON WITHIN

GRAND SHARON DEBOEVER, MED, REGIONAL TRAINER, NATIONAL TASK GROUP ON INTELLECTUAL DISABILITIES AND DEMENTIA PRACTICES BALLROOM) "Why is it that once I got this diagnosis called dementia people treated me differently?" This age-old question applies to all GRAND/ disabilities. Person-first is more than just a catch phrase for the language we use. Together we can put it into our actions as well.





Sharon DeBoever

#### AADD's History & Notable Distinctions



Pamela J. Merkle

The Association on Aging with Developmental Disabilities (AADD) was initially formed in 1989 as a special interest group and became incorporated in 1994. AADD has a primary objective of bringing the aging and developmental disability fields together to create and provide best practices for people aging with developmental disabilities. It is a one of a kind organization in the United States, serving three area counties through ongoing programs and providing consultation and education beyond the geographical service area. Under the leadership of Executive Director, Pamela J. Merkle, programs for people with developmental disabilities supported by AADD have been successful with progressive growth over the last 25 plus years.

Through our direct services, AADD's overarching goal is to prevent entry into unnecessary long-term care placement and premature death in individuals who are aging with developmental disabilities. In response to the latter, all AADD programs have a common goal to provide necessary training to assist individuals in achieving a greater independence in the home and community, while aging in place.

- In 2011, AADD's Final Game Plan program received the Missouri Association of County Developmental Disability Services Cutting Edge award for its approach to end of life issues facing individuals with developmental disabilities
- In 2013, AADD was the topic of a doctoral dissertation written by Dr. Tina Grosso, Assistant Professor of Gerontology at Lindenwood University entitled Maximizing Independence for Older Adults With Developmental Disabilities Via Andragogical Techniques: A Program Evaluation - The Association on Aging With Developmental Disabilities.
- In 2017, AADD collaborated with funders and agency providers to create a Dementia Capable Care Team in the St. Louis metropolitan area, bringing in the National Training Group (NTG) to provide nationally recognized training on dementia capable care.
- In 2019, AADD became the first known international organization to provide Circle of Friends®, an evidenced-based social isolation prevention curriculum developed in Finland, to individuals aging (60+) with a developmental disability. Data gathered throughout the service provision of Circle of Friends® will be included in a St. Louis University Gateway Geriatric Education Center study entitled The Use of Psychosocial Groups to Alleviate Loneliness and Isolation in Seniors.
- In collaboration with an ever-growing network of diverse stakeholders, AADD has assiduously planned and hosted an annual professional conference for the past 30 years. Garnering interest both nationally and internationally. AADD has also forged partnerships with several academic institutions, including St. Louis University Gateway Geriatric Education Center, the University of Missouri-Kansas City Institute for Human Development (a University Center on Excellence on Developmental Disability), and the Washington University School of Medicine Intellectual and Developmental Disabilities Research Center. The 31st Annual Aging with Developmental Disabilities Conference, offered as an in-person as well as a virtual event, drew more than 375 attendees. Attendees included doctors, nurses, social workers, case managers, direct support professionals, self-advocates, and many others from 23 different states.
- AADD and its programs have been highlighted in several recent media articles including Impact magazine, Aging Successfully, and has been featured in the ProAging podcast.
- In 2022, AADD's Executive Director, Pamela J. Merkle, was nominated for and selected as the awardee of the 2022 Harvey A. and Dorismae Hacker Friedman Award for Excellence in Service to Older Adults by the Friedman Center for Aging at Washington University.
- In 2022, AADD was awarded the Innovation in Supporting Aging Adults with Developmental Disabilities project funded by the Missouri Developmental Disabilities Council. In this project, AADD is collaborating with self-advocates and other organizations to create and implement a curriculum to support aging adults with developmental disabilities and their caregivers. This curriculum will be offered to people with developmental disabilities, living at home, in a mutual care-giving arrangement with an aging loved one.



#### WHO WE ARE

The Productive Living Board (PLB) is a public taxing entity, commonly known as a "Senate Bill 40 Board," that enters into funding contracts with agencies that serve individuals with developmental disabilities in St. Louis County.

#### **WE INVEST IN**

#### **EMPOWERMENT ACROSS A LIFETIME**

This past year over 2.5 million dollars was invested in carefully selected services. These services create opportunities for over 4,000 individuals to thrive in their home, community and employment setting of their choosing.

### **↑**IDD GATEWAY RESOURCE GUIDE



## Visit our interactive resource guide at IDDResourceGuide.org

The IDD Gateway Resource Guide is a tool to easily navigate services and resources available in our community. This tool is designed to be interactive and link users to other agency sites to gain a deeper understanding of their services.

www.PLBoard.org

f Facebook.com/ProductiveLivingBoard



The St. Louis Office for Developmental Disability Resources ensures individuals with developmental disabilities in the City of St. Louis have quality services, choices, and full inclusion.

In FY'22 \$6,057,698 in tax revenue provided opportunities to 1,120 St. Louis City Residents with developmental disabilities,

empowering them to fulfill their potential and live as respected and included members of the community.







We're proud to be a Platinum Sponsor of the

# 32nd Annual Aging with Developmental Disabilities Conference!



Schedule a meeting

with Stacy Wilson to learn more about our services





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We envision a world where all people live, work and play in their chosen communities throughout their life.



(f) in UMKCIHD ( IHD.UMKC.EDU







800-500-7878 moddc@moddcouncil.org moddcouncil.org

The Missouri Developmental Disabilities Council's mission is to assist the community to include all people with developmental disabilities in every aspect of life.







The St. Louis Area Agency on Aging (SLAAA) provides services to seniors, persons with disabilities, and caregivers living in the City of St. Louis.

#### Services include:

- Information & Referral: Telephone assistance & community outreach
- Benefits Assistance: Medicaid, Food Stamps, Circuit **Breaker**, Medicare

(314) 612-5918

Case Management: Assessments, Housing Assistance, Resources

www.slaaa.org • Community Services: Senior Centers with Programs, Transportation, Meals, Legal Assistance

SLAAA@stlouis-mo.gov •

- **Health Promotion & Wellness: Vaccine Assistance,** Classes, Health Screenings, Exercise
- **Emergency Preparedness: Presentations, Educational** Materials, & Functional Needs Registry

#### Mitchell, Brown & Associates, LLC ELDER LAW & SPECIAL NEEDS ATTORNEYS

T. Nikki Mitchell, CELA\* Alicia A. Albus Timothy F. McCurdy

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Certified Elder Law Attorney\* as certified by the National Elder Law Foundation \*Neither the Supreme Court of Missouri nor the Missouri Bar reviews or approves certifications or specialist designations. The choice of a lawyer is an important decision and should not be based solely upon advertisements.



October 7, 2023, 11:00 AM - 5:00 PM Missouri History Museum Disability Pride March leaves from Forest Park Visitor Center 10:30 AM



Touch Dogs

**Photo Booth** 



**Tony Award Winner** Ali Stroker

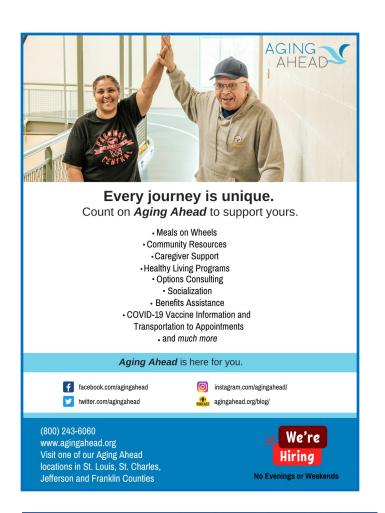




Disabled Art **Vendors** 



A day of inclusion and fun to celebrate the disabled community!





#### Midwest Special Needs Trust

Committed to the secure financial future of individuals with disabilities and the preservation of their public benefits

- ➤ Nonprofit 501(c)(3)
- > Created by Missouri Statute in 1989 to serve the public
  - Governor-appointed Board committed to accessibility and affordability
  - > Certified public benefit specialists on staff
  - > Affordable fees and \$500 minimum balance
  - ➤ Advanced planning with Inactive Third-Party Trusts
  - Charitable Grant Program assisting low income persons with disabilities

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#### **Session Sponsors**



#### THE FATAL FIVE PLUS

Craig Esudé, MD, FAAFP, FAADM, President, IntellectAbility Monday, May 15, 2023, 9:30 am



#### THE OVERLOOKED LONG-TERM EFFECTS OF COMMONLY PRESCRIBED MEDICATIONS

Craig Sever, BS, RPh, Clinical Coordinator, EverSpring Pharmacy

Monday, May 15, 2023, 10:45 am



#### THE HEALTH RISK SCREENING TOOL (HRST) IN MISSOURI

Craig Esudé, MD, FAAFP, FAADM, President, IntellectAbility; Kim Stock, RN, Quality Enhancement, MO Department of Mental Health; and Dina Pizzurro-Smith, RN, Director of Client Services, IntellectAbility

Monday, May 15, 2023, 1:00 pm



Service's

#### IMPACT OF TELEHEALTH FOR INDIVIDUALS WITH IDD

SETWORKS Maulik Trivedi, MD, FACEP, Co-Found & Chief Strategy Officer, StationMD

Monday, May 15, 2023, 2:15 pm



SCHOOL OF MEDICINE

IDDRC

Intellectual and Developmental Disabilities Research Center

#### THE ROLE OF ALZHEIMER DISEASE IN ADULTS WITH DOWN SYNDROME

Beau Ances, MSc, MD, PhD, FANA, FAAN Daniel J Brennan MD Professor of Neurology, Radiology, and Biomedical Engineering, Washington University School of Medicine

Tuesday, May 16, 2023, 8:30 am

#### AGING WITH EPILPSY AND NEURODEVELOPMENTAL DISABILITIES

Fábio A. Nascimento, MD, Assistant Professor of Neurology, Washington University School of Medicine

Tuesday, May 16, 2023, 9:45 am



#### SOCIAL CHANGE THROUGH SYSTEMS ADVOCACY

SETWORKS Nicole Brueggeman, MA, MSW, Executive Director, Missouri Council on Aging and Jamie Opsal. MSG. Executive Director. St. Louis City Fund

Tuesday, May 16, 2023, 11:00 am



SCHOOL OF MEDICINE

IDDRC

Intellectual and Developmental Disabilities Research Center

#### SLEEP ISSUES AND AGING WITH DD

Amy Licis, MD, MSCI, Associate Professor of Neurology, Washington University School of Medicine

Tuesday, May 16, 2023, 1:15 pm

**Beau M. Ances MD, PhD, MSc** (bances@wustl.edu) is the inaugural Daniel J. Brennan MD Professor of Neurology and is the Vice Chair of Academic Affairs for the Department of Neurology at Washington University in Saint Louis. He is an author on over 250 peer reviewed publications and his work has been cited by numerous media outlets and PBS documentaries. Clinically, Dr. Ances sees patients in inpatient and outpatient settings with a variety of neurodegenerative diseases (especially adults with Down syndrome) and has helped lead a COVID19 vaccination clinic through the Greater Saint Louis Down Syndrome Association. He has been funded by the National Institute of Health (NIH) through multiple grants and is the site leader and project leader for the Alzheimer Biomarker Consortium for Down Syndrome (ABC-DS) which is actively recruiting participants to evaluate Alzheimer biomarkers in adults with Down syndrome.

Naomi Bailey, PharmD (Naomi.Bailey@va.gov) is a current pharmacy resident at VA St. Louis Health Care System. She graduated pharmacy school in 2021 from Southern Illinois University Edwardsville and went on to complete a PGY-1 residency at VA St. Louis Health Care System. Naomi chose to stay at the VA in St. Louis to pursue a specialization in pain management and palliative care. Her current clinical interests include chronic pain management and opioid safety.

**Caitlin Bartley, MSW** (caitlin.bartley@dmh.mo.gov) is the NCI Project Coordinator for the Missouri Department of Mental Health Division of Developmental Disabilities. In this position, Ms. Bartley works to educate stakeholders on consumer data and individual rights. She is currently pursuing a doctorate in social work at the University of Missouri-Columbia. Her research focus is on ways to support the Dignity of Risk of individuals with I/DD.

Martha Brown JD, CELA (martha.Brown@midwesttrust.com) recently joined Midwest Trust Company as a managing director. Prior to that she was actively engaged in the practice of law at Mitchell, Brown & Associates specializing in elder law and special needs planning. She is an emeritus member of the Special Needs Alliance which is an invitation only national group of attorneys that have expertise in special needs planning. Ms. Brown was a member of the Missouri Guardianship Statutory Reform Task Force. Ms. Brown has been designated a "Super Lawyer" every year since 2006 and named as a "Best Lawyer in America" every year since 2013.

**Nicole Brueggeman, MSW** (nicole@missouricouncilonaging.org) currently serves as the Executive Director for the newly formed Missouri Council on Aging, which is the state's first-ever, collective entity dedicated to advocating for the interests and quality of life of all older Missouri residents. Prior to this, she was a member of the Health Policy team at the Missouri Foundation for Health (MFH), where she managed the strategic refresh of the Foundation's health advocacy strategy.

**Jane Bufe, OTD, OTR/L** (jane@yoursupportiveplace.com) graduated from Washington University with her doctorate in occupational therapy. She now works as a mobile occupational therapist with her practice called Your Supportive Place which helps people with cognitive, physical, and emotional concerns adapt their homes and learn new strategies for improved safety, access, and engagement.

**Michael Daniels** (daniels.michael@epa.gov) is a Life Scientist at the United States Environmental Protection Agency. He earned his Bachelor of Science in Environmental Science at Haskell Indian Nations University in Lawrence, Kansas.

**Sharon DeBoever**, **MEd** (sharon.deboever@dss.virginia.gov), has 40 plus years of experience working with persons with intellectual, physical and other disabilities including dementia. She is a regional trainer for the National Task Group on Intellectual Disabilities and Dementia as well as a volunteer community educator for the Alzheimer Association, where she facilitates two support groups. In her other world, she is a licensing inspector for the Virginia Department of Social Services for assisted living and adult day programs.

**Taylor Dittmann, PT, DPT, GCS** (tdittmann@empowerme.com) earned a Bachelor of Health Science degree in May of 2014 and a Doctor of Physical Therapy (DPT) degree in December of 2016 from Maryville University in Saint Louis, Missouri. Taylor's passion to improve the lives of seniors led her to become an ABPTS Board-Certified Clinical Specialist in Geriatric Physical Therapy in June of 2019. Her background as a physical therapist allows her to fulfill her dream of providing individualized and specialized care to the disabled, elderly, and injured so they may achieve their highest functional level and improve their quality of life.

**Emily Eckhardt, MA, CCC-SLP, CDP** (eeckhardt@empowerme.com) earned a Master's Degree in Speech -Language Pathology from Saint Louis University with minors in Music and Gerontology dedicating time to research the impact of music on language retrieval and later focusing her research on music's effect on memory recall in those with dementia. She has a passion for using evidence-based approaches to support improved quality of life for older adults with cognitive impairments.

#### Thank you to the 2023 AADD Conference Speakers!

Craig Escudé, MD, FAAFP, FAADM (craig@replacingrisk.com) is a board-certified Fellow of the American Academy of Family Physicians and the American Academy of Developmental Medicine and is the President of IntellectAbility. He has more than 20 years of clinical experience providing medical care for people with IDD and complex medical and mental health conditions. He is the author of "Clinical Pearls in IDD Healthcare" and developer of the "Curriculum in IDD Healthcare", an eLearning course used to train clinicians on the fundamentals of healthcare for people with IDD.

Mary E. Fox, MD, ABFM (mfox@vnastl.org) completed her Family Medicine residency at Duke University Medical Center and has practiced family medicine for over 35 years in the St. Louis area. Since 2014 she has been the Chief Medical Officer of VNA and serves as a physician ambassador to communities throughout the Greater St. Louis area for education on a variety of topics in health care. She is also a clinical physician for the Advanced Illness Management (AIM) program at VNA which offers a continuum of care for seniors and disabled adults with serious ongoing illnesses to help improve control of symptoms and quality of life. VNA AIM provides home-based palliative consultations including ones to those living in residential IDD communities such as St. Louis Arc and Emmaus Homes.

**Kaylee Graham**, **RN** (*kaylee.graham@stationmd.com*) is the Regional Engagement Manager at StationMD, She graduated from Allegany College of Maryland. With over a decade of healthcare experience, she spent eight of these years specializing in serving individuals with intellectual and developmental disabilities in home and community care settings and intermediate care facilities. She is passionate about bridging the gap between health care services and the IDD population.

**Kole Harre** (kharre@seniorservicesplus.org) earned a Bachelor of Science in Exercise Science from Southern University Illinois Edwardsville. In addition to being the Wellness Center Manager at Senior Services Plus in Alton, IL, Kole is a certified personal trainer through the American Council on Exercise. They are also certified in ACE Fitness Business Management.

**Jeremy Horst Keeper DDS, PhD** (jhorst@carequestinnovation.com) is the Director of Clinical Innovation at CareQuest Innovation Partners, an organization whose mission is to improve oral health for all. As a pediatric dentist, biochemist, and educator, Jeremy is known for investigating the strengths and limitations of Silver Fluoride therapy, helping to develop SMART fillings, and accelerating the adoption of maximally effective, minimally invasive caries management techniques.

**Brittany Howard, RN, CCHP** (brittany.howard@dmh.mo.gov) is currently a Quality Enhancement RN for the Missouri Department of Mental Health (DMH) Division of Developmental Disabilities. Prior to her position with DMH, she worked as an RN with the Missouri Department of Corrections, primarily in Administrative Segregation and Protective Custody. This is where she learned of the systemic inequities of incarcerated individuals with IDD. Although no longer in the field of corrections, she maintains her certification as a Correctional Health Professional through the National Commission on Correctional Health Care as she is a strong advocate for individuals with IDD who find themselves encountering the judicial/penal systems.

Amy Licis, MD, MSCI (licisa@wustl.edu) is an Associate Professor in the Neurology Department at Washington University School of Medicine, with medical school, residency training, and sleep fellowship training from Washington University School of Medicine. Dr. Licis is also Board certified in Neurology with Special Competence in Child Neurology since 2009 and Added Qualification in Sleep Medicine since 2011. Her clinical activities include evaluation of children and adults with sleep disorders and sleep study interpretation. She is engaged in research investigating sleep issues in individuals with developmental disabilities including cerebral palsy, autism, neurofibromatosis, AADC deficiency, and Wolfram syndrome through questionnaire, actigraphy, and sleep study assessments.

**Sean Murphy**, **MBA** (Sean.Murphy@dmh.mo.gov) is the Information & Reporting Coordinator for the Missouri Department of Mental Health Division of Developmental Disabilities. Mr. Murphy, previously a direct care staff member for five years, case manager specializing in sexuality and significant behavioral issues for 11 years, has been working in quality for the last 13 years. He is currently completing a Doctorate in Health Sciences at A.T. Still University.

**Fábio Nascimento, MD** (fabion@wustl.edu) is an Assistant Professor of Neurology at Washington University in St. Louis. Originally from Brazil, he completed medical school at the Universidade Federal do Paraná (UFPR) and then spent two years at the University of Toronto working as a research fellow in epilepsy genetics. Subsequently, he moved to Houston, Texas to train as an adult neurologist at Baylor College of Medicine. Following residency, he

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completed two years of clinical fellowship training in clinical neurophysiology/EEG and epilepsy at the Massachusetts General Hospital-Harvard Medical School. Fábio is passionate about EEG, epilepsy genetics, and medical education.

Jamie Opsal, MSG (jopsal@stlseniorfund.org) has been the Executive Director for the St. Louis City Senior Fund since its inception in 2018. Prior to this position, she served as the Project Director for Seniors Count, an aging coalition that was instrumental in getting the initiative on the ballot and passed in the City of St Louis to establish the Senior Fund. Ms. Opsal's professional experience includes positions as Accreditation Manager and Health Education Supervisor for the St. Louis County Department of Health, Director of Senior Centers at Mid-East Area Agency on Aging and Director for Catholic Community Services Office in St. Peters, Missouri. She has a Master of Science in Gerontology from the University of Missouri at St Louis with an undergraduate degree in Sociology and Gerontology from Avila University.

**Dina Pizzurro-Smith, BSN, RN** (dina@replacingrisk.com) has been in the medical field since 1995. Most of her career has been spent working with individuals with mental health needs for a local government in Virginia. She successfully managed four ICF's, five Group Homes and the medical component of a Day Program. Dina joined IntellectAbility in January 2019 as Director of Client Services.

**Dena Priluck, PT, DPT, NCS** (dpriluck@wustl.edu) has four years of experience working in outpatient neurology physical therapy clinic at Washington University in St. Louis. She is a board certified neurologic clinic specialist and treats individuals with a wide range of diagnoses. She works closely with Dr. Camacho-Soto to collaborate on caring for adults with cerebral palsy and is passionate about improving PT services for individuals with cerebral palsy, especially in adulthood. She is also a part of the seating and positioning team at her clinic.

**Sharon Robbins, PhD** (sharon.robbins@dmh.mo.gov) is currently an Annual Evaluator for the Department of Mental Health, Division of Behavioral Health, State of Missouri. She is a Licensed Psychologist and also a DBT-Linehan Board of Certification, Certified Clinician $^{\text{TM}}$ . She is also an Adjunct Assistant Professor at the University of Missouri, School of Medicine, Department of Psychiatry. Her previous position was Director of Psychology at the Fulton State Hospital in Missouri.

**Craig M. Sever BS, RPh** (csever@everspringrx.com) has been a Consultant Pharmacist since the year 2000 and specialized in the DD and Geriatric population while consulting on approximately 900 patients per month. In 2016 he became the Clinical Director of Everspring Pharmacy and currently consults on about 700 DD/Geriatric patients per month. Prior to the year 2000 he spent 13 years as a Clinical Pharmacist in a 500 bed acute care hospital and specialized in Intensive Care, Trauma and Infectious Disease. He graduated from the St. Louis College of Pharmacy in 1987 with his Bachelor of Science in Pharmacy.

**Jeanette Simmons**, **PsyD** (*jeanette.simmons@dmh.mo.gov*) is the Deputy Director for the Division of Behavioral Health with the Missouri Department of Mental Health. She obtained her Bachelor's degree in Psychology from the University of Missouri-Columbia and attained her Master's and Doctoral degrees from the California School of Professional Psychology in Fresno. She has been with the Department of Mental Health since 2000 and has served in various clinical and administrative roles. Dr. Simmons is also the Clinical Director for the Missouri State Highway Patrol DEFENSE & PCIS programs, and is the Midwest Representative for the National Association of State Mental Health Program Directors, Forensic Division.

Amged M. Soliman, Esq (asoliman@ncd.gov) is a Senior Attorney Advisor serving on the policy and legal team of the National Council on Disability (NCD), an independent federal agency that advises the White House, Congress, and other federal agencies on matters of disability policy and law. He is a member of the Maryland State Bar and has spent several years working in disability rights law. His work at NCD has involved serving as the staff lead of NCD's health equity initiatives including related issues of improved medical and dental school disability clinical care and competency training, accessible medical equipment, Medicaid coverage, data collection, and draft legislation that would designate people with intellectual and developmental disabilities as a "medically underserved population" under the Public Health Service Act.

Angeline Stanislaus, MD (angeline.stanislaus@dmh.mo.gov) is a board certified forensic psychiatrist serving as the Chief Medical Director of the Missouri Department of Mental Health. In this role, she serves as the department's senior clinical leader by providing advice and counsel to the department director regarding a range of clinical policy, programmatic and strategic issues. In 2022, she was appointed by the Governor of Missouri to serve on the Board of Directors for the St. Louis Regional Health Commission. Dr. Stanislaus was an instrumental member of the Missouri COVID Response Task Force as well as the expert team responsible for developing the treatment guidelines for Opioid Use Disorders in Missouri.

#### Thank you to the 2023 AADD Conference Speakers!

Kim Stock, RN, BSN (kimberly.stock@dmh.mo.gov) is a registered nurse with experience working in the fields of Mental Health and Intellectual and Developmental Disabilities Nursing. She began her tenure with the MO Department of Mental Health (DMH), Division of Developmental Disabilities (DD) in March 1996, initially in the roles of a Support Coordinator and Community Quality Program RN. Since March of 2012, she has been the Division Director of Quality Assurance. During her tenure with the MO Department of Mental Health, she has presented at the national level on topics pertaining to quality systems enhancements and is currently the project lead for the MO DMH DD Health Risk Screening Tool Process.

**Nathan Suter**, **DDS** (*dr.suter@enabledental.com*) has provided consultations to various providers, states, professional organizations, and payors on the subject of teledentistry. As the co-founder of Healier, a dental-focused workflow platform, Dr. Suter is at the forefront of developing cutting-edge solutions to enhance dental care delivery. In recognition of his outstanding achievements, he was named the 2019 Missouri Dentist of the Year by the Missouri Dental Association and was awarded the ADA's Top 10 Dentist Under 10 Years in Practice in 2020.

Margaret Terranova, RN (margaret.terranova@promedica.org) has been an RN for 27 years working primarily with older adults. She spent 5 years in a nursing home as a floor nurse and a care plan nurse. She has worked for Heartland Hospice for 22 years as a Case Manager, Patient Care Coordinator and currently as Staff Development Coordinator. She places as much emphasis on educating the community about life and death as she does with the Heartland staff. She has a Bachelor of Arts in Theatre with a minor in French and an Associate Degree in Nursing.

Maulik M. Trivedi, MD, FACEP (maulik.trivedi@stationmd.com) is a board certified Emergency Medicine physician in practice for over 20 years. He has served as the chairman or associate chair of several emergency departments. He has also been an integral part of the core leadership of Emergency Medicine provider groups in the region. He is a founding partner of StationMD and has been instrumental in helping the organization achieve its mission of improving the quality of care for the IDD population. He is a recognized national speaker and thought leader on the use of technology and telehealth solutions to positively impact an individual's medical care and foster independence.

**Sherrill Wayland, MSW** (swayland@sageusa.org) is the Director of Special Initiatives at SAGE, directing the National Resource Center on LGBT Aging (NRC), supporting other initiatives such as the SAGE/HRC Foundation Longterm Care Equality Index, SAGECare training and credentialing program and the Diverse Elders Coalition. Sherrill began work with SAGE at the local level in 2008, founding the SAGE Affiliate in St. Louis, joining SAGE national in 2015. Sherrill is a 2008 graduate from the Brown School, Washington University in St. Louis and has over 25 years of professional experience in the fields of education, disability and LGBT older adult advocacy.

Max Zubatsky, PhD, LMFT (max.zubatsky@health.slu.edu) is an Associate Professor and Program Director in the Medical Family Therapy Program at Saint Louis University. He is a Licensed Marriage and Family Therapist and an AAMFT Approved Supervisor in Marriage and Family Therapy. Dr. Zubatsky is the Associate Director of the Geriatric Education Center at Saint Louis University, developing several educational and training opportunities for students and professionals. He also directs the Aging and Memory Clinic at Saint Louis University, a specialty clinic that provides services to families with dementia and older adult health issues.

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Missouri CLAIM (Missouri State Health Insurance Assistance Program) - Wilma Schmitz wschmitz@moconnectionsforhealth.org

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**St. Louis Area Agency on Aging -** Jamie Saunders saundersj@stlouis-mo.gov

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The AADD Board of Directors thanks the Conference Committee members for their year-long dedication to planning the Annual Aging with Developmental Disabilities Conference. Also, many thanks to the Speakers who have agreed to share their expertise on aging and/or developmental disabilities in order to promote best support models and practices in supporting individuals aging with a developmental disability with living their best life.

# ACTION









1: Senior Hots Shots at 31<sup>st</sup> Annual AADD Conference 2: A Night with the St. Louis Cardinals 3: AADD Executive Director Pamela J. Merkle was the recipient of the 2022 Harvey A. and Dorismae Hacker Award for Excellence in Service to Older Adults. 4. Pie Face Fun at the Five Star Center.



Save the date for the 33rd Annual Aging with Developmental Disabilities Conference in St. Charles, MO

MAY 20 - 21, 2024

We hope to see you there!



Mission: The Association on Aging with Developmental Disabilities (AADD) supports and serves aging adults with developmental disabilities to promote their dignity and independence.

## Thank you for attending the 32<sup>nd</sup> Annual Aging with Developmental Disabilities Conference!

Please keep in contact with us throughout the year.

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