

# 2024 Forum on Aging March 5 & 6, 2024 Sharonville Convention Center



## ***Tuesday, March 5, 2024 AM Intensive Workshop 1—3 (8:30-11:30 AM) (Participants can select one AM Intensive workshop from the following)***

**Intensive Workshop 1:** Caring for the Aging Brain: Strategies to Prevent Dementia

**Speaker:** Patricia Faust, MGS, Owner, My Boomer Brain and pcf Consulting

### Workshop Description:

Did you know that our brain undergoes constant change throughout our lives? During our youth and into our twenties, our brain experiences rapid growth, but this gradually slows down in our mid-twenties. The speed at which our brain ages is largely determined by our lifestyle choices. Some lifestyles can protect our brain, while others can lead to dementia. Join our workshop to explore all aspects of the aging brain and learn practical strategies for preventing the onset of dementia.

### Workshop Objectives:

- Participants will be able to understand how normal aging changes affect the brain.
- Participants will be able to understand the risk factors for developing dementia.
- Participants will be able to understand the effects of lifestyle habits (smoking, alcohol, poor diet) on the brain.
- Participants will be able to Understand the high-risk factors for dementia from cardiovascular disease, diabetes and inflammation.
- Participants will be able to understand the effect of depression on the aging brain.
- Participants will be able to understand the effects of brain events (Stroke, TBI from Falls, COVID) on the aging brain.
- Participants will be able to understand how to prevent dementia through lifestyle.

**Intensive Workshop 2:** Social Security: Yearly Updates and Medicare Basics and Beyond

**Speakers:** Kelly Draggoo, Cincinnati Public Affairs Specialist, Social Security Administration and Sarah Florimonte, Community Liaison for OSHIIP, Ohio Department of Insurance

### Workshop Description:

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. Sarah Florimonte, OSHIIP 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. Also, discussed will be the importance of the Annual Open Enrollment Period and how it affects all Medicare Beneficiaries.

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 be understand Medicare enrollment, eligibility criteria, advantage and supplemental plans, Part D coverage and Extra Help, and penalties for late filing.

**Intensive Workshop 3: Ethical Issues in End-of-Life Care**

**Speaker:** Susan Bradford, MSW, Learning & Development Coordinator, Council on Aging

Workshop Description:

In this session, participants will review social work ethics and values at the end of life. All social workers, regardless of practice settings, will inevitably work with clients facing acute or long-term situations involving life-limiting illness, dying, death, grief, and bereavement. When a client is dying, ethical boundaries may become blurry as social workers try to honor the client's end-of-life wishes and adhere to professional standards. This session will engage a discussion of the integration of ethical principles in medical care and decision-making in the context of psychosocial, spiritual and cultural aspects of the lives of patients and families. This session will also explore ethical principles and controversies including the balancing of patient autonomy such as self-determination and advance directives within the framework of culture and ethnicity. Controversies in end-of-life care related to futility and a model for resolving decision making dilemmas will also be reviewed. Everything from identifying whether a patient is safe in the home, to who is able to make care decisions, to understanding boundaries - providing end-of-life care is challenging.

Workshop Objectives:

- Participants will gain a better understanding of the Social Work Ethics and Values that relate to quality end-of-life care.
- Participants will gain a better understanding of the importance of having advance directives, the different types of advance directives and be able to recognize some advantages and disadvantages of advance directives.
- Participants will be able to describe the basic principles that underlie ethics at the end of life.
- Participant will learn and be able to identify the ethical issues surrounding end of life care.

**Tuesday March 5, 2024, Keynote 12:45-1:45 PM**

**Opening Keynote:** Raising Awareness and Implementing Changes to Combat Ageism

**Speaker:** April Ibarra, MGS

Keynote Description:

Negative stereotypes of aging have resulted in discrimination and unfair treatment towards older adults. Research has shown that older adults often assimilate negative age stereotypes from the surrounding culture, leading to negative self-definitions that have a detrimental effect on older individuals. It's time to create a world of age equality by making discrimination based on age as unacceptable as any other bias and the first step is awareness.

Keynote Objectives:

- Participants will be able to describe the history, types of ageism and understand the prevalence of ageism in today's society.
- Participants will be able to Summarize the implications of ageism in media and popular culture.
- Participants will be able to Examine the prevalence and implications of ageism in healthcare
- Participants will be able to Recognize opportunities to help people age in a way that diminishes ageism

***Tuesday, March 5, 2024 AM Concurrent Workshop 1—3 (2-4 PM)***  
***(Participants can select one PM concurrent workshop from the following)***

**Workshop 1: The New Age of Aging**

Speaker: April Ibarra, MGS

Workshop Description:

This course is designed to explore the negative stereotypes commonly associated with older adults, such as fragility, grumpiness, and incoherence. These outdated characterizations need to be reexamined and replaced with a more positive and optimistic perception of aging. Age discrimination and bias can have profound effects on mental and physical wellbeing, self-esteem, social connections, and finances, making it crucial for professionals to lead the way in changing the narrative of aging. Today's modern elders are challenging social norms and redefining what it means to age, presenting a significant opportunity for professionals to help shift the paradigm.

Workshop Objectives:

- Participants will be able to examine our own tendencies toward ageism.
- Participants will be able to understand current research highlighting shifting beliefs about how older adults envision their third act.
- Participants will be able to identify examples of today's modern elder and how old is not what it used to be.
- Participants will recognize opportunities to help people age in a way that tears down preconceived notions of what an older person should be.

**Workshop 2: Protecting Older Adults from Scams and Fraud: An Informative Panel**

**Speakers:** Steven Beck, Fraud Investigator, General Electric Credit Union; Matthew Broo, Assistant Prosecuting Attorney, Hamilton County Prosecuting Attorney's Office; **Susan Marshall, ProSeniors;** Katie Harper, Outreach Coordinator, Consumer Protection, Ohio Attorney General's office and Brain Phillips, Manager, US Secret Service Cyber Fraud Task Force, Cincinnati Metropolitan Area

Workshop Description:

Join us for an informative discussion on the latest scams and frauds that target older adults. This panel will offer valuable insights into recognizing the current exploitation landscape, victimization reporting trends and the threat of emerging technologies such as Artificial Intelligence. Additionally, it will address the common scams that target elderly individuals, as well as the resources provided by the Ohio Attorney General's Office, and the available options for reporting both locally and online. Attend this workshop to learn how to prevent scams and safeguard your clients and other individuals in the community.

Workshop Objectives:

- Participants will be able to identify the latest scams targeting older adults currently in our community.
- Participants will be able to recognize current exploitation landscape, victimization reporting trends and the threat of emerging technologies such as Artificial Intelligence
- Participants will be able to utilize the services provided by the Consumer Protection Section of the Ohio Attorney General's Office.
- Participants will be able to understand how to educate their clients on available options for reporting both locally and online scams and frauds.

**PM Workshop 3: A Basic Benefit Package? ...In This Economy?** Exploring Traditional and Unique Benefits for Direct Care Professionals, ensuring our clients are taken care of

**Speaker:** Randi Hamill, MSW, Workforce Director, LeadingAge Ohio.

Workshop Description:

Direct care professionals play a critical role in helping older adults live with dignity and independence in their homes and communities. Join LeadingAge Ohio Workforce Director, Randi Hamill, in exploring Ohio's current and projected direct care workforce demographics and how traditional and unique benefit offerings are a key to enhancing workplace culture, responding to direct care staff needs, and increasing retention and recruitment efforts.

Workshop Objectives:

- Participants will be able to identify socioeconomic stressors for direct care workers and how they influence the workplace, staff engagement, and resident/client care.
- Participants will be able to understand current and forecasted benefit offering trends and what benefits are most desired and used among diverse groups (generational, socioeconomic, demographic, etc.)
- Participants will be able to create new implementation plans for creative and non-traditional benefits that enhance workplace culture, respond to staff needs, and increase retention and recruitment.

## **Wednesday, March 6, 2024 Morning Keynote 8:30-9:30 AM**

**Keynote :** Grief Happens: Let's Talk About it Already

**Speaker:** Lisa Keefauver, MSW

Keynote Description:

In this one-hour keynote address, grief activist, Lisa Keefauver, guides participants to reimagine grief. How are we so illiterate and ill-informed about something 100% of us experience, multiple times in our lives? Lisa combines metaphor, science, and humor to help us all feel more equipped to name, move forward with and support others when grief arrives at our door.

Keynote Objectives:

Participants will be able to recognize the cultural roots of our grief miseducation.

Participants will be able to identify and expand an understanding of the Who, What, Where, When, Why of grief.

Participants will be able to recognize and feel prepared to address grief of their clients and others.

***Wednesday, March 6, 2024 AM Concurrent Workshop 1—3 (9:45 – 11:45 AM)  
(Participants can select one AM concurrent workshop from the following)***

**Workshop 1: Show Up, Shut Up, and Listen**

**Speaker:** Lisa Keefauver, MSW

Workshop Description:

We aspire to act with compassion in the face of tragedy, but we often find ourselves stuck. In this 2-hour workshop, Grief Activist, Lisa Keefauver, explores and debunks the cultural myths we hold around what it takes to offer meaningful support to our family, friends, and colleagues who have experienced various types of losses (death, ability, relationships, dreams etc.). Based on her 20+ year sustained meditation and interest in holding space and bearing witness practices, Lisa will explain the fundamental principles and skills needed to accompany grievers along their journey. Bonus, these lessons apply to showing up for yourself in grief too.

Workshop Objectives:

- Participants will be able to understand the impact of our collective grief stories and systems that prevent us from showing up effectively.
- Participants will be able to recognize the common mistakes grief supporters often make and be able to identify the unique grief beliefs they hold that may be holding them back.
- Participants will be able to gain a comprehensive understanding of the various styles and expressions of grief in order to meet the griever where they're at in their grief.
- Participants will be able to develop practices and skills that allow them to provide meaningful support to grieving friends, family, and colleagues.

**Workshop 2: LGBTQ+ Folx and Fams: Providing Culturally Aware and Informed Supports to Older Adults Elders and Those They Love**

**Speaker:** Richelle Frabotta, MEd, CSE, CSES, LGBTQ+ Health Initiatives Project Manager, Public Health – Dayton & Montgomery County

Workshop Description:

What does it mean to be an older LGBTQ+ person in 2024? How might decades of lived experience impact and influence a Q+ elder's expectations of those providing supports? As clinically trained helping professionals, in-

home support providers, concerned family members, and people who care, we know that establishing rapport, building trust, and creating an affirming relationship only enhance the Q+ elder's wellness and well-being goals. Let's explore co-creating safe, welcoming, and inclusive services for LGBTQ+ identified older adults and their families.

Workshop Objectives:

- Participants will be able to discuss culturally supported sexuality messages that are not affirming of Q+ identities.
- Participants will be able to examine your values regarding SOGIE inclusive thinking and practice while listening to other participants.
- Participants will be able to recognize the differences between sexual identity / orientation and gender identity / expression.
- Participants will be able to identify 3 best practices that support Q+ elders and/or families.
- Participants will be able to discuss best practices and challenges that may occur during implementation.

**Workshop 3: Exploring the Use of Restraint and Seclusion to Manage Problematic Behavior**

**Speakers:** Samantha Lourenco, BSN, RN, CPASRM, Director of Strategic Clinical Initiatives, Life Enriching Communities and Judith Mitchell PMHCNS-BC, Senior Systems Director of Behavioral Health Services, TriHealth

Workshop Description:

In this workshop, we delve into the practice of using restraints in hospital and skilled nursing/assisted living settings to ensure patient safety. By the end of the session, participants will have a comprehensive understanding of restraints and the commonly used types. We will discuss the difference between necessary and convenient use of restraints and explore potential interventions to avoid their use. Additionally, we will cover State Regulations, Protocols and ways to mitigate risk and evaluate the use of restraints. Lastly, we will examine the importance of collaboration between hospitals and Skilled Nursing Facility and Assisted Livings.

Workshop Objectives:

- Participants will be able to understand restraints and be able to identify commonly used restraints.
- Participants will be able to know the difference between beneficial vs convenience use of restraints.
- Participants will be able to identify potential restraints and interventions.
- Participants will be able to understand State Regulations, Protocols and ways for Risk mitigation and evaluation of restraints.
- Participants will be able to understanding collaboration between hospitals and Skilled Nursing Facility and Assisted Livings

**Wednesday, March 6, 2024 Keynote 1:00 – 2:00 PM**

**PM Keynote:** Interpersonal Effectiveness: The Secrets to Successfully Dealing with Just About Anyone

**Speaker:** Gregory W. Lester, Ph.D

## **Keynote Description**

Being able to deal effectively with many different types of people has been shown to be the key to happiness and success in life. Traditional advice on handling people fails because it relies on having to remember categories or types of people. This presentation will show how new brain science has uncovered powerful and effective methods for dealing with virtually anyone, in any situation, without any need for memorizing techniques or personality types.

## **Keynote Objectives**

- Participants will be able to understand and be able to describe the two factors that drive every person, regardless of their personality.
- Participants will be able to understand and be able to describe the “formula” for successfully handling people.
- Participants will be able to be able to describe and implement the four techniques that work to successfully deal with all types of people.

## **Wednesday, March 6, 2024 PM Workshop 1—3 (2:15-4:15 PM) (Participants can select one AM workshop from the following)**

**PM Workshop 1:** The Difficult Cases: Understanding and Handling Personality Disordered Individuals Through the Life Span and in a Post-Pandemic World

**Speaker:** Gregory W. Lester, Ph.D

### **Workshop Description**

It is now recognized that personality disorders are the most common and most difficult of all mental health conditions through the entire life span. Only over the past 20 years has there been the scientific advances that have enabled us to understand and work with these difficult individuals in all stages of life. This presentation will explain why these individuals' lack of coping abilities has resulted in them becoming increasingly dysfunctional through the pandemic, along with the effective techniques for handling, managing, and treating them.

### **Workshop Objectives**

- Participants will be able to understand and be able to describe what a “personality disorder” is.
- Participants will be able to understand and be able to describe how a personality disorder differs from a “psychiatric” disorder.
- Participants will be able to understand and be able to describe why personality disordered people have difficulty with stresses such as the pandemic.
- Participants will be able to understand and be able to describe changes in personality disorders through the life span.
- Participants will be able to be able to describe and implement four techniques for managing personality disordered individuals.

## **Workshop 2: Music, Movement, & Memory Impairment – Understanding How Creative Connection Impacts Cognition**

**Speaker:** Kristin Cooley, MSW, clinical social worker, NeuroPsych Center of Greater Cincinnati and Program Director, Giving Voice Foundation

Workshop Description:

Join Kristin Cooley to explore how creative connections impact cognition. During this workshop you will discover how to distinguish the difference between of Alzheimer's disease, dementia, and the aging process. Learn three simple techniques to communicate effectively with individuals experiencing dementia. Reduce the likelihood of falls by mastering three motion planes. Unleash the power of music by discovering three ways to connect with individuals diagnosed with dementia. By the end of this workshop, participants will have a better understanding of how creative connections can have a positive impact on cognition and communication.

Workshop Objectives:

- Participants will be able to distinguish the difference between Alzheimer's disease, dementia, and "normal aging."
- Participants will be able to discuss at least three communication approaches when interacting with an individual with dementia.
- Participants will be able to identify the three planes of motion and how to utilize them to reduce risk of falls.
- Participants will be able to identify three ways to incorporate music to spark connection with an individual with a dementia diagnosis.

**PM Workshop 3:** Ethical Considerations: Health Care Powers of Attorney, Living Wills, and DNRs

**Speaker:** Dennison Keller, JD, Owner The Law Practice of Dennison Keller

Workshop Description:

This course will help professionals have an enhanced understanding of the impact of an individual's health care power of attorney and living will on a variety of life scenarios which are a cause for pause as ethical issues arise. Every situation has its own variables which often give professionals the need to re-evaluate responses and support. Ethical considerations are essential in individualized care and support services.

- Workshop Objectives: Participants will be able to differentiate between the different Advanced Directives.
- Participants will be able to realize the value of having Advanced Directives in place.
- Participants will be able to understand the protocols in place when following a DNR and the process for when no documents are in place.