

NEW JERSEY
FOUNDATION FOR AGING
176 West State Street • Trenton, NJ 08608

11th ANNUAL CONFERENCE
JUNE 16, 2009

SUPPORTING THE
INFRASTRUCTURE
OF AGING AND
CAREGIVER RESOURCES
IN TURBULENT TIMES



11th ANNUAL CONFERENCE

SUPPORTING THE INFRASTRUCTURE OF AGING AND CAREGIVER RESOURCES IN TURBULENT TIMES

FEATURING
New Advocacy Tools and Skills Building

Conference Partners:
Society on Aging of NJ (SANJ)
Friends Foundation for Aging
NJ Association of Area Agencies on Aging
Silver Century Foundation

Tuesday
June 16, 2009

Crowne Plaza
Jamesburg, NJ



HOSTED BY THE
NEW JERSEY
FOUNDATION FOR AGING

ABOUT THIS CONFERENCE

WHO SHOULD ATTEND

Leaders and professionals in direct practice, in public and private community-based programs serving caregivers and/or older persons including: senior centers, senior housing, adult day care programs, respite programs, home health, hospitals, assisted living and nursing home settings.

Officials, planners & policy makers in housing, local planning, program development, legislation, health and social programs

Educators, grantmakers and consumers interested in making a difference in the lives of older adults.

GOALS & OBJECTIVES

Goal

The goal of the conference is to provide educational opportunities for providers in the aging network, to advance new approaches, and to enhance quality services.

Objectives

Identify innovative approaches for preventive health and wellness.

Understand the aging network of services and how best to utilize it.

Discover practical, creative and evidence-based models for caring for elderly at home.

Learn about successful models of advocacy and policy work.

Promote practices that enable residents to age well.

PROGRAM AGENDA

8:00AM to 9:00AM Registration
Continental Breakfast & Exhibitors

9:15AM to 10:15AM Morning Keynote
Sandy Markwood, N4A & Martha Roberty, NASUA
Project 2020 –Building on the Promise of Home & Community Based Services

In just 12 short years in the year 2020, almost one in 6 Americans will be 65 and the numbers of people 85+ will have doubled. To meet the needs of a growing aging population - this nation will need to invest in enhancing home and community based services. Project 2020 – a legislative proposal put forth by N4A and NASUA does just that. In this session you will:

- Find out about the Readiness of the Aging Network to expand and enhance home and community-based services
- Hear actuary evidence on the cost benefits of providing HCBS
- Identify what you can do now the move this initiative forward

10:15AM to 10:30AM Break & Exhibitors

10:30AM to 11:45AM Concurrent Sessions
See Morning listing

12:00PM to 12:15PM Break & Exhibitors

12:15PM to 1:30PM Lunch followed by a Luncheon Speaker

Teena Cahill, Psy.D., Dir., Wisdom and Beyond
“Respite for the Weary Professional and Caregiver”. Dr. Cahill is an internationally acclaimed speaker, radio and television host, and author, known for both her wit and wisdom. Teena has a Doctorate in Psychology, Masters in Counseling, and Bachelors in Education.

1:30 to 1:45PM Break & Exhibitors

1:45PM to 3:00PM Concurrent Sessions
See Afternoon listing

PROGRAM AGENDA

Concurrent Sessions

MORNING SESSIONS

- 1 Advocacy & Planning Strategies for Project 2020**
Sandy Markwood, N4A and Martha Roberty, NASUA
Learn more about Project 2020. Person-centered access to information, evidence-based health promotion and disease prevention, and enhanced nursing home diversion services. Encourage independent living and consumer directed initiatives.
- 2 New Advocacy Tools**
Stacy Sanders, MSW, WOW
Using the information developed in the NJ Elder Economic Security Initiative Index and the Policy Brief, we'll look at the real costs for seniors in NJ and how best to close the income gap.
- 3 Reducing Caregiver Stress and Care Recipient Agitation – Practical Strategies for Managing Dementia-Related Behaviors in the Home**
Catherine Piersol, MS, OTRL
Understanding behaviors and other factors for caring for elderly at home. Learn about the practical application of evidenced based research. The presenter will identify and offer strategies such as communication, modifying the environment and simplifying tasks.
- 4 ABC's of the Service Network**
Tina Zsenak, NJHSS, DACS, & Lynn Thornton, President, NJ Senior Center Directors Assoc. & Eileen Doremus NJ Assoc. of Area Agencies on Aging
Unscrambling the alphabet soup of program titles and benefits, opening access pathways for seniors and caregivers in the community.
- 5 Healthy Memory, Healthy Minds: Providing Memory Health Care to Seniors**
Cynthia Green, PhD. author of the Total Memory Workout, and clinician
A train-the-trainer to help seniors maintain a healthy mind, including cognitive ability and mood.

PROGRAM AGENDA

Concurrent Sessions (cont'd.)

AFTERNOON SESSIONS

- 6 New Advocacy Tools, NJ-EESI**
Stacy Sanders, MSW, WOW
Using the information developed in the NJ Elder Economic Security Initiative Index and the Policy Brief, we'll look at the real costs for seniors in NJ and how best to close the income gap.
- 7 Reducing Caregiver Stress and Care Recipient Agitation – Practical Strategies for Managing Dementia-Related Behaviors in the Home**
Catherine Piersol, MS, OTRL
Understanding behaviors and other factors for caring for elderly at home. Learn about the practical application of evidenced based research. The presenter will identify and offer strategies such as communication, modifying the environment and simplifying tasks.
- 8 Preventing Burnout**
Abbie Katz, BSW, Social Worker, Greater Trenton Behavioral Health Care
Are you at-risk? Recognize the factors that contribute to burnout, including the stress of working with the geriatric population. The presenter will identify the risk factors for caregivers and professionals. Understand the difference between stress and burnout. Presenter will provide time management tips and other skills to help avoid or recover from burnout.
- 9 Meet the Funders**
Panel of aging services foundations assemble to discuss their goals and objectives for funding programs for seniors.

Thanks to the Robert Wood Johnson Foundation, the Fannie and Morris Sklaw Foundation, Johnson & Johnson, Eisai, and Horizon BC/BS for their ongoing support.

DIRECTIONS

From the Trenton Area
Take Interstate 195 East to NJ Turnpike North to Exit 8A via the left ramp, Jamesburg onto Rs. 32 East. Continue for 1/4 mile. Crowne Plaza is on your right.

From North Jersey or South Jersey
Take NJ Turnpike to Exit 8A via the left ramp, Jamesburg onto Rt. 32 East. Continue 1/4 mile. Crowne Plaza is on your right.

From Freehold or the Shore
Take R.9 to Freehold to Rt. 33 West. Continue on Rt. 33 for approximately 10 miles to Applegarth Road, exit on right. Then make a left at the 3rd traffic light onto Forsgate Drive, Rt. 32 West. Go to second light and follow signs for U turn onto Rt. 32 East. Continue for 1/4 mile. Crowne Plaza is on your right.

From Princeton
Take Rt. 1 to Scudders Mill Road East. Make a left at the 5th traffic light onto Dey Road. Continue on Dey Road crossing Rt. 130 until the end. Make a left onto South River/Cranbury Road and Rt. 32. Make a right turn at the traffic light on to Rt. 32 East. Continue for 1/4 mile. Crowne Plaza is on your right.

For more information, call the Crowne Plaza at 609-655-4775

Please call 609-421-0206 to let us know if you have any dietary or special needs.

REGISTRATION FORM

NAME _____

ORGANIZATION _____

ADDRESS _____

TOWN / STATE / ZIP _____

PHONE _____

EMAIL _____

Concurrent Session Selections

Choose one from Sessions 1–5 at 10:30AM

1ST CHOICE _____ 2ND CHOICE _____

Choose one from Sessions 6–9 at 1:45PM

1ST CHOICE _____ 2ND CHOICE _____

Registration Fee	\$70 per person
2+ people from an agency	\$60 per person
NJ Government representative	\$60 per person
CEU or letter of attendance	\$20 per person
Total	\$ _____

Credit Card Payment (Visa/Mastercard Only)

CC # _____

Security # _____ Exp Date _____

Zip code related to card you are using _____

Name _____ Total \$ _____

4.0–5.0 CEU hours are being requested for the program. Please check the desired certificate:

LNHA/CALA Social Work

Activity/Recreation Ltr. of Attendance

Make Check/Voucher Payable to:
NJ Foundation for Aging
176 West State Street, Trenton, NJ 08608
Tax ID# 22-3569599 Phone: 609-421-0206

Please note no confirmations will be sent.