



# Living a Self-Determined Life 2015

A Conference on Empowerment  
for Older Adults

June 1-2, 2015

Glacier Canyon Lodge Conference  
Center at the Wilderness Resort  
Wisconsin Dells

Join **InControl Wisconsin**, older adults,  
their families, caregivers, and the professionals  
who support them for this unique event  
celebrating and exploring self-determination  
and empowerment in aging.

**in**  **Control**  
Wisconsin

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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 people 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 people can retain control and choice

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

**Promote** the exchange of information between older people, 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 people, 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 Independent Consultant Agency Providers
- ◆ IRIS Fiscal Employer Agent 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

## Monday, June 1, 2015

Noon – 1:45 pm	Lunch   Opening Session
2:00 – 3:00 pm	Workshops
3:15 – 3:45 pm	Ice Cream Social
3:45 – 4:45 pm	Workshops
5:00 – 7:00 pm	Visit Exhibits   Reception

## Tuesday, June 2, 2015

8:00 – 9:00 am	Breakfast
9:15 – 10:15 am	Workshops
10:15 – 10:45 am	Break   Visit Exhibits
10:45 – 11:45 am	Workshops
12:00 – 1:30 pm	Lunch   Closing Session



## Promoting Choice and Control for All

In Control Wisconsin is working for changes in our state so that citizens of any age or need for support, can self-direct their support. 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. We promote self-determination and self-directed support through training, technical assistance, sharing information, developing new resources and connecting people.



## Keynote Address

# Self-Determination: Past, Present & Future



Dr. Kevin Mahoney will share a national perspective on the expansion of self-determination in long-term care. To prepare for the future, we need to understand the past and achievements that bring us here today. What can we learn from the evidence of success that supports this model of service delivery as we look toward the future? This keynote will help us understand the challenges and opportunities we may face in continuing to advance self-determination.

**Kevin Mahoney**, PhD is a Professor at Boston College School of Social Work and the Founding Director of the National Resource Center for Participant-Directed Services.

## Closing Session Address

# Speaking Truth to Power: The Risks and Rewards



Advocating for yourself or others can be frightening and threatening. But can we afford to do any less?

**Stephanie Sue Stein** is the Director of Milwaukee County Department on Aging and a passionate and committed advocate for older adults.

# Workshops

Monday 2:00 pm - 3:00 pm

**A1. Navigating the “Hospital Rapids”:  
Avoiding Hazards, Managing Adversity  
& Reaching the Best Possible Outcomes**

Speakers: Terry Lynch, author, *Hospital: A Guide to Staying Safe*; Rick Dahl, Program Coordinator, Hospital Elder Life Program, Meriter Hospital; Carrie Bennett, Geriatric Clinical Nurse Specialist, Meriter Hospital

This workshop will explore the risks of hospitalization specific to older adults, strategies for preventing and minimizing the impact of harmful events, and keys to establishing effective partnerships with physicians, nurses, and other hospital staff.

**A2. Supporting the Right to Self-Determination  
Throughout the Dying Process**

Speaker: Tracy Shroepner, Associate Professor, UW-Madison

This session will focus on ensuring an elder’s right to self-determination throughout their dying process and up to the moment of death. Information will be provided on challenges to self-determination potentially experienced by terminally ill individuals and the impact such challenges pose for the elder and their informal and formal caregivers.

Appropriate and culturally sensitive best practices for addressing those challenges will be presented.

**A3. Being the Employer: Supporting the  
Direct Care Workforce and Employers  
in the Self-Directed World**

Speakers: Wisconsin Long Term Care Workforce Alliance Members

This panel will share tips and tools to assist in recruiting and retaining a quality direct support team. Ever wondered about maintaining self-direction when using an agency based workforce or about strategies to support employers hiring their care providers directly? Attendees will learn from the diverse membership of the Wisconsin Long-Term Care Alliance, including both agency human resources teams and Fiscal Employer Agencies.

**A4. Home Modification Tips from the Trenches**

Speaker: Cindi Pichler, Assistive Technology Program Manager, IndependenceFirst

Home modifications can be the ticket to independence or the difference between living at home or in a nursing home. Older homes, small lots, tight budgets and rental units all present challenges. Sometimes assistive technology can be used instead of home mods, but what considerations are important? How do you balance function, cost, and convenience with caregiver and family needs?

# Workshops

Monday 3:45 pm - 4:45 pm

## B1. Review of Nutrition Program Pilots

Moderator: Sara Koenig, MS RDN CD, Elder Nutrition Program Manager, WI Department of Health Services, Office on Aging

With an exploding aging population, diminished resources, and changing demographics, new ideas and approaches are needed to maintain a high level of success in providing nutrition services to seniors across Wisconsin. To address these challenges, the Bureau of Aging and Disability Resources (BADR) convened the Wisconsin Nutrition Revitalization Task Force in 2013 to examine ways to strengthen and invigorate the Wisconsin Elderly Nutrition Program's congregate meal services and provided funding to support pilot projects to drive local efforts toward significant and novel changes to improve and sustain the nutrition program's vitality well into the future.

In this session, panelists representing local pilot projects will describe their projects and how, by offering choice in their programs, they developed innovative ways to promote autonomy for older adults. They will also describe successes and challenges encountered during the process.

## B2. Positive Freedom: Veteran Directed Home and Community Based Services Program

Speakers: Lisa Drouin, GWAAR; Samantha Bykowski, Veterans Administration; Kevin Mahoney, PhD, NRCPSD

In 2009, as part of efforts to rebalance long-term care services and supports and offer additional home and community services, the Veteran's Health Administration (VHA) introduced the Veteran Directed Home and Community Based Services (VDHCBS) program. The program allows veterans and their families to choose the services and supports they need to safely and successfully live at home. Veterans overwhelmingly report satisfaction with the program and extensive work has been done regarding the benefits and cost-effectiveness.

Hear stories about Wisconsin veterans who have maintained freedom and choice in their lives through the program.

## B3. Real Stories of Self-Determination

Facilitator: Laura Hanson, Director of Quality, ContinuUS and older adult and family caregiver panelists

In this workshop you will hear first-hand stories about how older adults are being supported to remain in charge of their lives. This is an opportunity to learn about the many ways to support people to lead a self-determined life. A panel of older adults and family caregivers working with TMG, Care Wisconsin, ContinuUS, and Community Care of Central Wisconsin will discuss their experiences.

## B4. Dane County Dementia Support Team (DST): Honoring Choice in Challenging Situations

Speakers: Beth Freeman, Community Services Manager—Long Term Care, Dane County Human Services; Joy Schmidt, Community Education Specialist, Alzheimer's & Dementia Alliance of Wisconsin; Jodie Castaneda, Community Options Program Case Manager, South Madison Coalition of the Elderly

As a response to the challenges faced when trying to relocate persons with dementia from the Mendota Geriatric Treatment Unit back into the community, Dane County (in collaboration with the Alzheimer's & Dementia Alliance and South Madison Coalition of the Elderly) developed a team that supports people with dementia in a person-centered manner. Team members will share their experiences and how they can support a person's right to choice when those choices may be very limited.

# Workshops

Tuesday 9:15 am – 10:15 am

## C1. **Empowering Patients and Caregivers to Manage Medications after Hospital Discharge**

Speakers: Korey A. Kennelty, PharmD, PhD, Advanced Geriatric Fellow, Assistant Adjunct Professor, William S. Middleton VA Hospital, University of Wisconsin-Madison

Medication-related issues may arise when patients transition between health care settings (e.g., hospital, home, nursing home). This workshop will discuss how to engage patients and their caregivers to improve outcomes after discharge, maintaining as much independence and choice as possible.

## C2. **Building Dementia Friendly Communities: A Tool Kit for Wisconsin Communities**

Speaker: Sue Konkell, Dementia Care Specialist, Community Liaison for Dementia Friendly Communities

The Healthy Brain Initiative Project was a one-year, grant-funded program to gather lessons learned and promising practices from innovative local dementia friendly initiatives around the state of Wisconsin and compile them into a tool kit for use by those wanting to create or expand a dementia friendly community initiative. This workshop will explain what is in the tool kit and how to use it.

## C3. **Cultural Variations of Self-Advocate Leadership: A Panel Discussion and Audience Talkback**

Co-facilitators: Jonette N. Arms, Assist. Director, Milwaukee County Department on Aging; Carmen Pangilinan, Program and Policy Coord., Milwaukee County Department on Aging

This session will focus on what advocacy is and looks like as it relates to cultural needs and differences. Hear stories from a diverse panel of older adults from across Wisconsin who have led or been a part of advocating for the needs of self and others.

Many older people continually deal with the challenges and hopes of aging with dignity. With persistent, pressing, and challenging budget and policy issues that impact the lives of seniors, it is important to develop needed skills and learn strategies to become empowered to build, maintain, and grow as a self-advocate leader.

This workshop will give seniors the opportunity to engage one another in personal experiences and will be a guide to developing and strengthening audience members' abilities to make choices, express opinions, and take ownership of their own care.

## C4. **Making Gifts Visible / We Need YOU**

Speakers: Cathy Derezinski, Community Resource Manager, Community Care Connections of Wisconsin; Joe Erpenbach, LinkEd, Faculty, Asset Based Community Development Institute

How do we co-create neighborhoods that are inclusive, cooperative and engaged? In a very important sense, community without a place for everyone, is a community with a place for no one! Asset Based Community Development (ABCD) is a powerful approach to community development. It focuses on discovering and mobilizing the abundance of gifts and resources that are present in every community. This will be a discussion about ways to connect to groups, others and places in your neighborhood by looking at our life experiences, gifts and passions. The session will include activities, stories, and small group conversation.



# Workshops

Tuesday 10:45 am – 11:45 am

## D1. **Surrogate Decision-Making**

Speakers: Susan Fisher, Managing Attorney, WI Guardianship Support Center; Kim Marheine, Ombudsman Services Supervisor, BOALTC

This session will explore multiple perspectives on maintaining decision-making roles in a self-determined life. Presenters will also provide legal perspectives on guardianship, power of attorney, and shared decision-making.

## D2. **Training Future Professionals on Person-Centered Planning and Participant Direction**

Speaker: Doreen Higgins, PhD, Associate Professor, MSW Program Chair and Coordinator, University of Wisconsin-Green Bay; Kevin Mahoney, PhD, NRCPPDS

UW-Green Bay is one of nine social work programs across the country to receive a grant from the New York Community Trust, working through the Council of Social Work Education and the National Resource Center for Participant-Directed Services, to develop pioneering methods for training future bachelors and masters-level students in social work around person-centered planning and participant direction. Each program is attempting to infuse this content into clinical as well as macro courses and develop field experiences for experiential learning. The effort is ending its second year; the third year will see major efforts at disseminating these training modules and materials to stimulate inter-disciplinary curriculum building.

## D3. **Timebanking for Self-Determination**

Speakers: Panelists from two Wisconsin Timebanks

Timebanking has become well-established in many communities and can be a tool for older adults to use as a support system to maintain their independence. Panelists will give an overview of the timebank movement, illustrate how collective action in a community builds an integral resource, and share stories about successfully using a timebank as a member.

## D4. **Livable Communities: How Our Neighborhoods Contribute to Personal Independence and Empowerment**

Speaker: Sam Wilson, State Director, AARP Wisconsin

What does a community need to have in place to support older adults living independently? An initiative by AARP promotes the development of safe, accessible, and vibrant environments often called livable communities. Livable communities policies address issues such as land use, housing, transportation, and broadband — all of which facilitate aging in place. Learn more about how your community scores on the Livability Index and what you can do to facilitate improvement.





# To Register

## Registration Fee:

**Older Adult & Family Member** — \$95

**Professional** — \$150

Scholarships are available for older adults.

Apply at: [selfdetermined@incontrolwisconsin.org](mailto:selfdetermined@incontrolwisconsin.org)

or call **(608) 719-7256** for information.

## Registration Deadline:

Friday, May 22, 2015

## Register Online:

[www.regonline.com/selfdetermined2015](http://www.regonline.com/selfdetermined2015)

## Conference Cancellation Policy:

If notice of cancellation is received prior to the registration deadline, you will receive a full refund of fees. 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 2015, Leader # 511104

## Room Rates:

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

The last day to reserve rooms under the conference block is May 15, 2015.