

CONFERENCE OVERVIEW

KEYNOTE ADDRESS:

Disrupt Aging

Erwin Tan, M.D.,

Director of Thought Leadership, AARP

Positive attitudes towards aging is associated with better functional health and decreased risk of early death. In his presentation, Dr. Tan will challenge all of us to "disrupt aging" as we reconsider what it means to "be old" as we examine the relationship between perceptions on aging and health.

1

2

Being Old in an Ageist Society: Improving Quality of Later Life by Reducing Discrimination

Diane Martin, Ph.D., Director of the CSA

Ageism occurs when we respond to the stereotype of being old without considering the abilities and needs of the individual. It has become institutionalized in our society; thus affecting hiring, medical care, and public policy. This session will differentiate the realities of aging from the misconceptions as we explore the economic costs of ageism as well as its very real physical and mental health consequences, including a diminished will to live, less desire to live a healthy lifestyle, an impaired recovery from illness, increased stress, and a shortened life span.

3

Lunch and Learn:

Opportunity for networking

Please join us during the lunch hour for "Visions for the Future," a panel discussion on aging moderated by Dr. Diane Martin.

4

Walking in their Shoes

*Jennifer Holcomb, M.S., Director,
Memory Support at Cross Keys Village*

You will not actually walk in another persons shoes, rather this empathy-based educational session will focus on physical, social and emotional changes experienced by older adults as they age. Learners will experience confusion and frustration as the day begins, the impact of stigma and isolation, as well as communication and language challenges. The session will conclude with a look at the impact of memory impairment on autonomy and independence.

5

Improving Quality of Later Life through Effective Communication

Diane Martin, Ph.D., Director of the CSA

Elderspeak refers to a particular style of speaking people tend to use when interacting with older adults. While in some instances it can be helpful to improve performance, overall it does nothing to enhance speech comprehension and can cause older persons to withdraw from interactions. In fact, recent research has shown that elderspeak negatively impacts medical & non-medical communication, and increases resistance to care in persons with dementia as well as medical costs. In this final session, Dr. Martin will explain some of the factors that negatively impact communication and introduce you to communication strategies to effectively enhance your interactions with older adults. Therapeutic communication will also be discussed, including how it can be successfully used when working with persons with dementia.

6

Wrap up and Door Prize Drawings

*Laura Gillen, M.S., CSA Leadership
Advisory Council*

Door Prize Drawings

You won't want to miss an opportunity to win a door prize donated by our generous sponsors!

Wrap up

- Submit registration forms for CEU credits
- Certificates of Attendance will be distributed

Maximizing Quality of Later Life