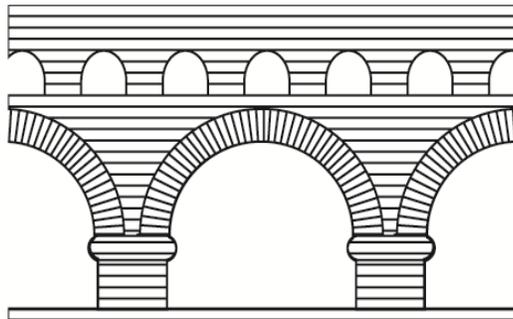

**2016 AGING/INTELLECTUAL DISABILITY
CROSS-SYSTEMS CONFERENCE**

Building Bridges



May 10—11, 2016

*Holiday Inn Harrisburg Hershey
Grantville, PA*

**Designed for people who are part
of the Aging Network and the
Intellectual Disability System**

SPONSORED BY:



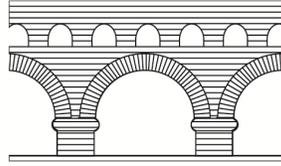
pennsylvania
DEPARTMENT OF AGING



pennsylvania
DEPARTMENT OF HUMAN SERVICES

Through the Long Term Living Training Institute

Building Bridges



May 10—11, 2016

The 2016 Building Bridges Conference is designed for people who are part of the Aging Network and the Intellectual Disability System. The goal of the Building Bridges Conference is to help participants:

- Identify programs and models of care, which are intended to improve the quality of life for older persons with intellectual disability;
- Identify the challenges faced by older persons with intellectual disability;
- Recognize alternative programs and models of care;
- Utilize resources and ideas presented to enhance their work with older persons with intellectual disability;
- Cite aspects of physical change with aging.

WHO SHOULD ATTEND?

- People who are part of the Aging Network
- People who are part of the Intellectual Disability System
- ICF/ID Facility Staff
- County ID Program Staff
- Case/Care Managers/Supports Coordinators
- Protective Service Staff
- Ombudsmen
- PrimeTime Health Coordinators
- Advocates and Family Members
- Members of Self-Advocacy Groups
- Medical Professionals
- Staff from Personal Care Homes
- Senior Community Center Staff
- Nursing Home Staff
- Staff from Acute Care Facilities
- Anyone interested in Supporting Older People with Intellectual Disability

SCHEDULE OF EVENTS

Tuesday, May 10, 2016

7:30—8:45 am	Registration and Continental Breakfast
8:45—9:00	Conference Overview
9:00—9:15	Welcome
9:15—10:15	Opening Keynote
10:15—10:30	Break
10:30—Noon	Concurrent Workshops ~ Session I
12:00—1:15 pm	Luncheon
1:15—2:45	Concurrent Workshops ~ Session II
2:45—3:00	Break
3:00—4:30	Concurrent Workshops ~ Session III

Wednesday, May 11, 2016

7:30—8:45 am	Registration and Continental Breakfast
8:45—10:15	Concurrent Workshops ~ Session IV
10:15—10:30	Break
10:30—12:00 pm	Concurrent Workshops ~ Session V
12:00—12:45 pm	General Session—Closing Keynote
12:45—1:30 pm	Lunch and Networking Opportunity

CONTINUING EDUCATION CREDITS

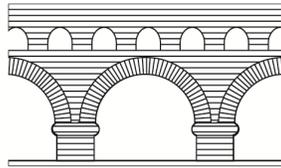
Pending approval from the accrediting agencies, licensed social workers, registered nurses and personal care home administrators can earn up to 8.50 credit hours of continuing education. To receive verification of successful completion of the credit hours, participants are expected to sign-in, attend the entire workshop and complete evaluations. CEU fee is included in the registration fee.

CERTIFICATE OF ATTENDANCE

After May 20, 2016, a Certificate of Attendance will be available for you to print from the LTLTI's Learning Management System (LMS) at the Long Term Living Training Institute website, www.ltltrainingpa.org. From the dashboard or homepage of the LMS, click on the "My Certificates" icon to print the certificate. If you have any questions about printing this certificate, please contact us at 717-541-4214.

***Please note that the agenda is tentative as of February 22, 2016.
Speakers and topics are subject to change.***

Building Bridges



Tuesday, May 10, 2016

8:45—9:00 am Conference Overview

9:00—9:15 am Welcome—*Teresa Osborne, Secretary of Aging*

9:15—10:15 am Opening Keynote

UNDERSTANDING HOARDING BEHAVIORS IN OLDER ADULTS ~ *Linda Shumaker, RN-BC, MA, PA Behavioral Health and Aging Coalition*

We are hearing about and seeing on television, stories of individuals who display hoarding behaviors. This presentation will discuss hoarding as a mental health and social issue. “Hoarding” behaviors versus “hoarding” as an illness will be differentiated. Understanding the complexity of treatment as well as the need for cross system collaborative approaches when working with individuals with “hoarding” behaviors will be emphasized.

10:15—10:30 am Break

10:30 am—Noon Concurrent Workshops—Session I

T-01 THE BALANCING INCENTIVE PROGRAM (BIP), THE NO WRONG DOOR (NWD) PLANNING GRANT, AND THE MONEY FOLLOWS THE PERSON PROGRAM ~ *Charles Tyrrell, Leahann Moslak, and Sheila Hoover, MPA, Pennsylvania Department of Human Services, and David Drezner, Pennsylvania Department of Aging*

The Balancing Incentive Program (BIP) presentation will provide an overview of the accomplishments achieved during the program, along with next steps and plans for sustainability. In addition, a demo of the Information and Referral Tool (IRT) will be provided. The No Wrong Door presentation will provide an overview of the NWD vision for Pennsylvania, accompanied by a discussion of some of the specific components that make up the NWD Initiative. The Money Follows the Person (MFP) presentation will provide an overview of the MFP Program, and discuss Pennsylvania’s past and future use of MFP funding.

T-02 CREATE, EXPRESS AND GROW: AN INTRODUCTION TO MUSIC THERAPY ACROSS THE LIFESPAN ~ *Beth Deyermond, MT-BC and Conio Loretto, MS, LCAT, MT-BC, The Center for Discovery*

The field of Music Therapy has grown in recent years to become a significant part of many programs for people with intellectual disabilities at all stages of their lives. Whether for a young child or a senior citizen, the clinical application of music promotes positive growth and inspires an overall sense of improved health and wellness. Facilitated by Board Certified Music Therapists, this presentation will provide an introduction to Music Therapy as a clinical service and will include specific examples of how it has meaningfully impacted the lives of people with intellectual disabilities in many dynamic ways.

10:30 am—Noon Concurrent Workshops I (continued)

T-03 PROMOTING POSITIVE CAREGIVING ~ Dr. Barry Jacobs, Psy.D., Crozer-Keystone Family Medicine Residency Program

There is a growing body of research suggesting that family caregivers can derive important benefits from their role, including increased life satisfaction and even improved health. In fact, caregivers have the potential to get stronger as they gain the skills to provide care more effectively, even in the face of a loved one's decline. In this workshop, psychologist, author of *The Emotional Survival Guide for Caregivers* and co-author of the upcoming *AARP Meditations for Caregivers*, Dr. Jacobs will explore how aging and disability professionals can enable caregivers to experience the growth potential in their caregiving mission by: clarifying caregivers' sense of purpose in providing hands-on care; normalizing ambivalence and frustration as they struggle to accept caregiving's inherent self-sacrifices; teaching intentional practices—including mindful awareness, present engagement, and future reflection—to help them savor the meaning of their undertaking; and, identify and nurture positive beliefs that will sustain the will to caregive.

T-04 AGING WITH INTELLECTUAL DISABILITIES AND MENTAL HEALTH CHALLENGES ~ Jack Toomey, RN-BC, NADD-CC, CDDN, Philadelphia Coordinated Health Care

Aging with intellectual disabilities and mental health challenges presents unique problems to both caregivers and practitioners. Some of these problems and possible solutions to them will be discussed in this presentation.

Noon—1:15 pm Lunch

1:15—2:45 pm Concurrent Workshops II

T-11 MAKING THE INVISIBLE VISIBLE: ELIMINATING MICROVIOLENCE FROM EVERYDAY LIVES (Part I) ~ Guy Légaré, M.Ps., Executive Director, Person Directed Clinical Services, (PDCS) LLC

Even though we mean well, we often unintentionally create conditions where the people we are trying to help and support experience oppression and dehumanization. In this session, the participants will have an opportunity to learn about the Person Directed Framework (PDF). This framework is very simple and powerful, yet not habitual for most people. It will provide participants with a concrete way to manage the power and influence they have in any helping relationship. These sessions will help anyone interested in eliminating Microviolence from Everyday Lives learn to effectively respond and support individuals with complex clinical conditions and challenging behaviors.

1:15—2:45 pm Concurrent Workshops II (continued)

T-12 OVERVIEW OF PA WAIVERS (Part I) ~ *Patty Clark, Office of Long-Term Living, Brian MacDaid, Office of Income Maintenance, Angela Fortney, Office of Developmental Programs, Bureau of Supports for Persons with Intellectual Disability, and Lisa Gaylor, Bureau of Autism Services*

This session will include presentations from the following Department of Human Services Program Offices: Office of Income Maintenance, Office of Long Term Living, and the Office of Developmental Programs including the Bureau of Autism Services. Each representative will provide information regarding their program's eligibility requirements, enrollment process, how to delineate between services, whether they have a waiting list and what does that mean, and if an individual is eligible for more than one waiver how to identify which one best meets the needs of the individual. This session will be broken out into two parts. First session will be the Overview of Waivers in PA. The second session will be an opportunity for the audience to ask questions of the panel members.

T-13 ALZHEIMER'S DISEASE AND INTELLECTUAL DISABILITY ~ *Carol Erzen, NHS Allegheny Valley School and Steve Evrard, Allegheny County Department of Human Services*

This session will provide an overview of Alzheimer's symptoms, stages, care and implications for supporting people with Intellectual Disability who experience the disease. While Alzheimer's can have a profound impact on a person's well-being, the instructors will emphasize how support staff can honor the person's core being and help them continue to live as full a life as possible.

T-14 SUPPORTED DECISION MAKING AND THE HUMAN RIGHT OF LEGAL CAPACITY ~ *Kristin Booth Glen, Dean Emerita, City University of New York*

The human right of legal capacity, found in the UN Convention on the Rights of Persons with Disabilities which has been ratified by more than 150 countries, offers a new paradigm for supported, rather than substituted (guardianship) decision-making and for dignity and autonomy for persons with disabilities and older adults with progressive cognitive decline. The presentation will include an explanation of the history and use of human rights laws, and examples of how it is being used in this country and around the world.

2:45—3:00 pm Break

3:00—4:30 pm Concurrent Workshops III

T-21 MAKING THE INVISIBLE VISIBLE: ELIMINATING MICROVIOLENCE FROM EVERYDAY LIVES (Part II) ~ *Guy Légaré, M.Ps., Executive Director, Person Directed Clinical Services, (PDCS) LLC*

This session is a continuation of the "Making The Invisible Visible: Eliminating Microviolence From Everyday Lives (Part I). Please see T-11 session description.

3:00—4:30 pm Concurrent Workshops III (*continued*)

T-22 OVERVIEW OF PA WAIVERS (Part II) AND Q & A SESSION

This session is a continuation of the “Overview of PA Waivers (Part I)” and provides an opportunity for the audience to ask questions of the panel members. Please see T-12 session description.

T-23 FUTURE PLANNING FOR FAMILIES OF INDIVIDUALS WITH INTELLECTUAL DISABILITY ~ *Maria Smith and Patty Yerina, ACHIEVA*

Planning for a family member with a disability can be a very difficult process for families when considering who will care for the well being of their loved one when they are unable to do so. Where will they live after their parents and caregivers are no longer alive? Who will care for them and where will the money come from? How do we plan for end of life decisions? These and other key decisions are best planned through a dedicated process of future planning. This session will provide information and resources regarding how best to conduct future planning for individuals with intellectual disabilities. The instructor will discuss the many options available to families, such as Special Needs Trusts, Powers of Attorney, Government Benefits, Advance Directives and other Future Planning tools.

T-24 HOME AND VEHICLE MODIFICATION OPTIONS ~ *Greg Seitz, Total Mobility Services Havco Division*

This session will offer the newest technology in the area of vehicle adaptations as well as alternatives for work and home for those individuals with physical limitations. Finding funding for these adaptations can be difficult so a look at possible funding sources will be included.

Wednesday, May 11, 2016

7:45—8:45 am Registration and Continental Breakfast

8:45—10:15 am Concurrent Workshops IV

W-01 GERIATRICS AND MENTAL HEALTH: UNDERSTANDING OLDER ADULTS AND CLINICAL DIAGNOSES, IN PLAIN ENGLISH ~ *Kurt Emmerling, Assistant Deputy Director, Allegheny County Area Agency on Aging*

Many of the older adults we serve have either Dementia or Alzheimer’s disease. However, many also exhibit some of the same signs of memory loss and cognitive decline without actually having either of those conditions. This training will educate you on identifying when something is not Dementia or Alzheimer’s, but another underlying mental or physical condition that may perhaps only be temporary in nature.

W-02 ENGAGING, MOTIVATING AND RETAINING STAFF IN LONG TERM CARE ~ *Chris Dubble, Adjunct Instructor, Institute on Protective Services, Temple University, Harrisburg*

Maintaining and sustaining quality staff and providing quality resident care are the goals of every organization. This course will explore current best practices for personnel management and performance development. Participants will be challenged to examine how their leadership style affects staff within the organizational cultural context of their facility.

8:45—10:15 pm Concurrent Workshops IV (continued)

W-03 COORDINATING PATHWAYS OF COMMUNICATION IN OLDER ADULTS ~ *Romy Spitz, Department of Health and Human Services-Office of Aging and Disability Services Consultant, Deafness and Non-traditional Communication, Falmouth, Maine*

This presentation discusses the impact of deafness and hearing loss on individuals with intellectual disability as they reach older ages. The focus is on identifying communication barriers (assessment) and taking steps toward mitigating those barriers so older adults can maintain skills, improve communication success and, continue to enjoy their communities. Maine is known for its Non-traditional Communication approach, including its unique array of visual gestural services that can be applied to an aging population as a communication support. This presentation is not just about deaf and hard-of-hearing people with ID, it is about recognizing communication barriers specific to seniors, patching together resources to start to address those gaps, and a philosophy that allows people to gain communication skills within a flexible approach using YOU as a systems-informed navigator, to help people “find their path” to communication success.

W-04 End of Life Planning ~ *Patricia D. Graves, BSN, RN-BC, CDDN, Director of Nursing, Philadelphia Coordinated Health Care*

Not many people want to think about the end of life. Even fewer people want to talk about it. Please join us for a chance to start the conversation. In this workshop participants will be introduced to documents used for end of life planning for people with or without intellectual disability. Discussion will be held about what has been done in the community and some of the results. Materials will also be shared from the work of the Southeast Region’s End of Life Committee who, over the course of two years, put together resources and guidance for people in search of information.

10:15 am—10:30 am Break

10:30 am —12:00 pm Concurrent Workshops V

W-11 Women with Disabilities: Medical Issues and Healthy Aging through and beyond Menopause ~ *Dr. Stephen Corey, Magee Hospital, Clinic for Women with Disabilities*

Dr. Corey will present information about symptoms and health issues facing women with disabilities as they age and medical practices to address these symptoms and issues.

W-12 Healthy Sexuality ~ *Dr. Beverly L. Frantz, Ph.D., Temple University Institute on Disabilities, Philadelphia*

This workshop will explore new ways of understanding and addressing the complex and confusing challenges faced by parents and staff when acknowledging and discussing healthy sexuality. Presentation will include LGBTQIA issues regarding older adults with disabilities.

10:30 am —12:00 pm Concurrent Workshops V (*continued*)

W-13 Independent Living Technology-Smart Home Technology for People with Disabilities and Older Adults ~ *Lisa Butler and Jamar Tyler, United Cerebral Palsy of Central PA*

Learn more about innovative ways to increase independence and safety while reducing overall cost for care. UCP's Independent Living Technology (ILT) uses "Smart Home Technology" for people with disabilities and older adults to facilitate increased independence and safety. Smart Home Technology may include devices, such as sensors for doors, windows, stoves, water, falls and mobility and tele-health devices including medication dispensers. The application of technology may result in cost savings from reduced staffing needs and/or a less restrictive living environment such as an apartment as opposed to a group home or nursing home.

W-14 Individual Rights with a Special Focus on Patient Compliance, Medical Orders ~ *Dr. Gregory Cherpes, Medical Director, Department of Human Services, Office of Developmental Programs and Matt Jones, Director, Department of Human Services, Bureau of Human Services Licensing*

The presenters will explore regulatory requirements related to medical care and services in licensed settings, including personal care homes; the importance of compliance with medical orders by residents and facility staff; and the balance between individual resident rights and regulatory requirements.

12:00—12:45 pm Closing Keynote

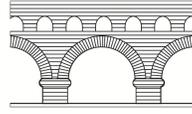
"NATIONAL TRENDS, FEDERAL INITIATIVES, AND CMS RULES" ~ *Nancy Thaler, Deputy Secretary, PA Department of Human Services, Office of Developmental Programs*

In her keynote address, Ms. Thaler will present and discuss the latest trends in long term supports and services for people with Intellectual Disability. She will also provide information about Federal initiatives in long terms supports and services and will offer her insights regarding the federal Center for Medicare and Medicaid Services (CMS) final rule requirements for provision of Medicaid Waiver services. Previously, Ms. Thaler served as the Executive Director of the NASDDDS.

12:45—1:30 pm Lunch and Networking Opportunity

1:30 pm Conference Concludes

2016 Building Bridges - General Information



CONFERENCE HOTEL

Holiday Inn Harrisburg-Hershey
604 Station Road ▪ Grantville, PA 17028

Please phone the **Holiday Inn Harrisburg-Hershey** at **(717) 469-0661** and use the **3 letter code “BUI” or mention Building Bridges** to get the room block rate. Conference rate is \$89 for single or double occupancy, per night, plus applicable taxes. To receive this special rate, you must request rooms reserved for the Building Bridges Conference. Hotel reservation deadline is **April 9, 2016**. Reservations received after **April 9, 2016**, are subject to availability and higher, prevailing room rates.

CONFERENCE REGISTRATION FEE

The Full Conference (May 10th and 11th) registration fee is **\$125** and includes sessions, CEUs, handouts, continental breakfasts, breaks and lunches. To receive this rate, the same person must attend both days. A one day registration fee of \$75 is available for either 5/10 or 5/11. Registration deadline is **May 3, 2016**. **Pre-payment is not required to register. We can bill you after the conference.** **NOTE: Due to space limitations, walk-in registrations WILL NOT be accepted.**

CONFERENCE ETIQUETTE

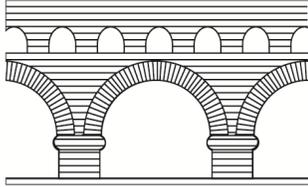
It is difficult to maintain room temperatures that are comfortable for all participants. Conference attendees should be aware that room temperatures will vary throughout the conference center. A light sweater or jacket is helpful when room temperatures become too cool. Participants are asked to turn off cell phones and beepers when attending a workshop or change them to a silent signal if necessary. Please step outside the room when responding to a page or a call.

REFUNDS

Because we have a five business day cancellation policy, refunds will be made until **May 3, 2016**. Substitute attendees are permissible with approval from the registrar prior to the conference. To cancel, email margot@ltrainingpa.org or call 717-541-4214. **NOTE: Registered no shows will be billed.**

REGISTRATION

Fax registration to 717-541-4217 or register online at www.ltrainingpa.org. To register online, you need to have a valid LMS account. Once you are in the LMS, go to the Event Calendar area to find this event and click the ‘Register For This Event’ button. To confirm that you are registered, check the My Content area of the LMS dashboard (on the right-hand side of the homepage). If you have questions, contact 717-541-4214.



Building Bridges

Aging/Intellectual Disability Conference
MAY 10—11, 2016

Holiday Inn Harrisburg-Hershey
604 Station Road • Grantville, PA 17028

REGISTRATION FORM

Name: _____

Job Title: _____ Email: _____

Department/Agency: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Fax: () _____

Additional Information:

- I am employed in: Aging Network ID System Agency which addresses both
- I participate on a County Aging/ID Team: _____ Yes _____ No
- Applying for CEUs? No Yes If 'Yes', what type: LSW* _____ RN _____ PCH _____
- *LSW number required for CEUs: _____
- If you require special assistance (ADA accommodations) check here _____ and inform the registrar of your special needs by calling 717-541-4214.
- **Special Meal Requests:** Vegetarian _____ Gluten-Free _____ Other (please list): _____
- After May 20, 2016, a Certificate of Attendance will be available for you to print from the LTLTI's Learning Management System (LMS) at the Long Term Living Training Institute website, www.ltltrainingpa.org. If you have any questions about printing this certificate, please contact us at 717 541-4214.

Please check your workshop choices (check only ONE choice per session):

- Session I** T-01 T-02 T-03 T-04 _____ Alternate Session I choice
- Session II** T-11 T-12 T-13 T-14 _____ Alternate Session II choice
- Session III** T-21 T-22 T-23 T-24 _____ Alternate Session III choice
- Session IV** W-01 W-02 W-03 W-04 _____ Alternate Session IV choice
- Session V** W-11 W-12 W-13 W-14 _____ Alternate Session IV choice

Full Conference—\$125—Same person must be registered for both days.

One Day Rate—\$75 Check date you will attend: Tuesday, May 10th Wednesday, May 11th

Registration deadline is **May 3, 2016**. Please make checks payable to:

PA Association of Area Agencies on Aging (P4A)

Mail Payment (and Registration Form) to P4A:

525 S. 29th Street ♦ Harrisburg, PA 17104

Phone: 717-541-4214 ♦ Fax: 717-541-4217

Register online at www.ltltrainingpa.org