



Living a Self-Determined Life

A Conference on Empowerment
for Older Adults

June 3, 2014 | 8:45 am - 4:00 pm
Glacier Canyon Lodge Conference
Center at the Wilderness Resort
Wisconsin Dells

Join **InControl Wisconsin** for this one-day conference exploring self-determination and empowerment in aging. This statewide event will examine new approaches to providing support to older adults that encourage autonomy and choice.

in  **Control**[®]
Wisconsin

Hosted by



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Supporters:

- ◆ Alzheimer's Association of Southeastern Wisconsin
- ◆ Care Wisconsin
- ◆ Lutheran Social Services
- ◆ State of Wisconsin Office on Aging
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- ◆ Aging & Disability Professionals Association of Wisconsin (ADPAW)
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Living a Self-Determined Life

The **Living a Self-Determined Life** conference brings together people who are committed to the notion that older adults should be empowered to live the life they choose. Our goals for this event are to:

Challenge traditional ways of thinking about *quality of life* and explore how older adults can retain control and choice

Give voice to older adults' desire and capacity to maintain control of their lives – including people with dementia

Promote the exchange of information between older adults, family members, and professional caregivers

Explore how individuals, agencies, and organizations can collaborate to design programs and services that allow opportunity for self-determination

Identify effective ways to support and empower family caregivers

Who should attend

The conference attracts a diverse statewide audience that includes older adults, caregivers, and professionals. In addition to direct care workers, professionals who attend include staff from:

- ◆ County and tribal aging offices and Aging & Disability Resource Centers (ADRCs)
- ◆ State Office on Aging and Office for Resource Center Development
- ◆ IRIS consultant agency providers
- ◆ Independent Living Centers
- ◆ Human services departments
- ◆ Advocacy organizations
- ◆ Managed care organizations
- ◆ Adult protective services agencies
- ◆ Crisis and mental health agencies
- ◆ Agencies serving people with developmental disabilities
- ◆ Long-term care facilities
- ◆ Health care providers



Conference Agenda

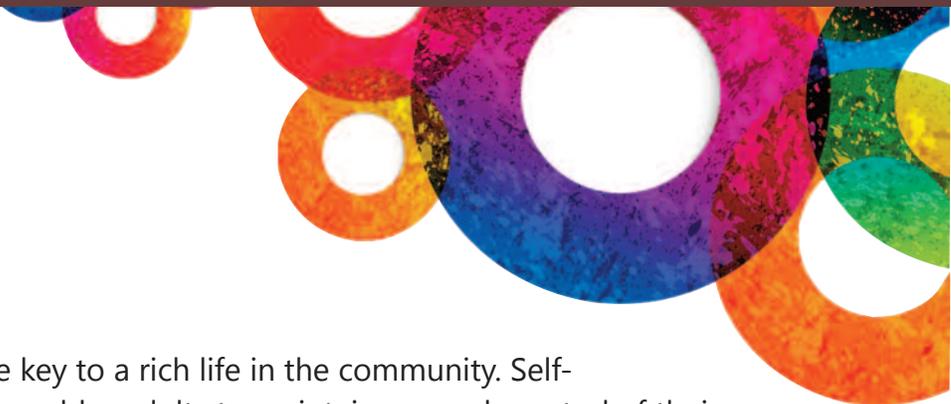
- 7:00 am Registration & Information
- 8:45 am Keynote Address:
Empowerment: The Way of the Future
(See description on following page)
Speakers: Kitty Rhoades, Tom Hlavacek, Terry Lynch
- 9:45 am Refreshment Break/Visit Exhibits
- 10:15 am Concurrent Workshops (See descriptions on following pages)
- 11:45 am Lunch
- 12:30 pm Concurrent Workshops (See descriptions on following pages)
- 1:45 pm Refreshment Break/Visit Exhibits
Ice cream social sponsored by LinkEd
- 2:00 pm Concurrent Workshops (See descriptions on following pages)
- 3:30 pm Closing: **Keep the Heart of the Conversation Beating:**
Reflections on the day and ways to keep the self-determination movement going in Wisconsin.
Speaker: Lynn Breedlove, InControl Board Member, former Executive Director of Disability Rights Wisconsin



Promoting Choice and Control for All

InControl Wisconsin is working for change. We envision a state that upholds the right for citizens of any age or need to self-direct their support. To that end, we provide leadership and support to develop new systems and innovative services that keep pace with the personal needs and lifestyles of people who rely on long-term support.

Our mission is to play a key role in advancing self-determination for people with disabilities and older adults in Wisconsin. To ensure that all individuals live a productive community life as valued citizens, we work to discover, share, and promote best practices and as advocates for sound programs and good public policy.



Keynote Address

Empowerment: The Way of the Future

Having control over your life is the key to a rich life in the community. Self-determination is about empowering older adults to maintain as much control of their lives as possible — even in difficult circumstances. Our opening session speakers will illustrate how the concept of self-determination has been woven into the context of the work they do.

Department of Health Services Secretary Kitty Rhoades will talk about the DHS commitment to self-determination for all people receiving long-term care in Wisconsin, as reflected in the DHS Dementia Initiative; Tom Hlavacek will demonstrate how successfully supporting people with Alzheimer's disease and related forms of dementia can include self-determination; and Terry Lynch will begin a conversation about how approaching caregiving from a perspective of self-determination enriches the lives of the individual, the caregiver, and the communities in which they live.

Kitty Rhoades has been a strong proponent of self-determination in Wisconsin, first as a state legislator and now as a Secretary of the Department of Health Services. Prior to being appointed to serve as the Department of Health Services Deputy Secretary, Kitty served in the Wisconsin State Assembly from 1999 until her retirement in 2011. During her legislative service, Kitty served as the chair of the Assembly Aging and Long-Term Care Committee and the co-chair of the Joint Legislative Committee on Finance. Secretary Rhoades' Dementia Initiative underscores the breadth of her commitment to the empowerment of Wisconsin's older citizens.

Tom Hlavacek is the Executive Director of the Alzheimer's Association of Southeastern Wisconsin. He convened and chaired the Alzheimer's Challenging Behaviors Task Force that produced two reports, *Handcuffed* and *We All Hold the Key*, which led to testimony before the U.S. Senate Special Committee on Aging and proposed state legislation. His previous work includes directing the Milwaukee Office of Disability Rights Wisconsin, the statewide protection and advocacy system for people with disabilities.

Terry Lynch is the owner of Strategies for Independent Aging and the author of *But I Don't Want Eldercare!* He specializes in assisting older adults to remain as self-reliant and involved in community life as possible and helping family caregivers maintain the quality of their own lives. Much of his work is founded on his illuminating experiences as his mother's caregiver.

Workshops

10:15 am - 11:45 am

A1. **Supporting People with Dementia to Maintain Control of their Lives**

Staff from the Alzheimer's Association of Southeastern Wisconsin will highlight a new era of empowerment and self-advocacy for people with Alzheimer's disease and related forms of dementia. They will also discuss challenges and advances related to supporting people with Alzheimer's and dementia into their late stages.

A2. **Creativity: Dynamic Self-Directed Supports**

Self-determination provides an opportunity to be creative and stretch what is possible. This session provides tips for creating individualized supports with adults using IRIS and Family Care.

A3. **Strategies to Help Older Adults Stay in their Homes**

Changes in abilities as one ages are often perceived as strong reasons to move out of one's own home. Attendees of this session will learn strategies for assisting older adults to continue to live where and how they wish.

A4. **Self-Determination: Dignity and Choices at the End of Life**

This session will provide a perspective on how to maintain dignity, control and independence at the end of life, using advanced directives and other measures.

Workshops

12:30 pm - 1:45 pm

B1. **Increasing Empowerment and Self-Direction in Health Care**

Older adults are navigating a complex and fast paced health care system. This session provides strategies for maintaining control in the management of ongoing and evolving health care needs.

B2. **Innovative Technology for Self-Determination**

Attendees of this session will learn about creative technology that assists older adults to maintain independence, safety, freedom, and health.

B3. **Recruiting, Training and Supporting Workers Who Value Self-Determination**

The direct care worker is on the front lines of any self-directed community life. Attendees will learn from a self-directing employer, a direct care worker cooperative member, and the TMG Self-Directed Personal Care Agency Lead.

B4. **Dementia Friendly Communities**

Learn about Wisconsin communities leading the way by enhancing their naturally occurring resources to support community members with dementia.

Workshops

2:00 pm - 3:15 pm

C1. **Empowering Partnerships Between Family Caregivers and Older Adults**

Attendees of this session will learn from aging network experts and caregivers about strategies to maximize, strengthen and foster the partnerships between family caregivers and older adults.

C2. **Ethics of Self-Determination: The Debate**

Professionals supporting people in a self-determined world may become concerned about the ethical boundaries of the work related to self-determination. This interactive session will help individuals think through these dilemmas and learn strategies to put in place.

C3. **Self-Advocacy: A Key to Self-Determination**

This session will focus on the resources and advantages of self-advocacy from nationally recognized advocates.

C4. **Shared Decision Making and Dignity of Risk**

Individuals at this session will learn about multiple perspectives on maintaining decision making roles in a self-determined life. The panelists will provide perspectives on guardianship, power of attorney, and shared decision-making.

To Register

Registration Fee: \$95

Scholarships are available for older adults and their caregivers. Send an email to:

selfdetermined@incontrolwisconsin.org
or call **(608) 719-7256** for information.

Registration Deadline:

Friday, May 23, 2014

Register online:

www.regonline.com/selfdetermined2014

Conference cancellation policy:

No refunds will be made for cancellations received after the deadline date. A substitute may attend in your place.

Hotel Information:

To make a reservation, call

1-800-867-9453

Ask the reservation agent to book your room under the Self-Determination in Aging Conference 2014, block #428179.

Room rates:

\$70 single, \$99 double/triple/quad

The last day to reserve rooms under the conference block is May 19, 2014.