



Aging Empowerment

Conference • 2016

Living a Self-Determined Life

June 7-8, 2016

Glacier Canyon Lodge Conference
Center at the Wilderness Resort
Wisconsin Dells

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

Hosted By:



Thank you, sponsors!



Supporters:



Friends:

Community Care, Inc.

Consumer Direct

Wisconsin Department of Health Service
Bureau on Aging and Disability Services

Preconference Sponsor:

Aging & Disability Professionals
Association of Wisconsin

Living a Self-Determined Life

The **Aging Empowerment 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 among 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:

- Older Adults
- Caregivers
- County & Tribal Aging Units
- Adult Protective Services
- Human Services Departments
- Crisis & Mental Health
- Developmental Disabilities



Conference Agenda

Tuesday, June 7, 2016

PRECONFERENCE

12:30 – 12:45 pm Welcome

12:45 – 2:00 pm Putting the POWER in Empowerment

2:15 – 3:30 pm Get Engaged: Inserting Your Voice in Community Issues

3:45 - 5:00 pm You have the Power! How You Can Impact Policy Change

5:00 – 7:00 pm Visit Exhibits/ Networking Reception

Wednesday, June 8, 2016

CONFERENCE

8:00 – 9:00 am Breakfast

8:45 – 9:45 am Keynote Address

9:45 – 10:15 am Break/visit exhibits

10:15 – 11:30 am Workshops

11:45 – 12:30 pm Lunch

12:30 – 1:45 pm Workshops

1:45 – 2:15 pm Ice Cream Social Break/Visit Exhibits

2:15 – 3:30 pm Workshops

3:30 – 4:15 pm Closing



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.



Preconference

Aging empowerment through an understanding and implementation of principles of self-determination is a grassroots movement with strong roots in social justice. In Wisconsin, we have many avenues available to us to work on the systems change that will lay the foundation for living life as we choose to live it.

Our preconference is geared toward older adults, family caregivers, and professionals new to the field of aging. Our goal is to teach how the system works, how to influence the system, and provide a network of peers interested in adding their voice to shaping policy at the state and local levels.

Tuesday 12:30 - 12:45 pm

Welcome

12:45 - 2:00 pm

Putting the POWER in Empowerment

Presenters: Esther Olson, Tom Frazier, Stephanie Sue Stein, Advocates

This session will address systems advocacy with emphasis on local (county or city) government. It is designed to teach older persons, not staff, how to be effective advocates for aging programs and services at the local level, although the advocacy skills taught apply to state and federal levels as well. The topic relates to self-determination by empowering older persons to advocate for funding, programs and services that give them the ability to determine the priority issues most important to their communities.

How government decisions get made seem too complicated and daunting to the average person. This workshop will attempt to de-mystify the process and empower people to understand the process and how to influence it. Participants will learn critical advocacy principles, including developing issue papers (proposals), identifying the key officials who have the power to say yes, the importance of “showing up”, and other keys to success. Stories of successful advocacy efforts will illustrate that the principles really work in practice.

2:00 - 2:15 pm

Comfort Break

2:15 - 3:30 pm

Get Engaged: Inserting Your Voice in Community Issues!

Presenters: Helen Marks Dicks, AARP Wisconsin Associate State Director State Advocacy; Janet L. Zander, MPA, CSW, GWAAR, Advocacy & Public Policy Coordinator

Participants will learn how to seek out opportunities for getting involved in their communities by serving on boards and committees and tips for inserting their voices in the important conversations happening in their communities (and beyond) that impact their quality of life and that of other older adults.

“Older adults are also a prime source of talent, experience, and energy for solving social problems, and evidence suggests that they are eager to put these assets to work, given the chance. Yet opportunities for meaningful education, employment, and community service tend to grow scarcer in later life, largely because most of society still mistakenly believes that older people are uninterested in, and even ill equipped for, regular work or study.” (A New Story About Later Life: The Atlantic Philanthropies’ Effort to Expand Civic Engagement Among Older Americans, 2001–2010)

*If invitations haven’t come to you, learn how to get yourself a seat at the table and ensure you are a part of important conversations and activities affecting your life and the lives of others.



Preconference Continued...

3:30 - 3:45 pm
Comfort Break

3:45 - 5:00 pm

You have the Power! How You Can Impact Policy Change

Presenters: Carrie Porter, Older American's Act Consultant, GWAAR; Marion Holmberg, founding member of Save IRIS/Wisconsin's Self-Direction Advocates; Molly Hilligoss, Social Justice & Advocacy Director, YWCA LaCrosse

Policy that is developed in Madison impacts our lives every day. Often, we are not aware of a policy change until we see services discontinued, benefit checks reduced, or new requirements put in place. This presentation will recount the journey of the fellows of the WI Women's Network Policy Institute as they learned about the issue of Homestead Tax Credit and worked at the legislative level to impact changes that ultimately benefit the recipients of this tax credit. Through this real-life example from this group of volunteer advocates, participants will learn how they can identify issues and impact policy change that affects their life and the lives of those they love.

5:00 - 5:30 pm

Putting Your Knowledge In to Action

Facilitators: Patti Becker, InControl Board Treasurer, Janet Zander, CSW, MPA, Advocacy & Public Policy Coordinator, Greater Wisconsin Agency on Aging Resources, Inc.

What's next? What steps can you take to use your newfound knowledge and become further engaged in your community to keep the self-determination movement moving in Wisconsin?

While big ideas often resonate with us in their theoretical forms, we may sometimes find it difficult to transition them to the real-life situations we encounter in our day-to-day lives. Speakers will present the top three aging issues they see as most timely and likely to be focused on in the next budget cycle. Then, participants will synthesize the skills learned today and find meaningful ways to apply it to their work and lives going forward. All of the session presenters will participate in a panel discussion with attendees to identify opportunities to use what you've learned today in your own communities.



Workshops

Wednesday 10:15 am - 11:30 pm

A1. Sexuality in Persons With Dementia and/or a Terminal Illness

Presenter: Melanie G. Ramey, JD, MSW, CEO/ED, The HOPE of Wisconsin

People are sexual beings as long as they live and have a need for expression of their sexuality and need for intimacy. Evidence to support this reality will be presented.

In our society there is a negation of the idea of sexuality and aging. We emphasize youth and beauty as the only issues related to sexuality.

An important court case involving a patient with dementia and her husband will be discussed that dramatizes the problems that residents in nursing facilities can encounter and the attitudes of adult children about their parents sexual needs.

The effects of medical treatments, disfigurement and medical equipment especially with the terminally ill will be discussed.

The session will conclude with suggestions for professionals, families and caregivers to provide opportunities for patients and their partners to discuss any concerns they might have about this aspect of their lives.

A2. Irene's Story

Presenters: Irene Wisniewski, 80 year old business owner, part-time employee, mother, grandmother, great-grandmother and neighbor; Deb Wisniewski, most importantly, Irene's daughter; Faculty, Asset-Based Community Development Institute and Non-Profit Consultant

Join us as we hear from Irene Wisniewski, a lively 80 year old woman who lives in her own home, runs her own business from her home, works part-time at a local business, and is active in her community. Her story shows us what can happen when we appreciate the gifts and talents of older adults in our communities, while providing both formal and informal support as needed.

Through Irene's story of self-determination, attendees will learn about the important roles older adults play in

A3. Creating Dementia-Friendly Communities in a Diverse, Urban Setting

Presenters: Bashir Easter, AAS, BHSM, MBA PA, Dementia Care Specialist Milwaukee County, Milwaukee County Department on Aging; Andrea Garr, Dementia Care Specialist Milwaukee County, Milwaukee County Department on Aging

As Wisconsin's largest and most diverse county, Milwaukee County Dementia Care Specialists (DCS) have developed a strategy specific to communities of color in their plan to create dementia-capable, dementia-friendly communities. Milwaukee County's DCS have concentrated efforts on a pilot community, the Village of Greendale, to test proposed initiatives that promote the concept of self-determination within the livable communities' framework. The presenters will share the strategic plan for Milwaukee County and discuss the accomplishments and challenges creating a dementia-capable, dementia-friendly Milwaukee County.

A4. Partnership Conversations: Preserving the Empowerment

Presenters: Patti Becker, Community Partnerships and Outreach Specialist, The Management Group; Troy Thill, CAPSW, Learning and Development Specialist, The Management Group

Planning for an empowered aging life is an art that requires strong partnerships, trust and clear communication. It isn't about being told what's best for you, having things done for you, but about partnering with someone who understands your individual strengths and helps clear the path if there are struggles. Through an interactive activity using role play and worksheets, attendees will practice skills needed to create productive, self-directed, empowered planning conversations. Attendees will leave the session with practical strategies and tools that ensure the preservation of self-direction in planning and support conversations.

Workshops

Wednesday 12:30 pm - 1:45 pm

B1. Dementia Friendly Community Successes

Presenters: Janet Wiegel, Outreach Specialist, Alzheimer's and Dementia Alliance of Wisconsin; Becky Mulhern, Director of the Aging and Disability Resource Center for Columbia Co; Bill Tierney, Mayor, Portage, Wis. and EMT for Divine Savior Hospital; Ken Manthey, Police Chief, Portage, Wis.

The City of Portage is partnering with the Alzheimer's & Dementia Alliance of Wisconsin and other area businesses to support residents who have dementia and their care partners by becoming dementia friendly. A Dementia Friendly Community (DFC) is described as one that recognizes the challenges faced by those with dementia and enables them to live life to its full potential; where people with dementia are understood, respected and supported; where people understand dementia; and where those with dementia feel welcomed, included and involved. A DFC is a place where everyone can contribute to community life. On this panel, members of the Dementia Friendly Community Task Force represent input from all stakeholders, including municipalities, non-profit organizations, service providers and members of the community. People with dementia and their care partners provided key input at every stage of this project, giving them a meaningful voice in determining their role in the community.

B2. How to Reimagine Your Life - *Session one of two - Plan to attend C2 also.*

AAPR Speakers

Life Reimagined is a program to help individuals reflect, evaluate priorities and take action to live their best life. It can help you focus on navigating transition moments and achieving goals, big and small. Whether it's developing a new skill, learning or discovering new interests and pastimes, you can decide what goal you want to achieve. Transitions ask us to come to terms with changes by challenging us to look at our purpose, our calling, and the meaning behind the changes that affect us. Transitions are about who we've been, where we've come from and where we're headed. Knowing there is a longer road ahead of us makes us think about the path we want to take and that age doesn't limit our possibilities.

B3. Healthcare and Caregiving in African American Communities

Presenters: Kira Stewart, Dementia Care Support Specialist "Caregiver Coach", ADRC of Dane County

This workshop holistically addresses the physical, emotional, and spiritual health of African American individuals and families. In health care, cultural awareness, sensitivity, and competence behaviors are necessary because even such concepts as health, illness, suffering, and care mean different things to different people. Knowledge of cultural customs enables health and social service care providers to provide better care and helps avoid misunderstandings among staff, residents/patients, and families.

B4. Empowering Older Adults through Supported Decision-Making

Presenters: Alice Page, JD, MPH, Adult Protective Services and Systems Developer, Wisconsin Department of Health Services Office on Aging; Kim Marheine, MA, Ombudsman Services Supervisor, State of Wisconsin Board on Aging and Long Term Care

The number of older adults under guardianship is on the rise. However, research shows that overbroad or undue guardianship can negatively affect a person's quality of life while increased self-determination leads to a better quality of life. Supported decision-making, which provides the individual with decision-making assistance, is a less restrictive alternative to guardianship because the individual remains the primary decision-maker. By recognizing that the individual may need decision-making assistance without removing the right to make decisions, supported decision-making can protect fundamental rights, increase self-determination, and improve life outcomes. There is no single model of supported decision-making. However, the legal and policy infrastructure needed to promote supported decision-making is being developed at the local, state, and federal levels. Supported decision-making, which has been used by people with developmental disabilities, shows great promise for older adults. This workshop will address: what supported decision-making is; its pros and cons; its relationship to guardianship; supported decision-making in the U.S., including Wisconsin, and elsewhere; and the future of supported decision-making for older adults.

Workshops

Wednesday 2:15 pm - 3:30 pm

C1. Myths and Biases Affect Service to LGBT Elders

Presenters: Caroline Werner, MSW, LGBT Senior Advocate for OutReach LGBT Community Center, Madison, WI.

The presentation is designed to stimulate the thinking of service providers on how to better-serve LGBT older adults. How do myths and biases about LGBTQ individuals color the delivery of services? What are some of the myths and truths? What do we need to do to overcome the biases and assumptions to offer culturally competent services and care? Service providers are in a position through their jobs to continually learn and grow. Through self-determination, we have the control to look at how what we do or say affects our clients and then look internally to determine how we can take advantage of opportunities to improve and better meet the needs of the diverse backgrounds of the people we serve.

C2. How to Reimagine Your Life (session two of two)

Presenters:

C3. Caregiver Self-Determination: A Path to Health and Independence

Presenters: Tim Davis, Owner, Safe at Home Senior Care, Eau Claire; Valeree Lecey, Caregiver Services Coordinator, ADRC of Ozaukee County.

Facilitators: Lynn Gall, Alzheimer's & Family Caregiver Coordinator, Office on Aging; Jane Mahoney, Older Americans Act Consultant, GWAAR

Self-Determination is for caregivers, too. Caregivers tend to focus on the needs of the person they care for at the expense of their own needs and health. As a result, prolonged periods of caregiving often lead to depression, feelings of personal loss, resentment and isolation. Our workshop presenters will provide tips for persuading caregivers to accept help, and explain how caregiver support services can relieve stress and preserve precious aspects of caregivers' personal lives. This workshop will promote the importance of utilizing caregiver supports in ways that enable family and friends to make guilt-free decisions that are needed to maintain their own physical and mental health. Strategies will address concerns of caring for someone living at home, with family members and in other community settings.

C4. But Names Will Never Hurt Me...The Cost of Ageism

Presenters: Janet L. Zander, CSW, MPA, Advocacy & Public Policy Coordinator, Greater Wisconsin Agency on Aging Resources, Inc.; Cynthia M. Ofstead, PhD, Director, Wisconsin Department of Health Services Office on Aging; Noreen Holmes, Aging Advocate/Volunteer, Wisconsin Aging Advocacy Network (WAAN), former County Aging Unit Director

According to Becca Levy, PhD, names, words, ideas, and perceptions can hurt: "People with ageist attitudes make decisions that are not in the best interest of older people or their own self-interest." Ageist beliefs become a self-fulfilling prophecy for those who accept or unconsciously internalize negative ideas about aging. Learn to recognize and combat ideas like "with age comes memory loss, decreased mobility, reduced capacity to solve problems and make decisions"... through a Myths of Aging Quiz. Empower your own aging with positive and real perspective. Changes at the organizational, community, and individual level can move us from ageism to empowerment. Learn or relearn the creative power of wisdom in aging so revered in many cultures. Begin the journey as an Anti-Ageism Advocate who can experience old age as positive and add 7.5 years to your life!



To Register

Registration Fee:

Preconference | \$50

Older Adult | \$95

Professional | \$150

Scholarships available for older adults and family caregivers!

We have numerous scholarships available to attend both the preconference and regular conference, and can include a hotel room for overnight stay if need be. Scholarships will be awarded on a first come, first serve basis.

Send your scholarship request to: prynearson@gmail.com
or call 608-446-4206 for information/questions

Registration Deadline:

June 1, 2016

Register Online:

regonline.com/selfdetermined2016

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 Aging Empowerment Conference 2016, Leader # 553585 (Glacier) or D68642 (hotel)

Room Rates:

\$82 single, \$99 double/triple/quad

The last day to reserve rooms under the conference block is May 6, 2016.