

2022 Forum on Aging August 24&25



*Wednesday, August 24, 2022 AM Intensive Workshops 1—4 (8:30–11:30 AM)
(Participants will select one AM Intensive workshop from the following)*

Intensive Workshop 1: Ethical Issues in Case Management with Vulnerable Individuals

Speaker: Paula Markey Taliaferro, MGS, LSW, *Outreach Specialist, Central Ohio AAA*

Professionals who work in case management are often in a unique position. They balance the real needs of individuals and families with access to limited resources and services. Often, they are the ones who are encountering, firsthand, complicated situations with vulnerable individuals and families. There is no roadmap that outlines exactly what to do in these situations. Case managers can find themselves in a gray area of ethical issues regarding risk, competency, decision-making and intervention. We also live in a world, which is very concerned about liability if there is danger or injury to a person or a group. This session looks at the case management in situations that involve balancing risk, access to resources, confidentiality, end of life concerns, boundaries and social media. It presents a framework for making ethical decisions for case managers in these situations.

Workshop Objectives

- Participants will be able to describe the ethical issues surrounding intervention in a manner that causes the least amount of harm and the highest quality of life.
- Participants will be able to describe the ethical issues surrounding risk and safety of vulnerable individuals and propose a framework for making decisions that respects personal choice & avoidance of liability.
- Participants will be able to describe the ethical issues surrounding confidentiality of vulnerable individuals and propose a framework for making decisions that respects privacy & avoidance of injury.
- Participants will be able to discuss ethical issues & strategies for establishing and maintaining appropriate boundaries in the areas of disclosure of personal information, handling violations of personal space, & balancing social media.

Intensive Workshop 2: Medicaid...It's Complicated!

Speakers: Dennison Keller, JD, *Lawyer, The Law Practice of Dennison Keller* and Lisa Hines Titus, MEd, *Elder Care Coordinator, The Law Practice of Dennison Keller*

Medicaid and the various components of the program can be complicated. Learn about the details of the Medicaid public assistance benefit and how various family scenarios play out

in the process, from a legal and social work perspective. We will use a variety of challenging cases as examples and discuss some of the possible ways to resolve issues within the boundaries of the program eligibility guidelines and the law. Such cases will include families running out of money for care, gifting within the family within the 5-year look-back period, blended families, etc.

Workshop Objectives:

- Participants will be able to understand the key powers needed in financial power of attorney when executing a Medicaid plan.
- Participants will be able to discuss the Medicaid program basic requirements.
- Participants will be able to learn about various strategies and techniques for Medicaid planning and compliance.
- Participants will be able to discuss case summaries of challenging family and legal situations which can de-rail or delay the Medicaid process.

Intensive Workshop 3: Social Security: Yearly Updates and Medicare Basics and Beyond

Speakers: Kelly Draggoo, *Public Affairs Specialist, Social Security Administration* and Mary Leep-Pichert, *OSHIP Community Liaison, Ohio Department of Insurance*

Cincinnati Public Affairs Specialist Kelly Draggoo will present information about creating a mySocial Security account online. What you can do with it, and the benefits of having one. She will also discuss options for retirement benefits, including spouse and survivor benefits, and topics will include early vs. delayed filing, work limits, and non-ICA pension interaction with Social Security. During her second hour, Kelly will discuss the different disability programs at Social Security Administration and detail the differences between Social Security Disability and Supplemental Security Income. Kelly will finish her presentation by demonstrating how to file for benefits via telephone, in office and online. The third hour of this presentation will be dedicated to everything related to Medicare. Mary Leep Pichert, OSHIP Community liaison, will share Medicare expertise and provide information about enrollment periods, eligibility criteria, advantage and supplemental plans, part D coverage and extra help, penalties for late filing and more.

Workshop Objectives:

- Participants will understand how to create, and the benefits to having a mySocial Security account.
- Participants will understand options for retirement benefits, such as early versus delayed filing, work limits, and non-FICA pension interaction with Social Security.
- Participants will gain awareness of disability program criteria and explain the difference between Social Security Disability insurance and Supplemental Security income.
- Participants will understand Medicare enrollment, eligibility criteria, advantage and supplemental plans, Part D coverage and Extra Help, and penalties for late filing.

Intensive Workshop 4: Hoarding: Identifying, Assessing and Addressing

Speaker: Susan Bradshaw, *Learning & Development Coordinator, Council on Aging of Southwestern Ohio*

Do you encounter clients that have difficulty parting with possessions due to a perceived need to save them? If so, this training may benefit you. Attendees will learn how empathy and empowerment can make the difference in treating hoarding disorder. Participants will learn how to use empathy and empowerment within their roles to help engage the individual in a compassionate and effective person-centered, collaborative process. Hoarding is considered a multi-dimensional condition that can be difficult to identify and address. Participants will gain an understanding of Hoarding Disorder as a mental health issue and will learn how to identify hoarding disorder and differentiate it from other issues with clutter.

Workshop Objectives:

- Participants will gain an understanding of Hoarding Disorder as a mental health issue and learn how to differentiate it from other issues with clutter.
- Participants will gain an understanding that hoarding is a complex issue that cannot be distilled down to any one cause.
- Participants will learn how to use empathy and empowerment within their roles to help engage the individual in a compassionate and effective person-centered manner.

Wednesday Opening Keynote: "Let's Talk Stress"

Speaker: Dave Caperton



Join us for the opening keynote to learn a new approach for dealing with stress. Dave Caperton will deliver a joyful presentation providing ways of improving your skills at dealing with stress. Doctors and mental health professionals cite that a healthy sense of humor has been associated with improved immune function, pain relief, lowered blood pressure and is a proven predictor of longevity. Finding the joy in what you do not only benefits your clients and families, but also unleashes your own natural healing potential.

Dave has been an award-winning educator, an entrepreneur and a business-owner. He has 20-plus years of real-world experience speaking, coaching, consulting and writing about the benefits of a joyful mindset in a business context, including: how to unleash innovation, strengthen health, increase engagement, super-charge learning, and provide legendary service and leadership while reducing stress and conflict. Dave currently serves on the board of two charitable foundations: The New Life Foundation, which addresses quality-of-life needs of individuals with spinal cord injuries and The American Pie Party Foundation which uses the power of humor to raise funds for cancer research.

Wednesday, August 24, 2022 PM Concurrent Workshops 1—4 (2–4 PM)
(Participants will select one PM concurrent workshop from the following)

Workshop 1: Risk and Protective Factors for Substance Use Among Older Adults

Speaker: Dr. Chris Tuell, *Clinical Director of Addiction Services, Lindner Center of HOPE*

The 76+ million Baby Boomers in America have become just as likely as their children and grandchildren, if not more so, to use illicit drugs, abuse alcohol and misuse prescription medication. The result is an increase in older adults' substance abuse. This presentation will examine this growing trend among Baby Boomers; the risk factors impacting a generation of adults; and what protective steps can be taken to maintain health and wellness.

Workshop Objectives:

- Participants will be able to identify the risk and protective factors for substance use among older adults.
- Participants will be able to gain an understanding of the use of alcohol, prescription drugs, and other substance problems among older adults.
- Participants will be able to recognize the relationship between substance use and mental illness.

Workshop 2: Crossing the Technological Divide: How Emerging Technologies are Enhancing the Future of Aging Services

Speakers: Jai'La Nored, *Senior Innovation Designer, Council on Aging* and Bryan Black, *Transportation Manager, home52*

Our rapidly evolving world begs for real-time, on-demand, novel solutions to problems that have sprung up in the confines of a global pandemic. We all need to find innovative ways to tackle the issues surrounding education, supporting older adults, and transportation. In this session, you will hear about COA's two new programs that are transforming how we leverage technology and creatively meet the needs of those we serve.

Workshop Objectives:

- Participants will be able to understand how technology is being leveraged in the world of aging.
- Participants will be able to explain the effectiveness of leveraging technology to explain tough concepts to clients and their informal caregivers.
- Participants will be able to discuss the importance of leveraging partnership with introducing technological solutions.

Workshop 3: Understanding the Unique Needs of the LGBTQ+ Community in Healthcare for Older Adults

Speaker: Dr. Christian Gausvik, *Family Medicine & Geriatrics physician*

In this interactive crash course in learning the history of the LGBTQ+ community and their unique needs in today's healthcare setting, participants will gain an understanding of the challenges faced by the LGBTQ+ community particularly as they age in regard to healthcare access, isolation, and discrimination.

Workshop Objectives:

- Participants will be able to understand the history of the LGBTQ community in America and current facts about healthcare access.
- Participants will be able to learn about the unique needs of the LGBTQ+ community as they age. related to healthcare access, isolation and specific healthcare topics.
- Participants will be able to evaluate how our healthcare system meets or fails to meet those needs.
- Participants will be able to create a plan for change.

PM Workshop 4: Medicare Outpatient Observation Notice Overview

Speakers: Matthew Barnes, JD, *Lawyer, ProSeniors* and Stephanie Woodward MSN, CCM, ACM-RN, *Manager of Care Management, Bethesda North Hospital*

Join this session for an understanding of Medicare Outpatient Observation Notice. The session will start with a brief overview of Medicare Part A and Part B benefits and how they are impacted by outpatient and inpatient definitions under Medicare. This workshop will also cover the requirement to provide beneficiaries with a notice when they are deemed an outpatient by a hospital. Additionally, this workshop will provide the protocol on Medicare Observation Status on a local hospital; how they decide when to place a patient on observation status vs inpatient, who notifies the patient and the hospital procedure for this notice.

Workshop Objectives:

- Participants will be able to understand basics of Medicare Part A & B benefits.
- Participants will be able to understand the difference between in-patient and out-patience designation.
- Participants will be able to understand the requirements of providing a Medicare outpatient observation notice.
- Participants will be able to understand a local hospital protocol on Medicare Observation Status, inpatient versus observation status.
- Participants will be able to understand how a local hospital notifies patient and the procedure for this notice.

Thursday Morning Keynote: “Choosing to Care”

Speaker: Amy Goyer



Join Amy Goyer, nationally known caregiving expert and author of “Juggling Life, Work and Caregiving,” as she relates her inspirational personal family caregiving journey, turning her life upside down for her grandparents, parents, sister, and others. Drawing upon 35 years working in the field of aging combined with her decades of family caregiving, she’ll share her hard-earned practical tips for navigating caregiving and finding strength and resilience while savoring the humorous and joyful moments along the way.

Amy is an author, speaker and consultant specializing in caregiving, aging and family issues. Her work is the perfect fusion of her personal and professional experiences. A passionate champion for family caregivers, she has been one her entire adult life, caring for her grandparents, parents, sister and other friends

and neighbors. Amy also has more than 35 years of experience working in the field of aging, working in adult day care, at the Ohio Department of Aging, and AARP prior to becoming a consultant. She has shared her personal caregiving journey as well as practical, actionable tips for caregivers in her columns and videos.

**Thursday, August 25, 2022 AM Concurrent Workshop 1—4 (9:45 – 11:45 AM)
(Participants can select one AM concurrent workshop from the following.)**

Workshop 1: How Technology is Changing Caregiving

Speaker: Amy Goyer, Caregiver, Author and Speaker

Technology is changing the caregiving experience more than any other factor. It can be overwhelming to keep track of the many details that come with caregiving. One proven way to tackle the stress is to get – and stay – organized. Join keynote presenter Amy Goyer, to learn how to use technology to manage your time; find services; gather, store, and easily access or update key documents; and coordinate your caregiving team. We will also discuss ways technology can be used as a caregiving tool to help manage health conditions, diffuse difficult behaviors, increase safety, improve sleep, provide cognitive stimulation, and care for both the care recipient and the caregiver.

Workshop Objectives:

- Participants will be able to identify three ways technology can make a caregiver's life easier and ease stress.
- Participants will be able to describe five to ten key documents caregivers may need and ways technology can be used to organize, store, access, and update them.
- Participants will be able identify applications that help organize and coordinate the caregiving team.
- Participants will be able identify technology tools that help care recipients remain safe.
- Participants will be able to describe ways technology can be used to care for the care recipient and the caregiver.

Workshop 2: The Future is Now: Promising Practices in Supporting Older Caregivers and Family Member with Developmental Disability

Speakers: Dawn Freudenberg, MEd, LSW, *Director of the Office of Planning, Innovation and Quality, Hamilton County Developmental Disabilities Services* and Sean Bostic, *Family Engagement Coordinator, Hamilton County Developmental Disabilities Services*

The service systems of Aging and Developmental Disabilities work better for families when support is integrated, and colleagues share expertise. In this workshop, you'll hear about local strategies that develop cross-system clarity and build positive working relationships. You'll also learn about the "Future is Now" planning series that is customized for older caregivers of people with DD. In this series, families develop a Letter of Intent to actively plan together for a good future. Finally, participants will explore inclusive outreach with us as we get intentional about welcoming all families to planning conversations.

Workshop Objectives:

- Participants will be able to understand practical ways to streamline aging and DD supports for families with aging caregivers.
- Participants will be able to understand the Future is Now series approach to helping families create a Letter of Intent and find caregiver support.
- Participants will be able to name ways to engage people with DD and welcome diverse groups of families in Future is Now conversations.

Workshop 3: Emergency Preparedness for Older Adults and Caregivers

Speaker: Christa Hyson, *Director of Emergency Preparedness, Hamilton County Public Health*

What would you do if basic services—water, gas, electricity, or communications— were cut off to your patients or the population you serve? Do they have a plan? Do YOU have a plan for them? Disasters and emergencies can strike with little to no warning. Whether forced to evacuate or confined to a current living space, there are things you and your agency can do to be prepared, respond swiftly, and start the recovery process.

Workshop Objectives:

- Participants will be able to identify and build the essential items needed for an emergency kit.
- Participants will be able to illustrate and design the elements of an emergency preparedness plan (for both older adults and older adults who rely on others for help with day-to-day activities and their caregivers).
- Participants will be able to understand the importance of building resilient networks for effective preparedness.
- Participants will be able to ask questions surrounding Emergency Preparedness for Older Adults.

Workshop 4: Pseudodementia: Fact or Fiction, Deciphering the relationship between mood disorder and early onset dementia

Speakers: Jeff Schlaudecker MD, Med, *Kautz Family Foundation Endowed Chair, Geriatric Medical Education, University of Cincinnati* and Melissa Saab Vance, MD, *Geriatric Medicine Fellow, The Christ Hospital*

In this presentation we will discuss diagnosis of depression, anxiety, and common mood disorders in older adults. We will highlight emerging evidence that new onset mood disorder in later life can be the initial presentation of major neurocognitive disorder. We will discuss tools to identify patients with new onset mood disorder who are at risk for development of major neurocognitive disorder, as well as tools to manage their disease over time.

Workshop Objectives:

- Participants will be able to identify geriatric patients at risk of mood disorder.
- Participants will be able to describe mood disorder screening tools for geriatric patients, how to implement them, and what to do when they screen positive.
- Participants will be able to understand the connection between mood disorders and cognitive impairment in geriatric patients.
- Participants will be able to apply this information to timely screening for cognitive impairment in appropriate patients.

Thursday Closing Keynote: "If I had a Magic Wand..."

Speaker: Dawn Gross, MD, PhD



What do a stethoscope and magic wand have in common? Both listen carefully to the heart. The first time Dawn Gross, MD, PhD, offered a magic wand, asking her terminally ill patient what they wished for, she was stunned to discover it was not to be cured. When caring for critically ill patients, fear can stop us from asking the questions that really matter. But by breaking from the usual medical dialogue and simply asking what people wish, we may discover we have gifts to offer more powerful than any medicine or surgical procedure. Perhaps then, the stethoscope can become a wand. When auscultation reveals sacred stories as well

as second heart sounds, providing healthcare centered on making wishes come true is nothing short of...magic.

Dawn M. Gross, MD, PhD is a hospice and palliative medicine physician practicing at the University of California, San Francisco and co-founder/CEO of Dyalogues, an education and consulting company that supports people in having courageous conversations that begin with the end in mind. Considered a national thought leader on end-of-life care, Dr. Gross is an education innovator and invited speaker whose writing has appeared in several journals including the New York Times, JAMA, Science and Annals of Internal Medicine. She is also the creator and host of the radio program, "Dying To Talk," the first of its kind program dedicated to transforming the taboo around talking about death. Dr. Gross earned her BA from the University of Southern California and her MD and PhD from Tufts University School of Medicine.

**Thursday, August 25, 2022 PM Workshop 1—4 (2:15-4:15 PM)
(Participants can select one PM workshop from the following)**

PM Workshop 1: Talking About the Elephant in the Room: How to Skillfully Engage in End-of-Life Conversations

Speakers: Dawn M. Gross, MD, PhD, *Hospice and Palliative Medicine Physician, University of California and co-founder/ CEO of Dyalogues* and Paul Puccinelli, LMFT, *Licensed Therapist and Co-Founder of Dyalogues*

Ensuring we live life fully through our final exhale requires having conversations that are often perceived as difficult or taboo. Yet, when we begin to talk about what matters at the end of life, we quickly learn that what we are actually talking about is what matters most in life. Healthcare workers of all disciplines often find themselves caught in the midst of life-altering health transitions. By learning how to easily clarify, advocate and align medical services to support patients and their families the way they wish, all healthcare workers can ensure that the care that matters is the only thing delivered.

Workshop Objectives:

- Attendees will be able to distinguish between advance care planning and goals of care conversations.
- Attendees will be able to initiate advance care planning conversations at any stage of life.
- Attendees will be able to focus advance care planning conversations on values versus interventions.

PM Workshop 2: Abuse in Later Life: Collaborative Responses to Domestic Violence towards Older Adults

Speaker: Leah Stone MSW, *Training Coordinator, Ohio Domestic Violence Network*

Abuse does not discriminate based on age, and older adults experiencing domestic violence face unique challenges and vulnerabilities when seeking safety and services. In this training, participants will learn about definitions of domestic violence, common types and signs of domestic violence with older adults. In addition, a discussion on strategies for collaboration between community and state organizations to address the needs of elder domestic violence survivors.

Workshop Objectives:

- Participants will be able to recognize definitions and dynamics of domestic and family violence in the context of older persons
- Participants will be able to identify myths/assumptions that can distract from accurate assessment or effective case planning in DV cases with older persons
- Participants will be able to identify key principles and best practices in working with older adult survivors
- Participants will be able to list resources for connecting elder domestic violence survivors with appropriate services for safety and basic needs

PM Workshop 3: Traumatic Brain Injury, Aging and Disability

Speakers: John D. Corrigan, PhD, *Professor, Department of Physical Medicine and Rehabilitation, The Ohio State University and Director of the Ohio Brain Injury Program* and Cynthia Beaulieu, PhD, *Associate Professor, Department of Physical Medicine and Rehabilitation, The Ohio State University*

This presentation is intended for healthcare professionals who are working with older adults and persons with disability and want to learn about traumatic brain injury (TBI), why it is important to know a client's lifetime history of TBI, how neurological impairments could interfere with treatment and suggestions for adapting their communication and treatment planning to accommodate those impairments.

Workshop Objectives:

- Participants will be able to describe why traumatic brain injury (TBI) affects the services they provide to older adults and adults with disabilities
- Participants will be able to conduct screening for lifetime history of TBI.
- Participants will be able to use reference materials to accommodate impairments due to TBI in their interactions with clients and treatment planning.

PM Workshop 4: Ageism and Reframing Aging

Speaker: Beth Kowalczyk, JD, *Chief Policy Officer, Ohio Association of Area Agencies on Aging*

The Ohio Association of Area Agencies on Aging is part of a national group of facilitators trained by the FrameWorks Institute and the Reframing Aging Initiative to advance a communication strategy that uses evidence-based interventions to increase understanding of the aging process, support policies and programs for older people, and decrease ageist attitudes.

This session will provide a greater understanding of what ageism and age discrimination is and the negative impact on health and longevity. The Reframing Aging Initiative is generating a groundswell for change – from local efforts to national leaders – to tell a more balanced story of aging. This story explains that good ideas know no age limit, and that experience and wisdom can be tapped to benefit us all.

Our words matter. Changing the way we talk will change attitudes about aging, and ultimately, will advance policies and programs that support us at every age and stage of life. This initiative is powered by research and proven to change how people think about aging.

Workshop Objectives:

- Participants will understand the impact of ageism on health and positive aging outcomes.
- Participants will be able to discuss research on the American public's thinking about aging.
- Participants will become knowledgeable about communicating more effectively on aging, ageism, and issues important to older people.
- Participants will build their knowledge of how ageism impacts American society and their work.
- Participants will understand how "framing" shapes their communication.
- Participants will learn how to navigate the public's thinking to avoid prompting negativity and to advance productive thinking.