

# Kentucky Association for Gerontology 2010 Conference

Sunday, April 25, 2010 (all times are Eastern)

11:30am - 1:30pm **Pre-Conference and Early Conference Registration**

1:30pm - 4:30pm **Pre-Conference Intensive**

***The Nexus of Elder Abuse and Ethics***

**Pamela Teaster, PhD, and Deborah Dunn, MPH**

To gain an understanding of the principles and theories of ethics.

To gain an understanding of aging.

To gain an understanding of elder abuse.

To apply ethics to situations in cases studies and life.

To appreciate the importance of “doing ethics” in work and personal situations.

To apply ethics to situations of elder abuse.

4:00pm - 6:00pm **Early Conference Registration**

7:00pm - 9:00pm **KAG Board Meeting**

Monday, April 26, 2010

7:30am - 8:30am **Registration/ Continental Breakfast**

8:30am **Opening Session/Keynote Address – *NO CE Credit for This Session***

**Georgia Green Stamper**

**NPR Commentator, Author and Columnist, “Kentucky’s Bailey White”**

10:15am - 10:30 **Break**

10:30 - 11:30am **Concurrent Sessions I**

**A) *Rethinking Retirement Planning* – *NO Nursing CE Credit for This Session***

**David Godfrey JD, Senior Attorney, ABA Commission on Law and Aging**

1. identify changes in pension and retirement income programs and the impact on retirement planning
2. understand the impact of longer life and changes in health care on retirement planning
3. consider the concepts of encore careers and the impact on retirement planning

**B) *Avoiding Internet/E-mail Scams and Social Networking* – *NO Nursing CE Credit for This Session***

**Howard Phillips, BA, Retired Senior Systems Analyst**

1. Learn safe economic use of computer technology while using the internet, email and social networks
2. Learn how to search the internet for health information and resources
3. Learn how to maintain contact with friend and family utilizing the internet and social networking sites.

**C) *Advice for Mature Travelers* – *NO Nursing CE Credit for This Session***

**Roxanne Lax, Automobile Association of America, Travel Agency Administrator**

1. Learn the physical and mental benefits of traveling, well prepared,
2. Be aware of how to handle a health crisis if it occurs on their trip
3. Learn how to travel on a budget.

## **D) Aging in Place**

**Dani Vandiviere, PhD.**

1. Discuss the psychological effects of staying in your own home vs moving to a nursing facility
2. Discuss the effect on the multigenerational family as primary caregiver
3. Describe the characteristics of good care giving and how to manage stress levels.

12:00pm

### **Luncheon**

#### ***State of the State and the Nation: Policy Updates from Frankfort & D.C.,***

**Robert McFalls** Chief Operating Officer n4a Commissioner Deborah Anderson Department of Aging and Independent Living

1. Be informed as practitioner about the latest information about the reauthorization of the Older American Act.
2. Learn about policy issues affecting older persons and their caregivers
3. Reinforce their understanding of long term services and support in terms of aging with independence and dignity and what they need to be communicating with respect to chronic health management/education issues.

1:15 - 2:15pm

### **Concurrent Sessions II**

#### **A) Effective Grassroots Advocacy**

**Robert McFalls, n4a**

1. Define basic role of Advocacy and why there is a need for it across all disciplines working in the field of aging.
2. Cover the legal, ethical and practical rules of Advocacy
3. Identify three or more best practices in Advocacy
4. Identify tools to facilitate Advocacy efforts.

#### **B) Music for the Ages: The Use of Music Therapy for Older Adults**

**Shannon Bowles, ABD, MME, NMT, MT-BC, University of Louisville**

1. Develop a working definition of music therapy
2. Have a greater understanding of how music therapy can help older adults and themselves.
3. Experience practical applications of music therapy techniques.

#### **C) Animal Assisted Therapy in Counseling**

**Liz Norris, Pawsibilities Unleashed Pet Therapy of Kentucky**

1. Discuss how to choose an AAT-C animal
2. Describe how to choose an AAT-C organization to work with
3. Discuss how to effectively use AAT-C with the elderly

#### **D) Ethics of Caring: Beyond Personal and Professional Decision Making**

**Barbara Gordon, MA, Director, Division of Social Services, KIPDA**

**Molly Dobson, BA, Contracts & Budget Planner, KIPDA**

**Evelyn Tinker, MSW, In-Home Services Coordinator, KIPDA**

Participants will engage in interactive discussion about ethical decision making.

(How do we assure staff have the capacity to process information for any situation and utilize ethical principles in the decision making process? What is required in the work environment to ensure employees have the tools necessary to engage in critical thinking processes for the needs of persons we serve and their individually unique situations? )

2:15pm      **Break**

2:30 - 3:30pm      **Concurrent Sessions III**

**A) *Ageism in America***

**Randy Lawson, MSW, CSW, Bluegrass Area Agency on Aging**

1. Discuss ageism through prejudicial attitudes towards older people, old age and the aging process
2. Discuss ageism through discriminatory practices against older people
3. Discuss ageism through institutional practices and policies that perpetuate stereotypes

**B) *Medical Overview of Alzheimer's Disease and Healthy Brain Information***

**Gregory Jicha, MD University of Kentucky**

- 1) Understand the basic biological mechanisms leading to the development of Alzheimer's disease
- 2) Learn the optimal treatment strategies for maintaining quality of life and functional abilities for those with dementia
- 3) Review the latest advances in experimental disease-modifying therapies for Alzheimer's disease
- 4) Understand the bio-psycho-social model of healthy brain aging
- 5) Review the latest treatment advances in the area of Alzheimer's prevention

**C) *Writing Your First Novel* – **NO Nursing CE Credit for This Session****

**Johnny Payne, PhD. Chair, Creative Writing Department, University of Texas at El Paso**

1. Discuss how writing stimulates life long learning
2. Develop writing skills

**D) *Disaster Preparedness: Endless Possibilities for Triumph or Tragedy***

**Arleen Johnson, PhD. Director, Ohio Valley Appalachian Regional Geriatric Education Center, UK College of Public Health**

1. Discuss why older persons are at risk during and following an emergency;
2. Describe steps to take for disaster planning for older persons in the community and in LTC facilities;
3. List resources for emergency preparedness, response and recovery.

4:30-6:30 pm      **Wine Tasting and Art Show with Dulcimer Music**

**Tuesday, April 27, 2010**

7:30 - 8:30am      **Registration/ Continental Breakfast**

8:30 am -10:15 am      **Plenary Session: A New Culture in Aging: Reinventing Long-Term Care**

Nancy Fox, BAAS, NHA, Chief Life Enhancement, Officer Pinon Management, Lakewood Co.

1. Describe a new view of aging
2. Identify the guiding principles of the culture change movement
3. Describe the progress of the culture change movement in transforming the culture of aging.

10:15am - 10:30 am      **Break**

10:30 - 11:30am

**Concurrent Sessions IV**

**A) Addressing Falls in the Older Population**

**Jeff Rubin, BS and Carolyn Wallace, MA, Body Recall, Inc.**

- 1) All participants will have the opportunity to participate in a thorough Body Recall movement session that will include fall prevention exercises.
- 2) The skilled & joyful application of exercise sequences that include use of the floor will be demonstrated by a team of experienced students.
- 3) Application of exercises to quality of life issues will be discussed, especially as they relate to falls.
- 4) Opportunities to implement this approach in a variety of settings will be presented.

**B) National Service Volunteer Opportunities for Individuals 55 and Older – **NO Nursing CE Credit for This Session****

**Melissa Newton, BA, KY Commission for Volunteerism**

1. Obtain basic knowledge of National Service Programs
2. Recognize the impact of new federal legislation on older citizens
3. Be able to contact appropriate government entity for additional information.

**C) Career Planning in and for Retirement – **NO Nursing CE Credit for This Session****

**Louise Stone, Latitude Self Discovery Center**

1. Know the elements of a good choice about retirement
2. Understand the types of planning involved in successful retirement
3. Make a plan to test out choices

**D) Leadership Pathways to Culture Change in Long-Term Care**

**Nancy Fox, BAAS, NHA, Pinon Management**

1. Identify paradigms that must be changed in order to begin the culture change process.
2. Describe the role of leadership as the driver for deep culture change.
3. Identify the attitudes, traits, and behaviors of successful leadership in culture change.

12:00pm - 1:00pm **Awards Luncheon and Business Meeting**