

WORKSHOP DESCRIPTIONS

20th Annual Western MA Elder Care Conference, Tuesday, May 12, 2009

Workshops Set A 10:45 a.m.-12:00 p.m.

A1. The Biophysical Impact of Age-Related Vision Loss

Presenter: Judith Kennedy, MAB Community Services

Room:

A pre-test will be distributed for attendees to measure their knowledge of the major causes of age-related vision loss and the functional disability that accompanies it. A PowerPoint presentation that follows will provide answers to these questions, simulations of age-related eye disease, key resources for rehabilitation, and clinical intervention techniques for both clients and caregivers. Discussion will include the impact of vision loss on adults 55 and over and their caregivers.

A2. Policy and Program Implications of the Elder Economic Security Standard: An Objective Measure of Income Adequacy for Older Adults

Presenter: Ann Hartstein, MA Assn of Older Adults

Room:

This presentation will provide an overview of the Elder Economic Security Standard, a measure of how much income is necessary for older adults (individuals and couples) to make ends meet in Massachusetts. The measure is by county and provides a picture of the economic challenges faced by many older people as they attempt to survive. We will also discuss the implications this has for policy changes and program reform necessary to insure that all people are able to age well in the Commonwealth.

A3. Saving Money During Difficult Times: Programs and Information That Keeps The Money In Your Client's Pocketbook and Simple Savings for a Multicultural Population

Presenters: Lorraine York-Edberg and Laurie Deskavich, Franklin Cty Home Care and Alexandrine Martin, City of Springfield

Room:

This session will look at the Medicare D drug programs, Prescription Advantage, and the special programs that help pay for them. The workshop will explore how to get the best deal for elders as they try to navigate the increasingly complex drug marketplace. Part of this session will be geared towards a variety of resources available to clients to help cut costs and help them meet their financial needs. A variety of resources will be provided regarding money saving ideas to help clients meet their basic financial needs. Additionally there will be additional materials available for multicultural populations including information on language barriers and health care disparities.

A4. Healthy Eating for Successful Living Older Adults™

Presenter: Jennifer Raymond, Hebrew SeniorLife

Room:

This presentation will introduce participants to Healthy Eating for Successful Living in Older Adults, an NCOA Model Program focusing on improving nutrition and physical activity. This evidence based self-management program is facilitated by trained lay leaders and incorporates nutrition information, behavior change techniques, self-monitoring and group socialization. The presenter will discuss the benefits of the program for older adults, successful implementation of the program in a variety of settings, and methods of partnering to expand programmatic reach. The Healthy Eating Program itself promotes good nutrition and physical activity mechanisms to prevent disease or slow disease progression. In addition to providing nutrition information, the program incorporates behavior change techniques (goal setting and problem solving), self-monitoring (food journals and goal monitoring) and group socialization (weekly workshop sessions).

A5. QPR: A Model for Elder Suicide Prevention

Presenter: Matthew Attesi and J.M. Sorrell, Highland Valley Elder Services Room:

Participants will increase their knowledge and understanding of suicide issues specific to elder populations. Attendees will be introduced to the QPR model (and given information for further training). Education and handouts will be provided to participants regarding depression and mental health as it relates to suicide. There will be time for discussion and a Q&A segment.

A6. Elders as Community Health Workers

Presenter: Brenda Evans, Pioneer Valley AHEC Room:

The program will discuss what a community health worker is, the history of the movement, and its relevance to elder care. The workshop will provide examples of models and programs that have utilized elders as community health workers. Information will also be provided about the advantages of integrating elder community health workers into your current care system. How the use of elders as community health workers is vital to the continuum of care for access of services and prevention and treatment of chronic diseases will be explained.

A7. Under the Influence: Developing Systemic Responses for Substance Use Disorders

Presenters: Sherry Bell, Highland Valley Elder Services and Ben Cluff, MA DPH Room:

Discussion of the current resources in the community, agency parameters for accepting a client who abuses substances, gaps in the social network of agencies for treatment of individuals who abuse substances. Moving forward: a systemic approach.

Workshops Set B 1:15-2:30 p.m.

B1. Encore: The Joys and Challenges Facing Grandparents Raising Grandchildren

Presenter: Deborah Hollingworth, Greater Springfield Senior Services Room:

This workshop will discuss the issues faced when raising a second generation and will share information on support services that may be of assistance to grandparents and their families, as well as best strategies for accessing these resources.

The workshop goals are to: 1) Identify the special parenting issues grandparents face which are emotional, financial and physical; 2) Identify resources specific to the challenges in terms of public benefits, school system supports and community programs; and 3) Discuss best strategies for utilizing these resources including advocacy.

B2. Property Tax Relief is Alive and Well: Surviving in an Unfriendly Economy

Presenter: Kathleen Bowler, Holyoke COA; Brian Lynch, MA DOR and Linda Swadel, Town of Westborough Room:

Many of today's elders are being forced to choose between food on their table, prescriptions, or property taxes. Towns and cities are feeling the pinch of today's unfriendly economy and are apt to stop short at offering too much in the way of property tax relief. Social Workers, whether on staff at local senior centers, human service agencies, or even individual and family clinicians involved in the elder network as well as staff at Councils on Aging/senior centers should be aware of what options exist to assist seniors with property taxes, thereby enabling them to "age in place" more comfortably and with more dignity as well as to increase their ability to pay for other necessities and activities that will add to their quality of life.

This workshop will give the participant the tools to strategize for advocacy as well as a good knowledge base of the state and local options available to seniors. In addition, participants will learn how to start up a Property Tax Work-off Program and a fund for tax relief through voluntary donations (materials will be furnished that provide this information).

B3. Elder Oral Health: Where Are We?

Presenters: Mary Ellen Yankosky, Empire Project for Oral Health Room:

Oral Health is much more than healthy teeth. In the elder population, good oral health is freedom from chronic pain, cancers, lesions, ill-fitting prosthetics (dentures, crowns); periodontal disease and the ability to smile and to eat food that supports nutritional well-being; and scores of other diseases and disorders that affect the oral, dental and cranio-facial tissues. This presentation will focus on the current situation with regard to the oral health status of elders; the impact of poor oral health on general health and on quality of life; the three top areas in need of policy changes to address the disparities in elder oral health; and the impact that health professionals can have on improving oral health status.

B4. Strength in Numbers: A Community Based Fall Prevention Program

Presenter: Ann Careau, VNA & Hospice of Cooley Dickinson Room:

This workshop will include a discussion of: Falls and the elderly statistics; Senior Centers and the concern for falls; a review of grant strategy, the application process, the components and reporting; a review of the Western MA Statewide falls coalition; a review of the content of the 6 session falls prevention program as well as the 2 hour ASP program. There will also be a review of program evaluation and data collection processes.

B5. Model Community Program: Elder Mobile Outreach Team (EMOT)

Presenter: Cynthia Dawson and Therese Ruby, Bristol County Community Counseling Room:

The EMOT clinicians visit elders sixty years and older in their homes after being screened by the area ASAP or Councils On Aging for mental health and/or substance abuse issues. The Elder Mobile Outreach team provides counseling, substance abuse intervention, psychiatry consultation especially for medication evaluation and nursing supportive services. Evidenced based intervention is tracked with a quality of life tool. The presentation will explain the screening tool, the DUKE tool, documentation and case examples. The Elder Mobile Outreach Team is funded by the Massachusetts Executive Office of Elder Affairs.

B6. New Strategies and Partnerships for Promoting the Employment and Civic Engagement of Older Adults

Presenters: Mary Kay Browne, MA Executive Office for Elder Affairs

Room:

In August, 2008, the Executive Office of Elder Affairs formed a new partnership, the Massachusetts Partnership for Promoting the Civic Engagement and Employment of Older Adults, with the National Governors' Academy (NGA) for Civic Engagement to help us achieve two important goals. First, working with other key state policy leaders, we want to design and implement a comprehensive strategy to increase the engagement of older adults in employment by both public and private employers. Second, we want to build a more robust volunteer recruitment and placement system. My workshop will describe the project's team's goals and progress to date, including the development of new tools for senior centers to use to aid mature adults looking for work or meaningful volunteer jobs within their community.

B7. Health Literacy and Older Adults: Enhancing the Patient Experience

Presenters: Mary Philbin, MA AHEC Network and UMASS Medical School

Room:

This interactive workshop will provide participants with a definition of Health Literacy, an overview of the impact of low health literacy, with a particular focus on issues for older adults. Participants will learn about navigating the health care system and choosing and using effective education materials. Finally, techniques for enhancing communication will be discussed. A resource list with information about health literacy and sources of effective patient education materials for low health literate individuals will be included.

Workshops Set C 2:45-4:00 p.m.

C1. Veteran Affairs Healthcare Overview

Presenter: Maryann Lyman, VA Medical Center-Leeds

Room:

The workshop will provide an overview of health care provided through the VA medical system, focusing especially on who is eligible, different levels and types of eligibility requirements, and the co-payments associated with the covered services. We will also discuss the challenges of the application process, particularly for the elderly, who sometimes are uncomfortable disclosing financial information required to determine eligibility. The presenter will provide tips for helping elder clients complete the requirements by offering suggestions for ways to make them clearer and simpler to understand. Finally, the workshop will provide information about common misunderstandings concerning VA benefits and services, including available coverage for home care services. Brochures and flyers will be made available and there will be an opportunity to ask questions.

C2. Foreclosure and Displacement Prevention: Options for Strapped Seniors

Presenter: Peter Benjamin, Western MA Legal Services and Len Raymond, Homeowner Options for Massachusetts Elders

Room:

We will discuss the factors which lead to displacement of elder homeowners (mortgage foreclosure, property taxes, credit card debt, lack of income), how to recognize them, and alternative strategies for dealing with them.

C3. Rural Health Disparities in New England

Presenter: Sharleen Moffatt and Marion Pawleck, New England Rural Health Round Table

Room:

Utilizing the latest statistical data, we will discuss what makes rural a health disparity and how that impacts on the residents of rural New England including elders. Using data, both analytical and anecdotal, we will paint a picture of what it means to reside in rural America and how it impacts on our health and health care system as well as the economic wellness of our communities.

C4. My Life, My Health: A Self-Management Program for People with Chronic Disease

Presenter: Holly Cande, Elder Services of Merrimack Valley

Room:

The presentation is an introduction and overview of the evidenced based Stanford University developed Chronic Disease Self-Management Program (CDSMP) with an introduction to the Massachusetts CDSMP Coalition. The Chronic Disease Self-Management Program (CDSMP) is a series of workshops meeting once a week for 2 1/2 hour sessions over six weeks for people with chronic diseases such as; heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others and for the people who care for people with chronic diseases. The program is evidence based. Goals and outcomes for participants in the CDSMP include improved health status (Self-reported health, social/role activities. Decreased: fatigue, disability, health distress, and decreased their days in the hospital). This workshop will cover the specifics of the Stanford Model including an overview of workshops, licensing, training and Program Fidelity. An explanation of how to measure organizational readiness, implement the program and surmount challenges of such implementation, will also be discussed. Attendees will also be introduced to the Massachusetts Disease Management Coalition.

C5. Homeless Elders

Presenter: Linda Franklin, City of Springfield

Room:

The workshop will help to correct common misperceptions by putting a face on who can be elderly and homeless. It will describe the situations of actual people encountered in this work and explore what is distinctive about elder homelessness, its causes as well as the experience. The presenter will talk about medical issues as well as other barriers homeless seniors face in finding help and will provide information about how to help people overcome these barriers. The workshop will also cover program information and resources available.

C6. Using the Staff and Volunteer Management Team Approach to Expanding Service Delivery in the Community

Presenter: Emmett Schmarsow, MA Executive Office of Elder Affairs

Room:

Volunteering provides opportunities for engagement on many levels: social, mental, spiritual and physical that can support more positive and successful aging. This presentation will discussion practical approaches to enhancing volunteer services as a means of furthering the independence of seniors by helping municipal agencies leverage invaluable human resources that benefit the giver, the recipient and the community at large.

C7. Identity Theft: Deter, Detect and Defend

Presenters: Elizabeth Maurer, Webster Bank

Room:

Identity Theft affects all of us in this generation. For those of us that work with, care for and assist our senior citizens population, it is important for us to learn ways that we can care for their Identity and good credit status as we do with their emotional, economic and physical needs. This seminar will help you recognize and to help implement the steps needed to Deter, Detect and Defend your clients from falling victim to Identity theft.