

Morning Sessions

1 – 90 minutes – *Tools & Strategies to Prevent Financial Exploitation and Abuse*
(Conference Theme: *Safety & Financial Security*)

A panel discussion sharing tools and strategies in the battle against financial abuse and exploitation, by sharing real-life examples, red-flag signs of abuse and how to prevent exploitation.

PRESENTER: Karen Hannigan, County of Fairfax/ Veronica Williams, Virginia Academy of Elder Law Attorneys/ Pamela Teaster, Virginia Tech/ Karen Roberto, Virginia Tech

2 – 90 Minutes – *Ageism & Person Centered Care*
(Conference Theme: *Culture Change in Long-Term Services*)

A focus on person-centered care and what Ageism means in Assisted Living. A discussion of strategies, best practices, overcoming barriers and what we need to learn in positive aging.

PRESENTERS: Virginia Commonwealth University/ Riverside Health System/ Beard Center on Aging at Lynchburg College

3 – 90 Minutes – *Community Planning and Collaboration for Healthy Aging*
(Conference Theme: *Livable Communities*)

A panel discussion covering Fairfax County's 50+ Plan, Senior Access & Isolation in the Richmond Metro Area, and creating sustainable communities across all ages through regional collaboration.

PRESENTERS: Fairfax County Area Agency on Aging/ VCU Center for Urban and Regional Analysis/ Age Matters Institute/ Aging Together/ Rappahannock Rapidan Regional Commission

4a – 45 Minutes – *An Engaged Faith Community in Aging*
(Conference Theme: *Livable Communities*)

Recognizing that faith plays an integral role in the community, this session covers the faith community's role in engaging in optimal aging, to harness the idealism, energy and resources of this "young old" cohort, making a difference in our communities. Additionally this highlights the Faith to Fate Advanced Care Planning Initiative. The program focuses on the importance of end of life planning, targeting the African-American community.

PRESENTERS: Malinda Collier, St. Mark's Episcopal Church / Ivan Tolbert, Senior Connections, The Capital Area Agency on Aging

4b – 45 Minutes – *Home Matters: Building Community Capacity to Support Aging in Place in Southwest Virginia*

(Conference Theme: *Culture Change in Long-Term Services*)

Detailing the process of engaging citizens, local governments, area developers and builders, community leaders, and home & community based service providers in improving area housing and promoting aging in place. Process highlights include factors that promote rural partnerships and actions and challenge regional efforts.

PRESENTERS: Nancy Brossoie, PhD. , Virginia Tech

5a – 45 Minutes – *Taking Charge of Our Health & Well Being: Chronic Disease Self-Management Education*

(Conference Theme: *Culture Change in Long-Term Services*)

During this interactive session, presenters will discuss Chronic Disease Self-Management Education programs that are transforming the way Virginia is meeting the challenges of chronic disease.

PRESENTERS: April Holmes, DARS/ Savannah Butler, Senior Connections, The Capital Area Agency on Aging/ Joyce Nussbaum, Valley Program for Aging Services

5b – 45 Minutes – *Developing a Program to Address Complex needs in Older Adults*

(Conference Theme: Culture Change in Long-Term Services)

Addressing issues that arise when persons with complex needs and serious illness may be overwhelmed and unprepared and do not receive the care and support they need. Featuring detailed, person-centered, evidence based coordinated care delivery system, developed by Riverside Health System.

PRESENTERS: Kyle Allen, D.O., Riverside Health System/ Esther Desimini, RN, MSN, BC, APRN, Riverside Tappahannock Hospital/ Carol Wilson, MSHA, Riverside Health System

6 – 90 Minutes – *Virginia's Innovations in Caregiver Support and Dementia Care and the Virginia State Dementia Plan*

(Conference Theme: Culture Change in Long-Term Services)

A joint presentation highlighting the current progress of Virginia's State Dementia Plan and how the New York University Caregiver Intervention and care coordination model is being implemented across the Commonwealth

PRESENTERS: Dr. Carol Manning, University of Virginia/ Dr. Christine Jensen, University of Virginia/ Courtney Tierney, Prince William Department of Social Services/ Dr. Patricia Slattum, Virginia Commonwealth University

Afternoon Sessions

1 – 90 Minutes – *Legal Planning: tools for Empowering Older Adults, Aging Caregivers & People with Disabilities*

(Conference Theme: Safety & Financial Security)

A joint presentation about transition planning for individuals with special needs and older caregivers. Additionally, why legal and financial planning helps avoid guardianship issues.

PRESENTERS: Erica Wood, American Bar Association/ Sally Hurme, Elder Law Advocate/ Rikki Epstein, the ARC of Northern Virginia

2a – 30 Minutes – *Richmond Health & Wellness Program: The Bridge Supporting Aging in Place*

(Conference Theme: Livable Communities)

A presentation describing the Richmond Health and Wellness program, an interprofessional care coordination model located in five low-income senior apartment buildings.

PRESENTERS: Dr. Pamela Parsons, Virginia Commonwealth University/ Dr. Kelechi Ogbonna, Virginia Commonwealth University/ Dr. Patricia Slattum, Virginia Commonwealth University

2b – 30 Minutes – *Meaningful Activity in Later Life*

(Conference Theme: Culture Change in Long-Term Services)

How activities, such as the PALLETTE model, create intergenerational opportunities, improving attitude of and towards older adults. Participants will learn how to set up individualized activity programs for persons with dementia.

PRESENTERS: Ellen Phipps, CTRS, MSG, Alzheimer's Association/ Sadie Rubin, PALLETTE/ Tracey Gendron, Virginia Commonwealth University

2c – 30 Minutes – *Hiding in Plain Sight: Recognizing and Responding to Abuse Later in Life*

(Conference Theme: Culture Change in Long-Term Services)

This interactive session will shine a spotlight on the growing issue of abuse later in life. It will provide a stronger understanding of what abuse later in life is, how to recognize it, resources available and how to be supportive to the victim.

PRESENTERS: Courtney O'Hara, M.S., VCU – Virginia Center on Aging

3 – 90 Minutes – *Housing in an Aging Community*

(Conference Theme: Livable Communities)

An extensive panel discussion covering topics facing seniors in housing. Experts discuss the challenges of housing Boomers, modifications and assistive technology, aging in place and how housing and community partnerships produce healthy older adults.

PRESENTERS: Housing Virginia/ VHDA/ Habitat for Humanity Virginia/ Adaptive Home Environments/ HomeKeepers LLC/ Beacon Communities – Affordable Housing

4a – 45 Minutes – *Commonwealth Coordinated Care Program and Long Term Services and Supports Across the Lifespan*

(Conference Theme: Culture Change in Long-Term Services)

A report on the individuals who received serviced under the ECDC waiver and their reports on satisfaction with the Care Program. Further discussion will explore how collaboration between older adults, their family members, friends and neighbors, health plans and service providers can strengthen and expand the nature and array of service provided today.

PRESENTERS: Dr. Alison Cuellar, George Mason University/ Merrill Friedman, Anthem, Inc.

4b – 45 Minutes – *Commonwealth Council on Aging, Best Practices Awards, 2006-2015*

(Conference Theme: Culture Change in Long-Term Services)

The Best Practices Awards Program, now in its 10th year, is designed to identify and recognize unique programs of excellence for aging services. This session will highlight a few of the award winners and their best practices.

PRESENTERS: Beth Barber, Commonwealth Council on Aging/ Dr. Richard Lindsay, Commonwealth Council on Aging

5a – 45 Minutes – *Improving Health Outcomes - the Innovative Approach by the Network of Area Agencies on Aging*

(Conference Theme: Culture Change in Long-Term Services)

An outline of the profound impact that community based organizations are having in pre- and post-acute care through reducing health-care costs and improving health outcomes. It will also feature the Senior Medicare Patrol Program, a program of the Virginia Association of Area Agency on Aging, promoting awareness of prevention of Medicare fraud.

PRESENTERS: Kathy Vesley-Massey, Bay Aging/ Bill Massey, Peninsula Area Agency on Aging/ Marly Flores, Senior Medicare Patrol Program

5b – 45 Minutes – *Senior Hunger and Nutrition*

(Conference Theme: Culture Change in Long-Term Services)

A collaborative session that addresses senior hunger in Virginia, as well as, the challenges and opportunities Seniors are faced with regularly. Presenters will also highlight how community partnerships allow for expansion and enhancement of Congregate Nutritional Programs.

PRESENTERS: VIRGINIA HUNGER SOLUTIONS/ SNAP/ Senior Connections, the Capital Area Agency on Aging/ Federation of Virginia Food Banks

6a – 30 Minutes – *Bring it On: Fight Fraud & Abuse with Volunteer Community Ambassador Program*
(Conference Theme: Culture Change in Long-Term Services)

Learn how to recruit passionate Community Outreach Ambassadors to combat fraud and abuse by serving as a peer to peer confidants and the “eyes and ears” within their own communities and social network. Learn six steps to develop alliance among local service agencies to incorporate a grass-roots, community focused program.

PRESENTERS: Dr. Lynn Reid, Loudon County Area Agency on Aging/ Debra Bressler, Loudon County Area Agency on Aging

6b – 30 Minutes – *Grandparents Raising Grandchildren: Strategies for Effective Service Delivery*
(Conference Theme: Safety and Financial Security)

An introduction for professionals to the experiences and needs of grandparents raising grandchildren, and to highlight best practices for working with this population. Attention will

also be given to resources and supportive policies available to assist Virginia grandparents raising grandchildren.

PRESENTER: Megan Dolbin-MacNab, PhD, LMFT, Virginia Tech

6c – 30 Minutes – *Advancing Caregiver Health*

(*Conference Theme: Culture Change in Long-Term Services*)

The Lindsay Institute staff will report on the results of an intergenerational, multi-disciplinary, award-winning “Caring for the Caregiver” hackfest that engaged students, caregivers, and industry in a competition to design technological solutions that advance caregiver well-being.

PRESENTERS: Dr. Richard Lindsay, The Lindsay Institute for Innovations in Caregiving/ Adrienne Johnson, Senior Navigator

POSTER PRESENTATIONS:

- Aging Without Bars: Reentry for Older Inmates in Arlington County
 - PRESENTER: Arlington County Agency on Aging
- Project Healthy Grandparents – Health Promotion in the Community
 - PRESENTER: Riverside Health System
- Beyond Dollars – The Impact of Family Caregiving
 - PRESENTER: Genworth
- The Village Scene!: Fostering Independence and Quality of Life
 - PRESENTER: At Home in Alexandria
- MTLSS
 - PRESENTER: Department of Medical Assistance Services