

AREA AGENCIES ON AGING
ASSOCIATION OF MICHIGAN

PRESENTS

CHOICES FOR INDEPENDENCE II



21ST
ANNUAL
CONFERENCE

MAY 28 & 29, 2008

KELLOGG HOTEL AND CONFERENCE CENTER
MICHIGAN STATE UNIVERSITY
EAST LANSING

YOU ARE CORDIALLY INVITED . . .

to the 21st Annual AAAAM Conference, designed to meet the training needs of professionals working with older adults and people with disabilities. This invitation features a summary of the program, including 4 general sessions and 28 workshops. Continuing education credits are pending for social workers, adult foster care owners and administrators, and nursing home administrators. An application has been submitted to the Michigan Nurses Association CEAP. Call (517) 886-1029 for more information about contact hours.

You can attend one day or both days, with registrations accepted on a first-come, first-served basis. Call the Kellogg Hotel at 1-800-875-5090 by April 26 to make your room reservation. A special \$92 single/double rate is available—mention our conference.

Sponsorships are available; see details later in this booklet. For more information, call (517) 886-1029.

PROGRAM AT A GLANCE

Wednesday, May 28

8:00— 9:00am Registration & continental breakfast
9:00—10:30am Keynote Speaker: Frank Burns, AoA
11:00—12:30pm Workshops
12:30— 2:00pm Luncheon session: Dr. Suzanne Kunkel
2:30— 4:00pm Workshops

Thursday, May 29

8:00— 9:00am Registration & continental breakfast
9:00—10:30am Opening Session: Dr. Rhonda Montgomery
11:00—12:30pm Workshops
12:30— 2:30pm Luncheon Session: Nursing Home Diversion Panel
2:30— 4:00pm Workshops

PLANNING COMMITTEE

Mary Ablan, MA, MSW, Area Agencies on Aging Association
Lynn Kellogg, MPA, Region IV Area Agency on Aging
Jon Mead, UPCAP Area Agency on Aging
Carlton Nogle, MSW, Tri-County Office on Aging
Greg Piaskowski, BA, AAA of Northwest Michigan
Dee Scott, Senior Resources
Judy Sivak, MSW, Area Agency on Aging 3-A
Kay Thiede, RN, MSN, Tri-County Office on Aging

CONFERENCE AGENDA

Wednesday, May 28

8:00-9:00 am Registration & continental breakfast

9:00-10:30 am Opening Session

UPDATE FROM THE ADMINISTRATION ON AGING

Frank Burns, BA, Administration on Aging, Washington, D.C.

Hear about the key initiatives of the “Choices for Independence” amendments to the Older Americans Act, which will modernize the aging network.

11:00-12:30 pm Workshops

■ **MEDICATION ADHERENCE: ISSUES AND SOLUTIONS**

Marguerite Linteau, RN, Critical Signal Technologies

This session will cover the importance of taking medications as prescribed, components of adherence, types of non-adherence, negative outcomes, and assistive technologies that help.

■ **DEVELOPING A PERSON-CENTERED APPROACH**

Chris Hennessey, MA, Lansing Community College

Al Swain, BA, Capital Area Center for Independent Living

Will discuss the differences between person-centered and traditional approaches, explain the elements of person-centeredness and describe how this knowledge will change the way you assist older adults and adults with disabilities.

■ **CREATING AGING FRIENDLY COMMUNITIES**

Dan Doezema, MSW, Office of Services to the Aging

Kara LaMarre, MA, Region 9 Area Agency on Aging

Larry Hermen, MA, Centerboard Associates Inc.

Participants will learn why it's urgent to start planning for the boomers, identify different facets of building communities for a lifetime, and resources available from OSA.

■ **REALLY LISTENING TO THE VOICES OF CONSUMERS**

Melanie Hwalek, Ph.D., SPEC Associates

Kathleen Kueppers, RN, Area Agency on Aging I-B

Compare your client satisfaction surveys with proven best practices, identify ways that survey data can help in making strategic decisions and in monitoring staff and providers.

■ **VETERANS BENEFITS—PART I**

Gary Putinsky, BS, and Sean Sturgeon, BS,

Veterans of Foreign Wars

Will describe in detail the benefits available from the U.S. Department of Veteran's Affairs, including pensions, health care, prescription drugs and long term care.

- **MEALS READY WHEN YOU ARE: ROOM SERVICE AT HOME**
Karen Jackson, RD, MS, Paula Howard, BA, & Gayle Shier, BS, Area Agency on Aging I-B
John Phillips, Mom's Meals
Barb Anderson, BS, the *Mom* in Mom's Meals
This workshop will feature a home-delivered meals vendor that offers menu choices and bi-weekly delivery of storable meals. Learn how the service operates, fiscal requirements, and how to assess client readiness and potential satisfaction.
- **TEN STEPS FOR HOLDING STAFF—AND OTHERS—ACCOUNTABLE**
Maureen Sheahan, BA, PHI
Will explain how to set clear and effective expectations and consequences, the importance of listening to staff concerns, shared problem solving, and other things you can do to implement accountability in the workplace.

12:30-2:00 pm Presentation and Lunch (included in registration)

CHOICES FOR INDEPENDENCE — RESEARCH & TRAINING INITIATIVES

Suzanne Kunkel, Ph.D., Scripps Gerontology Center
Miami University, Oxford, Ohio

The 2006 reauthorization of the Older Americans Act breaks new ground with "Choices for Independence," an effort to modernize the aging network. This session will describe a survey of AAAs, feasibility study for a national provider database, the creation of a National Center for Long Term Care Business & Strategy, and new web-based training resources for board members.

2:30-4:00 pm Workshops

- **DEVELOPING A PERSON-CENTERED APPROACH (repeat)**
Chris Hennessey, MA, Lansing Community College
Al Swain, BA, Capital Area Center for Independent Living
Will discuss the differences between person-centered and traditional approaches, explain the elements of person-centeredness and describe how this knowledge will change the way you assist older adults and adults with disabilities.
- **REALLY LISTENING TO THE VOICES OF CONSUMERS (repeat)**
Melanie Hwalek, Ph.D., SPEC Associates
Kathleen Kueppers, RN, Area Agency on Aging I-B
Compare your client satisfaction surveys with proven best practices, identify

ways that survey data can help in making strategic decisions and in monitoring staff and providers.

■ **VETERANS BENEFITS—PART II**

Gary Putinsky, BS, & Sean Sturgeon, BS,
Veterans of Foreign Wars

This workshop will cover compensation benefits connected to military service, including health care, in-home care, hospice, respite care, and health care for spouses.

■ **TO DO OR NOT TO DO—REVERSE MORTGAGES**

David Priest, Vice President, Senior Mortgage Enterprises

Participants will learn the basics of reverse mortgages, opportunities and dangers, changes on the horizon, and benchmarks you can use to assess whether clients would be helped by a reverse mortgage.

■ **BEST PRACTICES IN RESPITE CARE FOR PERSONS WITH DEMENTIA**

Marci Cameron, MA, Department of Community Health

Peg Hoekstra, MDiv, Evergreen Commons

Brian Larsen, COTA, Starpath Adult Day Service

Geri Gudanowski, BA, Alzheimer's Association

Learn why dementia-specific activities and training are essential for respite programs, and hear three diverse programs describe their best practices in dementia-specific service delivery.

■ **NURSING HOME OMBUDSMAN PROGRAM**

Sarah Slocum, MA, State Long Term Care Ombudsman

John Weir, BSW, Area Agency on Aging 3-A

Will explain the duties and special access authority of the ombudsman program, special services provided by ombudsmen, and benefits to consumers using the program.

■ **ATTRACTING & RETAINING DIRECT CARE WORKERS: UNDERSTANDING THE CHALLENGES**

Tameshia Bridges & Hollis Turnham, JD, PHI

Attracting and retaining a qualified, competent home care workforce is a challenge! Most home care jobs are not competitive with jobs in residential settings. Learn more about the lack of parity and how to address the imbalances.

Thursday, May 29

8:00-9:00 am Registration & continental breakfast

9:00-10:30 am Opening Session

USING THE CAREGIVER IDENTITY THEORY AS A GUIDE FOR DELIVERING

SERVICES

Rhonda Montgomery, Ph.D., University of Wisconsin-Madison

Hear one of the leading experts explain the Caregiver Identity Theory and how it aids professionals in better serving caregivers. Learn about an assessment for caregivers and how you can boost research efforts by inviting caregivers to join the League of Experienced Family Caregivers (LEFC).

11:00-12:30 pm Workshops

■ MEDICATION ADHERENCE: ISSUES AND SOLUTIONS

Marguerite Linteau, RN, Critical Signal Technologies

This session will cover the importance of taking medications as prescribed, components of adherence, types of non-adherence, negative outcomes, and assistive technologies that help.

■ NUTS AND BOLTS OF SELF-DETERMINATION

Tammy Spigarelli, BSW, UPCAP Area Agency on Aging

Heidi Starnes, MSW, Area Agency on Aging III-B

This session will drill past principles and theories to describe how self-determination is operationalized in an aging network program. Covers staff training needs, agency workflow issues as well as barriers and challenges.

■ BUILDING QUALITY INFORMATION & ASSISTANCE

Susan Howell, BS, and Stacey Hachmann-Gomez, BS,

CALL 2-1-1, Muskegon

What are the components of a quality I&A service? What about resource files? How does data collection and reporting fit in? Attend this workshop for answers to these questions and more.

■ VETERANS BENEFITS—PART I

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■ ADULT ABUSE & NEGLECT PREVENTION (AANP): STATE INITIATIVES & LESSONS

Clare Luz, PhD, Michigan State University

Lauren Swanson, MA, Office of Services to the Aging

Catherine Macomber, MSW, BEAM

This workshop will define abuse and neglect, discuss the prevalence of abuse in the U.S. and Michigan, identify current reporting and background check requirements, and describe the AANP training program. Sponsored by the Michigan Society of Gerontology.

- **WHAT NONPROFIT ADVOCATES NEED TO KNOW**
Don Wotruba, MPA, Michigan Association of School Boards
This session will cover the definition of lobbying, tips for effective advocacy, state requirements, IRS rules on lobbying for 501(c)3 organizations, and election year dos and don'ts.

- **SUCCESSFULLY EMPLOYING YOUR PERSONAL ASSISTANTS: AN INTRODUCTION TO THE TRAIN-THE-TRAINER/ADVOCATES PROGRAM — PART I**
Scott Heinzman, ADAPT
Maureen Sheahan, BA, PHI
Amber Dallwig, MSN, Area Agency on Aging I-B
Darlene Kauffman, AA, Personal Assistant
Hear an overview of the complete set of tools consumers will gain through the program, participate in an exercise to identify the characteristics of a great personal assistant, and more.

12:30-2:30 pm Panel Presentation and Lunch (included in registration)

NURSING HOME DIVERSION PROJECT

Wendi Middleton, BS, Bonnie Graham, MSW, &
Eric Berke, BSW, Office of Services to the Aging
Tina Abbate Marzolf, MS, Area Agency on Aging I-B
Suzanne Filby-Clark, BA, Area Agency on Aging of Western MI
Marion Owen, BA, Tri-County Office on Aging
Michigan is one of 12 states awarded an AoA grant to enhance its efforts in diverting people from nursing homes. This panel will explain how candidates for diversion are being targeted, how person-centered planning and self-determination are being tailored for an aging population, and how policies and procedures are being reworked to maximize consumer choice and control in traditional aging network programs.

2:30-4:00 pm Workshops

- **MEDICATION USE IN THE ELDERLY**
Cathleen Edick, PharmD, Ferris State University
Learn about the Beers Criteria, why and how they were developed in 1991, the 2003 revision, and how to apply Beers with older consumers.

- **NUTS AND BOLTS OF SELF-DETERMINATION (repeat)**
Tammy Spigarelli, BSW, UPCAP Area Agency on Aging
Heidi Starnes, MSW, Area Agency on Aging III-B
This session will drill past principles and theories to describe how self-

determination is operationalized in an aging network program. Covers staff training needs, agency workflow issues as well as barriers and challenges.

- **BUILDING QUALITY INFORMATION & ASSISTANCE (repeat)**
Susan Howell, BS, and Stacey Hachmann-Gomez, BS,
CALL 2-1-1, Muskegon
What are the components of a quality I&A service? What about resource files?
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Gary Putinsky, BS, & Sean Sturgeon, BS,
Veterans of Foreign Wars
This workshop will cover compensation benefits connected to military
service, including health care, in-home care, hospice, respite care, and health
care for spouses.

- **SUCCESSFULLY EMPLOYING YOUR PERSONAL ASSISTANTS: AN
INTRODUCTION TO THE TRAIN-THE-TRAINER/ADVOCATES PROGRAM —
PART II**
Scott Heinzman, ADAPT
Maureen Sheahan, BA, PHI
Amber Dallwig, MSN, Area Agency on Aging I-B
Darlene Kauffman, AA, Personal Assistant
Part II includes an overview of the seven-session series, explores the qualities
of effective supervisors, and uses audience participation to teach screening &
interviewing skills.

- **DRIVEWELL—HELPING OLDER DRIVERS**
Mary Ablan, MA, MSW, Area Agencies on Aging Association
True or false?—most physicians know how to counsel older patients with driving
difficulties. Find out why the answer is false and what nurses, social workers
and other professionals can do to assist older drivers and their families.

Interested in exhibiting at the conference?

All sponsors receive an exhibit space in the same large ballroom that accommodates meals, refreshment breaks and general sessions. Sponsors can participate in all conference activities including general sessions, workshops and meals. Attendees visiting every exhibit can enter a raffle and win prizes. For more information, call Mary Ablan or Lynn Gustafson at (517) 886-1029.

■ BRONZE SPONSOR —\$250

- Exhibit space with one skirted table
- Acknowledgement in the conference program
- Your organization promoted on signs

■ SILVER SPONSOR —\$750

- Exhibit space with one skirted table
- Acknowledgement in the conference program
- Your organization promoted on signs
- Your brochure distributed in the conference folder

■ GOLD SPONSOR —\$1500

- Introduce featured speakers
- Exhibit space with one skirted table
- Acknowledgement in the conference program
- Your organization promoted on signs
- Your brochure distributed in the conference folder

■ PLATINUM SPONSOR —\$3000

- Sponsor a workshop
- Introduce featured speakers
- Exhibit space with one skirted table
- Acknowledgement in the conference program
- Your organization promoted on signs
- Your brochure distributed in the conference folder

WORKSHOP REGISTRATION

Please send this form with your conference registration.

Wednesday, May 28

Morning workshops:

- Medication Adherence: Issues & Solutions
- Developing a Person-Centered Approach
- Creating Aging Friendly Communities
- Really* Listening to the Voices of Consumers
- Veterans Benefits — Part I
- Meals Ready When You Are: Room Service at Home
- Ten Steps for Holding Staff—and Others—Accountable

Afternoon workshops:

- Developing a Person-Centered Approach
- Really* Listening to the Voices of Consumers
- Veterans Benefits—Part II
- To Do Or Not To Do—Reverse Mortgages
- Best Practices in Respite for Persons with Dementia
- Nursing Home Ombudsman Program
- Attracting & Retaining Workers: Understanding the Challenges

Thursday, May 29

Morning workshops:

- Medication Adherence: Issues & Solutions
- Nuts and Bolts of Self-Determination
- Building Quality Information & Assistance
- Veterans Benefits—Part I
- To Do Or Not To Do—Reverse Mortgages
- Adult Abuse & Neglect Prevention
- What Nonprofit Advocates Need to Know
- Successfully Employing Your Personal Assistants—Part I

Afternoon workshops:

- Medication Use in the Elderly
- Nuts and Bolts of Self-Determination
- Building Quality Information & Assistance
- Veterans Benefits—Part II
- Successfully Employing Your Personal Assistants—Part II
- DriveWell—Helping Older Drivers

ADA ACCOMMODATIONS

If you require accommodations to permit your attendance or participation, please send a written request to Lynn Gustafson at the AAAAM office by April 28.

CONFERENCE REGISTRATION

21st ANNUAL CONFERENCE OF THE AREA AGENCIES ON AGING ASSOCIATION OF MICHIGAN

Call 1-800-875-5090 for a room reservation. A special \$92 single/double rate is available through April 26—mention our conference.

Name: _____

Agency: _____

Address: _____

City/State/Zip: _____

Daytime phone: _____

Special dietary needs: _____

Earlybird Registration (deadline is April 25)

Both days ___ \$220 (member & assoc. member)
 ___ \$260 (non-member)

One-day ___ \$120 (member & assoc. member)
___ May 28 or ___ May 29 ___ \$140 (non-member)

Registration after April 25

Both days ___ \$250 (member & assoc. member)
 ___ \$290 (non-member)

One-day ___ \$150 (member & assoc. member)
___ May 28 or ___ May 29 ___ \$170 (non-member)

Return to: AAAAM
6105 West St. Joseph, Suite 204
Lansing, Michigan 48917
Phone (517) 886-1029, fax (517) 886-1305

Cancellation Policy: The registration fee, minus a \$20 processing fee, will be refunded if the registration is cancelled by May 20. No refunds will be made after this date. Individuals who do not attend, but have registered without paying, will be billed \$80 per day to cover food costs incurred by their registration.



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