

THE 33RD ANNUAL

# AGING

with Developmental  
Disabilities Conference



May 20-21, 2024

St. Charles Convention Center

[www.agingwithdd.org](http://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.**



NANCY MORROW HOWELL, PhD



JEREMY HOLLOWAY, PhD



ALISON BARKOFF, JD



MAX ZUBATSKY, PhD

The 33rd Annual Aging with Developmental Disabilities Conference is presented by:



ASSOCIATION ON AGING WITH  
DEVELOPMENTAL DISABILITIES

IDDRC

Washington University in St. Louis

Intellectual and Developmental  
Disabilities Research Center

Washington University School of Medicine in St. Louis



SAINT LOUIS UNIVERSITY

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# The 33rd Annual **AGING** with Developmental Disabilities Conference May 20-21, 2024



St. Charles Convention Center

**Monday, May 20**

8:30 Registration/Exhibitors

9:15 Welcome Address

9:30 **MORNING PLENARY ADDRESS: REFRAMING AGING: CHANGING THE NARRATIVE ABOUT GROWING OLDER**



Dr. Nancy Morrow-Howell

NANCY MORROW-HOWELL, MSW, PhD, BETTIE BOFINGER BROWN DISTINGUISHED PROFESSOR OF SOCIAL POLICY AND DIRECTOR, HARVEY A. FRIEDMAN CENTER FOR AGING, WASHINGTON UNIVERSITY, ST. LOUIS, MO

We are living longer and healthier lives, and we must meet the challenges and maximize the opportunities of this reality. We must tell the full and accurate story about aging and confront ageism. We will review strategies to reframe the age-as-deficit narrative deeply ingrained in this society. The long-term goal is to achieve a more balanced and positive view of getting older to increase support for programs and policies to enhance well-being across the life course.

10:30 Break/Visit our Exhibitors

10:45 Breakout Session I

DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>THERAPEUTIC GARDENING</b> Lauren Landfried, PhD, RD, LD, FAND, Saint Louis University Explore the many benefits of how gardening can improve the quality of life for those aging with a developmental disability.	<b>BRIDGING THE GAP FOR DUAL DIAGNOSES</b> Cynthia L. Mueller, PhD, Psychologist People with dual diagnoses encounter a wide variety of challenges as they age. Learn how to bridge the gap between mental health, DD, and aging providers, for individuals you support.	<b>UNDERSTANDING PSEUDO-DEMENTIA: IMPROVING SCREENING &amp; IDENTIFYING CAUSES</b> Terry Broda, NP, MScN, Valor & Solutions Although the 'triple-D' of depression, delirium, & dementia can often manifest with similar symptoms, they have different etiologies, prognoses, and approaches to treatment. Understanding these differences and recognizing pseudodementia are the first steps in providing support to an aging individual with DD.	<b>WE♥CARE: A MUTUAL CARE CURRICULUM FOR CAREGIVERS WITH DD</b> Britney Burkart, MSW, LCSW, UMKC-Institute for Human Development and Katherine Farache, Association on Aging with Developmental Disabilities Learn about this innovative curriculum for adults with DD caring for an aging loved one. WE♥CARE empowers individuals with DD to support their aging loved one with confidence & enhanced skill sets. Get strategies to implement this curriculum in your own community.

We gratefully acknowledge our sponsors:



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# The 33rd Annual AGING

with Developmental Disabilities Conference



**Monday, May 20 (continued)**

**11:45 Lunch (lower level)**  
**1:00 Breakout Session II**

DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>EXERCISING WITH BALLS TO PREVENT FALLS</b> Speaker TBD Explore exercises that can be done with balls to reduce the risk of falling, avoid injuries, and to assist with maintaining independence to age in place.	<b>TELLEGACY: AN INTER-GENERATIONAL SOCIAL ISOLATION PREVENTION PROGRAM</b> Jeremy Holloway, PhD, University of North Dakota School of Medicine and Health Science Explore how Tellegacy, a curriculum focused on mindfulness, goal-setting exercises, and legacy questions, can address social isolation and prevent long-term negative health outcomes.	<b>ANTISEIZURE &amp; PSYCHOTROPIC MEDICATION AWARENESS</b> Scott L. Weber, RPh, MS, Missouri Department of Mental Health, Division of Developmental Disabilities, St. Louis Developmental Disabilities Treatment Centers & Bellefontaine Habilitation Center We will travel through the use of antiseizure and psychotropic medications in people with developmental disabilities from two state-operated facilities in the St. Louis area emphasizing the treatment of seizure and behavioral disorders.	<b>ALTERNATIVE THINKING ON HUMAN RIGHTS</b> Teresa Parks, MSW, NCG, Illinois Guardianship and Advocacy Commission & Jodi Russell-Baum, RN, BSN, Illinois Guardianship and Advocacy Commission The rights of persons with IDD are often not respected or even recognized. This session will explore Illinois' pursuits of rights protections for persons with IDD, including those who have guardians, to help ensure that persons with IDD enjoy the same basic human rights as anyone else.

**2:00 Break/Visit our Exhibitors**  
**2:15 Breakout Session III**

DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>iSOCIAL: A SOCIAL SKILLS DEVELOPMENT PROGRAM</b> John Bruno, PhD, iSocial Neurodiversity Programs Learn about iSocial, a social skills development program that can increase social competence in individuals aging with Autism Spectrum Disorder.	<b>STRATEGIC MOBILITY INTERVENTIONS FOR AGING WITH DEVELOPMENTAL DISABILITIES</b> Brad Abrams PT, DPT, Mobile Physical Therapy People aging with developmental disabilities are sometimes given assistive devices with little or no assessment or training, which may add to their functional decline instead of improving mobility. Learn strategies to optimize mobility and enhance motor learning.	<b>SCREENING AND ASSESSMENT TOOLS FOR DEMENTIA</b> Julie Gammack, MD, CMD, FACP, Saint Louis University School of Medicine The audience will be introduced to screening instruments and assessment tools used in the care of older adults with dementia. The tools will include assessments in functional, cognitive, and mood domains.	<b>BRIDGING AGING AND DISABILITY NETWORKS</b> Alison Whyte, Washington, DC Council on Developmental Disabilities, Mark Agosto, DC Department on Disability Services, Andrew Morris, National Association of Councils on Developmental Disabilities and Robin Troutman, National Association of Councils on Developmental Disabilities This session will highlight activities to bridge the I/DD and aging communities through community trainings and work with minority populations.

**3:15 Break/Visit Exhibitors**

## **3:30 AFTERNOON PLENARY ADDRESS: CROSS-CULTURAL COMMUNICATION & HUMAN CONNECTION IN SERVING INDIVIDUALS AGING WITH DEVELOPMENTAL DISABILITIES**

**JEREMY HOLLOWAY, PhD, ASSISTANT PROFESSOR AND DIRECTOR OF GERIATRICS EDUCATION, UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE AND HEALTH SCIENCE**

The need for thriving in the field of developmental disabilities has never been greater. Solutions consist of developing teams that are cognizant of cross-cultural communication to nurture a social construct of personal empowerment. An organization that values cross-cultural communication will allow their staff to thrive in values related to Diversity, Equity, Inclusion, & Belonging. Staff will also thrive in skills of emotional intelligence, empathy, connectedness, team cohesiveness, and resiliency in the face of challenges. This session clarifies the values of cross-cultural communication and the practical steps to accomplish it in order to best serve individuals aging with a developmental disability.



Dr. Jeremy Holloway

**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.



**Tuesday, May 21**

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

**8:15 Welcome Address**



Alison Barkoff, JD

**8:30 MORNING PLENARY: SUPPORTING COMMUNITY LIVING FOR PEOPLE WITH IDD AS THEY AGE**

**ALISON BARKOFF, JD, SENIOR OFFICIAL PERFORMING THE DUTIES OF ADMINISTRATION FOR COMMUNITY LIVING ADMINISTRATOR AND ASSISTANT SECRETARY FOR AGING**  
Alison Barkoff will discuss the importance of person-centered supports that can make community living a reality for people with IDD throughout their lives. She will discuss ACL and federal government priorities and accomplishments that support community living for people with IDD. On a broader level, she will also share why working to increase community living opportunities for people with IDD, especially as they age, is critical, and how the disability community can seize on opportunities to broaden our reach.

**9:30 Break/Visit our Exhibitors**

**9:45 Breakout Session I**

DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>HOSPICE 101</b> Margaret Terranova, RN, Heartland Hospice We all live. We all die. Why not make the end of life as impactful as the beginning of life? What does hospice provide? Who pays for hospice? The best way to answer someone's questions is to learn about the hospice benefit – it's mission and how it works.	<b>EMPOWERING SEXUALLY ACTIVE OLDER ADULTS WITH DD</b> Nicholas Maio-Aether, MSPSY, MAMFT, LBA, CSC, IBA, BCBA, Empowered: A Center for Sexuality LLC It's no secret that most adults have sexual desires, even older adults with DD. This session will explore the realities of aging as a sexual being in supported settings.	<b>BEST PRACTICES IN THERAPEUTIC POSITIONING</b> Valerie Grush, OTR From pressure sore prevention to reduced edema, improved circulation, postural alignment, and increased comfort, this session will cover ways that therapeutic positioning can be beneficial to those you serve.	<b>MALNUTRITION &amp; AGING WITH DD</b> Katharine Rug, MS, RD, LD, St. Louis Arc Aging adults, regardless of disability status, are at an increased risk for poor nutrition and decreased food intake. This presentation will discuss risk factors and the clinical profile of malnutrition, as well as present a modified malnutrition screening tool designed for use in individuals with intellectual and developmental disabilities.

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

DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>MEALTIME ASSISTANCE</b> Valerie Grush, OTR Anyone who eats or drinks can be at risk of aspiration and choking. Learn techniques to properly position individuals to minimize their risk of choking or aspiration.	<b>GUARDIANSHIP &amp; POWER OF ATTORNEY</b> T. Nikki Mitchell, JD, CELA, Mitchell, Brown & Associates, LLC One of the most challenging decisions is whether seeking guardianship or power of attorney is necessary or appropriate. Explore the legal considerations that guide these decisions.	<b>UNLOCKING BEHAVIORS: AN INTERDISCIPLINARY APPROACH TO ADDRESS ADVERSE BEHAVIORS</b> Craig Escudé, MD, FAAFP, FAADM, IntellectAbility Based on the popular Helen Journal series, this presentation describes an interdisciplinary approach to behaviors that could signal an underlying undiagnosed medical condition.	<b>INNOVATIVE COLLABORATIONS FOR DEMENTIA AND DD</b> Olivia Butler, MSW, St. Louis Life; Sheila Lynch, OTR/L, and Jan Fabick, LCSW, Memory Care Home Solutions Explore the "Care Ecosystem" and outcomes for people who are living with dementia and their care partners. This session will describe interdisciplinary strategies and resources to improve function, quality of life, and safety for people with developmental disabilities who are experiencing brain changes.

**12:00 Lunch and Awards Presentations (lower level)**  
**1:15 Breakout Session III**

DIRECT CARE TRACK	PROFESSIONAL TRACK	MEDICAL TRACK	POTPOURRI TRACK
<b>WHAT IS SAFE? TRAUMA AND RESILIENCE</b> Sue Shaw, Trauma Informed Perspectives This session will define trauma, how it is experienced, and what we can do to be resilient. Learn how to support people with disabilities who have experienced trauma and caregivers, who are traumatized in caring for others.	<b>DEMENTIA'S IMPACT ON THE SENSORY SYSTEM</b> Sharon DeBoever, MEd, QIDP, NTG Regional Trainer Behaviors may be the result of sensory deficits caused by dementia. Experience it for yourself and see what you think.	<b>AGING WITH A TRAUMATIC BRAIN INJURY</b> Speaker TBD This session will cover therapies to treat complications associated with traumatic brain injuries and how these complications may differ in the older adult.	<b>WHAT HAPPENS TO MY CHILD WHEN I DIE?</b> Krescene Beck, LNHA, QIDP, Blue Tower Solutions, Inc. "When I'm not there, who's going to have their best interest at heart?" We will talk through planning for the future including grief support, guardianship, residential supports, day programs, estate planning, and end of life planning.

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

**2:30 AFTERNOON PLENARY: RESILIENCY STRATEGIES IN BURNOUT - WORKFORCE BURNOUT IN COMMUNITY AND RESIDENTIAL SETTINGS**



Dr. Max Zubatsky

**MAX ZUBATSKY, PhD, LMFT, ASSOCIATE PROFESSOR & PROGRAM DIRECTOR, INTERIM CCFT DIRECTOR AND ASSOCIATE DIRECTOR, GERIATRIC EDUCATION CENTER, SAINT LOUIS UNIVERSITY**

Burnout is a widespread workforce problem. Building resilience strategies requires organizations to align their values to create a mutual culture of wellness and engagement. This session will present strategies to aid in preserving healthy relationships with individuals served, their families, and support providers.

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

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



# 33rd Annual AADD Conference Registration Form

**PAYING BY CREDIT CARD? 4% Transaction fee will apply.**

Click here or scan the QR code to REGISTER ONLINE.

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By submitting your registration, you acknowledge and agree to abide by the refund policy and safety requirements written below.

Name \_\_\_\_\_ Job Title \_\_\_\_\_

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Home or Business Address \_\_\_\_\_

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By April 17, 2024 submit any special needs or accommodation requests (including dietary) by listing here:

## Registration Fee ● IN PERSON ATTENDANCE ● VIRTUAL ATTENDANCE

- ☐ \$255 Conference Fee (early registration)
- ☐ \$245 Conference Fee per person for organizations sending 5 or more participants (early registration)
- ☐ \$280 Conference Fee for registrations received after April 17, 2024
- ☐ \$270 Conference Fee per person for organizations sending 5 or more registrations received after April 17, 2024
- ☐ \$ 50 Up to 10 continuing education hours for the following professions: LCPC, LCP, LCSW, LNHA, LOT, LOTA, LPTA, LPC, LSW, RN, LPN, APN

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

### Day One: Monday, May 20th

- ☐ Breakout Session I: Direct Care | Medical | Professional | Potpourri
- ☐ Lunch
- ☐ Breakout Session II: Direct Care | Medical | Professional | Potpourri
- ☐ Breakout Session III: Direct Care | Medical | Professional | Potpourri

Plenary sessions are included.

### Day Two: Tuesday, May 21st

- ☐ Breakout Session I: Direct Care | Medical | Professional | Potpourri
- ☐ Breakout Session II: Direct Care | Medical | Professional | Potpourri
- ☐ Lunch/Awards Ceremony
- ☐ Breakout Session III: Direct Care | Medical | Professional | Potpourri

Plenary sessions are included.

No refunds or changes from virtual to in-person attendance after April 17, 2024.

By registering for this conference, you consent to the use of your name, picture, likeness, film clip, voice recording, and other media-based material to develop marketing materials to be used by AADD and you grant permission for AADD to share your name and contact information with other conference attendees and vendors unless written revocation of your consent is received by AADD prior to May 15, 2024.

Amount Enclosed \$ \_\_\_\_\_ Purchase Order # \_\_\_\_\_

Mail checks to AADD, 2385 Hampton Avenue, Suite 110, St. Louis, MO 63139.

## Continuing Education Hours (pending approval)

For more information regarding contact hours, please call 314-647-8100. Attendees will receive a certificate of attendance upon request. Continuing Education applications to obtain contact hours have been submitted to:

- Saint Louis University Trudy Busch Valentine School of Nursing, an approved 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 #MO227-4.*
- Missouri Division of Professional Registration Committee for Social Workers
- Illinois Department of Human Services (LCPC, LCP, LCSW, LNHA, LOT, LOTA, LPT, LPTA, LPC, LSW, RN, LPN, APN)

*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. For those attending remotely, CE hours of attendance are tracked by the Whova Conference app. This conference contains intermediate level content.*

Discounted hotel accommodations are available until 4/17/24 at the Embassy Suites by Hilton St. Louis St. Charles (attached to the St. Charles Convention Center). Call 800-EMBASSY.

Visit [www.discoverstcharles.com](http://www.discoverstcharles.com) for additional accommodations and area attractions.

Refunds will be offered only until April 17, 2024, even if one cannot attend due to illness. No refunds will be offered due to technical issues, as sessions will be recorded and posted in the Whova application for viewing up to 14 days after the conference. AADD reserves the right to offer the conference only by videoconference if circumstances warrant.

Questions?

Call (314) 647-8100

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or visit [www.agingwithdd.org](http://www.agingwithdd.org)