

Tuesday and Wednesday, March 4 & 5, 2025

Tuesday, March 4

AM Intensive Workshops 1-3 (8:30-11:30 AM)

Participants will select one AM Intensive Workshop from the following.

Intensive Workshop 1: Understanding Trauma and Implementing Trauma-Responsive Care for All Ages and Abilities

Speaker: Miranda Kunkel, *Trauma-Responsive Care Consultant, Finding Hope Consulting*

In this interactive session, participants will gain a deep understanding of trauma and its impacts, particularly among older adults and people with disabilities. The workshop will explore trauma and resilience, examining how trauma affects physical, emotional, and behavioral health.

Through case studies and small group exercises, participants will practice trauma-responsive language and develop care plans that incorporate trauma-responsive principles, all while emphasizing the importance of self-care. The session aims to equip professionals with practical strategies for implementing trauma-responsive care to foster safer, more compassionate environments for all care recipients and partners.

Workshop Objectives

Participants will be able to:

- Define key concepts related to trauma and resilience.
- Learn to recognize the physical, emotional, and behavioral signs of trauma, particularly in older adults and people with disabilities.
- Identify the long-term impacts of trauma on this population.
- Define and differentiate between trauma-informed care and trauma-responsive care.
- Practice trauma-responsive language and develop care plans that incorporate trauma-responsive principles.
- Discuss the importance of self-care for staff and providers in the context of trauma-responsive care.

Intensive Workshop 2: Discover new 2025 long-term care programming in our service area: Medicare's GUIDE model, MyCare Next Gen and PACE

Speakers: Dr. Tim Sigward, *Medical Doctor, NeuroPsych Center of Greater Cincinnati*; Ken Wilson, *Vice President of Program Operations, Council on Aging*; Lori Baker, *Director of Population Health Care Management, TriHealth* and Brooke Gully, *Vice President Managed Care and Medicaid Services, Council on Aging*

Join this session to learn about new long-term care options for older adults. This session will provide an overview of the Medicare GUIDE model, MyCare Ohio Next Gen and Cincinnati's new PACE program. We



have a panel of experts that will dive into each of these programs and give you an opportunity to learn about how these programs will benefit your clients in our service area.

Dr. Timothy Sigward will provide education on the GUIDE model, a program developed by Medicare aiding individuals with dementia and their caregivers, including eligibility and enrollment details. He will outline the program's goals, evidence-based training, and support services aimed at promoting best practices in dementia care. The ultimate aim of the program is to help dementia patients maintain high functioning and independence for as long as possible.

Brooke Gully will provide updates on the changes coming to MyCare Ohio Next Gen which aims to simplify the difficulties our clients encounter when navigating both Medicaid and Medicare. She will share our approach in preparation to the changes within the program and what our members need to be aware of for continuous services. The Next Generation MyCare enhancements include an emphasis on behavioral health services, increased transportation options, expanded opportunities for self-direction, and improvements in long-term care.

Ken Wilson and Lori Baker will provide education on the PACE model (Program of All-Inclusive Care for the Elderly) which focuses on providing comprehensive care for frail older adults, integrating both medical and social services. It differs from other care options like PASSPORT and MyCare OH in terms of service delivery and eligibility criteria. Understanding these differences helps in identifying the best care pathways for older adults. Key aspects include the eligibility requirements for enrollment in these programs, the types of services offered, and how older adults can access these services.

Workshop Objectives

Participants will be able to:

- Understanding of Medicare's GUIDE model, to include basic information regarding eligibility, how to enroll and the basic objectives of GUIDE model.
- Understanding of detailed information regarding specific benefits for those enrolled in GUIDE model and specific education and resources for caregivers as part of GUIDE.
- An understanding of MyCare Ohio Next Gen changes for 2026.
- An understanding of how AAA's and health plans are preparing for the changes and to prepare our clients.
- An understanding of the PACE model and the comprehensive care plan available for frail older adults.
- An understanding of the similarities and differences from other care options such as PASSPORT and MyCare OH.
- An understanding of the eligibility criteria for services, type of services; both medical and social and how older adults enroll in program.
- An understanding of how to explain PACE as an option among other community-based options.

Intensive Workshop 3: Social Security: Yearly Updates and Medicare Basics and Beyond

Speakers: Kelly Draggoo, *Public Affairs Specialist, Social Security Administration* and Amber Cupps, *Community Liaison, Ohio Department of Insurance, OSHIIP*

Cincinnati Public Affairs Specialist Kelly Draggoo will present information about creating a mySocial Security account online, including what you can do with one, and the benefits of having an account. She will also discuss options for retirement benefits, including spouse and survivor benefits, early vs. delayed filing, work limits, and non-ICA pension interaction with Social Security.

In addition, Draggoo will discuss the different disability programs at Social Security Administration and detail the differences between Social Security Disability and Supplemental Security Income. Draggoo will finish her presentation by demonstrating how to file for benefits via telephone, in-office and online.

The third hour of this presentation will be dedicated to everything related to Medicare. Amber Cupps, Ohio Senior Health Insurance Information Program's (OSHIIP) Community liaison, will share Medicare expertise and provide information about enrollment periods, eligibility criteria, the difference between original Medicare and Medicare Advantage plans and changes for 2025.

Workshop Objectives

Participants will be able to:

- Understand the benefits and how to create a mySocial Security account.
- Understand options for retirement benefits including early versus delayed filing, work limits, and non-FICA pension interaction with Social Security.
- Gain awareness of disability program criteria.
- Explain the difference between Social Security Disability insurance and Supplemental Security income.
- Understand Medicare enrollment, eligibility criteria, the difference between original Medicare and Medicare Advantage plans and changes for 2025.

Tuesday March 4, 2025, Keynote 12:45-1:45 PM

Opening Keynote: Resilience in Care: Understanding Mental Health and Practicing Self-Care

Speaker: *Chanté Meadows, Ph.D., LISW-S*

Join us for an insightful keynote that explores how understanding mental health and practicing self-care are crucial components for sustaining overall well-being. Participants will gain a deeper understanding of mental health impacts in caregiving roles and the importance of self-care as a professional responsibility. Attendees will leave with evidence-based strategies and actionable self-care plans to help manage stress, prevent burnout and build resilience in their demanding careers. This session offers a supportive space for professionals to learn, share and set realistic goals to prioritize their own well-being.

Dr. Chanté Meadows is the Founder and CEO of Meadows Counseling Group, a successful mental health practice with a diverse team specializing in various mental health challenges. The practice emphasizes culture, diversity and trauma, attracting individuals from underrepresented communities facing systemic issues related to race, identity and marginalization.

Meadows is a therapist specializing in BIPOC individuals, women and clients facing life transitions, relationship issues, anxiety and depression. Her collaborative, person-centered approach utilizes various evidence-based therapies to meet each client's unique needs.

Meadows is a dedicated educator and lecturer at The Ohio State University's College of Social Work, mentoring future social workers. She serves as Board President for the National Association of Social Workers, Ohio Chapter, advocating for progressive policies and enhanced mental health resources in the state.

Keynote Objectives:

Participants will be able to:

- Define and recognize signs of burnout, compassion fatigue, and vicarious trauma among healthcare and social service providers, enhancing awareness for early intervention.
 - Understand the ethical and professional importance of self-care and how it directly influences patient and client outcomes.
 - Develop an individualized self-care and wellness plan that incorporates physical, emotional, mental, and social well-being strategies.
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Tuesday, March 4

PM Concurrent Workshops 1-3 (2-4 PM)

Participants will select one PM Concurrent Workshop from the following.

Workshop 1: Building Bridges as Cultural Humility and Responsive Care

Speaker: Chanté Meadows, Ph.D., LISW-S, *Founder and CEO, Meadows Counseling Group*

Participants will learn how to develop a deeper understanding of diverse cultural perspectives and their own biases, equipping them to provide more equitable, respectful, and effective support to clients from various backgrounds. Through interactive discussions, reflective exercises, and case studies participants will leave with practical tools and strategies to implement in their daily interactions, fostering a sense of belonging and respect for all individuals they serve.

Workshop Objectives

Participants will be able to:

- Understand how inequities impact service delivery.
- Learn approaches to advocate for equity.
- Define cultural humility and differentiate it from cultural competence.
- Recognize the role of self-awareness in identifying personal biases and assumptions.
- Identify strategies for building trust and mutual respect with clients of diverse cultural identities.

Workshop 2: VA Panel: Understanding benefits and services for veterans

Speakers: Matt Barnes, *Attorney, ProSeniors* and Kristen Lawwill, *Assistant Chief of Social Work Service, Cincinnati VAMC*

Join this panel of experts for a session dedicated to offering guidance on supporting veterans within your care plan. We will provide an overview of the geriatric and extended care programs available through the

VA and discuss legal challenges that veterans may encounter. First, Kristen Lawwill will provide general guidance regarding eligibility, clinical criteria, and the referral process to connect Veterans from the community setting. Next, Matt Barnes will present on the most common legal concerns ProSeniors encounters in helping senior Veteran clients will be discussed. He will also provide an understanding of the basics of eligibility for certain programs and give a brief overview of the types of legal services ProSeniors offers and some other resources Veterans can turn to for different types of legal issues.

Workshop Objectives

Participants will be able to:

- Overview of VA geriatric and extended programs.
- Provide education on clinical and administrative eligibility for Geriatrics and Extended Care Program.
- Provide education on VA referral process.
- Identify common legal issues senior veterans face.
- Understand the basic requirements of programs senior veterans often use.
- Identify legal resources for common legal problems senior veteran's encounter.

Workshop 3: Epilepsy management in an aging population

Speaker: Matthew Dailey, M.D., *Medical Doctor, University of Cincinnati Medical Center, Neurology Department*

Seizures not only become more prevalent as we age, but they also pose greater risks. Older adults require unique considerations for the diagnosis and treatment of epilepsy. In this age group, it's essential to find a delicate balance between preventing seizures and preserving quality of life. In this workshop, participants will discover practical strategies for managing epilepsy and be empowered to safeguard this vital and expanding demographic.

Workshop Objectives

Participants will be able to:

- Understand why epilepsy increases in prevalence as we age and how a diagnosis is made.
 - Understand first aid during a seizure, prevention of further seizures and how to develop a seizure action plan.
 - Understand how treatments and comorbidities impact quality of life and how epilepsy monitoring units can treat advanced cases of epilepsy for older adults.
 - Understand community resources and engagement to support those with epilepsy.
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Wednesday, March 5, 2025

Keynote 8:30 -9:30 AM

Keynote: The Typical Progression of Dementia and How to Help

Speaker: Amanda Snow Bulgarelli

This session will introduce learners to a new way of looking at the progression of dementia: the GEMS states of brain change, with each state corresponding to a particular gemstone. The GEMS states recognize the shifts in skills and abilities that occur for all individuals in different moments, not just those living with brain change. When dementia is involved, progression may look quite different for each individual, but the movement through each of the GEMS states is fairly predictable. The session will address the different characteristics of each GEMS state. It will then explore the most effective ways to offer support for each state, with the goal of improving interactions and relationships.

With a master's degree in educational leadership and administration, Bulgarelli worked in education for over ten years before joining the Positive Approach to Care team as Lead Mentor, Speaker and COO.

Growing up with Teepa Snow as a mother, Bulgarelli has been a part of Positive Approach to Care from the beginning, serving originally as a teenage volunteer while Snow developed and refined her approach and techniques.

Bulgarelli's skills and experience working with students and adults from around the globe have proven to be a tremendous asset. Through her years of teaching, she developed the ability to give each person in the room an individual experience while learning new information and skills.

Recently, Snow and Bulgarelli co-founded Snow Approach Foundation Inc., a nonprofit organization based in Hillsborough, NC. Snow Approach provides services and education for those living with brain change and those that support them. Bulgarelli enjoys helping to improve awareness about brain change, with the goal of developing a more inclusive global community.

Keynote Objectives:

Participants will be able to:

- Compare and contrast typical aging and atypical aging changes.
- Discuss the different brain states and characteristics during the progression of dementia.
- Describe several care strategies that can be used to improve interactions and outcomes for those living with brain change.

Wednesday, March 5

AM Concurrent Workshops 1-3 (9:45-11:45 AM)

Participants can select one AM Concurrent Workshop from the following.

Workshop 1: How Lifelong Personality Traits Impact Dementia Care

Speaker: Amanda Snow Bulgarelli, PAC Speaker, Positive Approach to Care

This session is designed to help participants understand how lifelong personality traits and preferences help to determine choices, behaviors, reactions, and responses. It will help attendees appreciate the value of knowing individual preferences and needs regarding being around other people, getting information, using time, and accomplishing tasks. Knowledge and appreciation about these tendencies are critical in interactions with others, especially for those living with dementia. By recognizing and using this information, one can have more control over 'how things go' and in getting what they need, while respecting others and helping them as well.

Workshop Objectives

Participants will be able to:

- Describe typical personal characteristics and preferences and their relationship to various choices and patterns of behavior.
- Discuss common patterns of behavior that can be misinterpreted if unaware of personality traits and preferences.
- Describe techniques for using knowledge of personality traits and preferences to improve interactions with those living with dementia.

Workshop 2: Understanding Hospice, Palliative Care and the Evolving Role of End-of-Life Doulas

Speakers: Marie Cunningham, *Manager of Professional Relations, Hospice of Cincinnati* and Lori Asmus, *Manager of Integrative Services, Hospice of Cincinnati*

This workshop will explore the criteria and advantages of Palliative Care and Hospice. Participants will discover how early enrollment can enhance the experience for both patients and their caregivers. The session will end with a discussion on End-of-Life Doulas and their valuable contributions to hospice care. Through insightful presentations and interactive discussions, attendees will gain a deeper understanding of the complete approach these services offer.

Workshop Objectives

Participants will be able to:

- Understand criteria for Palliative Care and Hospice.
- Discuss benefits of earlier enrollment in Palliative Care and Hospice.
- Describe ethics, trends, scope as well as the role of an End-of-Life Doula.
- Discuss best practices in integrating End of Life Doulas in the patient's advanced illness and end of life journey.

Workshop 3: "Here is what you can ask your doctor..." Giving Medical Advice to Clients with Chronic Disease -- CHF, COPD, CKD

Speaker: Doug Smucker, MD, *Emeritus Professor, University of Cincinnati College of Medicine, Department of Family and Community Medicine*

Medical care for chronic diseases like heart failure, COPD, and chronic kidney disease can be complicated and difficult to understand. This workshop will help you support your clients with patient-friendly information and empower them to improve self-care. Discussion points will include:

- Simple language word-pictures to help clients understand their chronic disease.
- Focusing clients' attention on important self-care tasks for chronic disease management.

- Empowering clients to ask important care questions at their next medical visit.

Workshop Objectives

For their clients with heart failure, COPD, and chronic kidney disease, participants will be able to:

- Help them understand their chronic disease using simple word pictures and non-jargon descriptions.
- Encourage them to complete some of the most important self-care tasks for each chronic condition.
- Empower them to have helpful questions to ask their doctors to better control their symptoms and have better disease outcomes.

Wednesday, March 5, 2025

Keynote 1:00 – 2:00 PM

PM Keynote: Younger Adults in Skilled Nursing: Ethical Dilemmas and Challenges

Speaker: Jim Collins, Ph.D.

Join us for a reflective keynote presentation that addresses the challenges and dilemmas of younger adults in skilled nursing. This discussion will explore the distinct characteristics of younger adults entering skilled nursing, the unique challenges they face and the potential ethical issues along with solutions for long-term care providers.

Dr. Jim Collins is a nationally recognized gerontologist based in Ohio. He spent his early career receiving a bachelor's degree in Gerontological Studies, a master's degree in Sociology and Psychology of Aging, a Certificate in Gerontology and Life-Span Development and a Ph.D. in Health Administration.

Collins' first business was Geropsychiatric Practice in Northeast Ohio, where he managed a group of psychiatrists and psychotherapists for several years. He then began a long-term care consulting company, consulted several companies and began public speaking.

Collins developed Collins Learning in 2010, which provides senior care facilities, continuing education and compliance training. Another company, CEU Academy, was formed seven years ago and provides continuing education to individual licensed healthcare professionals like nurses, social workers, HR directors and administrators.

Collins has written extensively in healthcare publications, wrote the first book on person-centered care in the U.S., entitled The Person-Centered Way: Revolutionizing Quality of Life in Long-Term Care. He writes regularly for his blog drjimcollins.com and has published his second book, Living Longer and Stronger with CBD.

Keynote Objectives

Participants will be able to:

- Describe characteristics of younger adults moving into skilled nursing centers.
- Identify unique challenges associated with this population and some potential solutions.
- Examine ethical dilemmas and discuss solutions.

Wednesday, March 5

PM Concurrent Workshops 1-3 (2:15-4:15 PM)

Participants can select one PM workshop from the following.

PM Workshop 1: Late-Life Suicide: The Role of Healthcare Professionals In Prevention

Speaker: Jim Collins, *Ph.D., Owner, Collins Learning, CEU Academy and Sapphire Essentials*

This workshop explores the risk factors linked to suicide attempts and outlines prevention strategies which can be used by healthcare professionals that may help mitigate the risk of suicide in later life. Additionally, the course examines how healthcare professionals working with older adults can effectively reduce the incidence of suicide attempts and completions while improving their clients' overall quality of life.

Workshop Objectives

Participants will be able to:

- Identify risk factors for late-life suicide.
- List and describe prevention strategies that reduce the risk of late-life suicide.
- Review what healthcare professionals can do to reduce the risk of suicide and increase quality of life.

PM Workshop 2: Communication and Dementia

Speaker: Amanda Snow Bulgarelli, *PAC Speaker, Positive Approach to Care*

This session will help participants develop helpful communication skills when interacting with people living with dementia. It will emphasize the value of empathetic and supportive communication to help cope with distress. The session will also highlight improved non-verbal strategies to enhance client understanding and responses. The goal of the session is to reduce or minimize unproductive conversations and resistive behaviors by using effective verbal and non-verbal communication skills.

Workshop Objectives

Participants will be able to:

- Describe and use validation and empathetic communication techniques when interacting with someone in distress.
- Differentiate between redirection and distraction while recognizing the value of each when assisting someone who is living with dementia.
- Describe the value of knowing the person and their history in effective communication efforts.
- Discuss nonverbal communication techniques that can effectively improve interactions with those living with dementia.

PM Workshop 3: Motivational Interviewing Skills

Speaker: Chasity Rush, *Associate Director of the Institute for Training and Development, Talbert House*

This session will introduce the concept of motivational interviewing. Emphasis will be placed on the techniques used to enhance motivation for change. Attendees will have the opportunity to practice these techniques. Through interactive activities designed to reinforce their understanding and application of motivational interviewing, attendees will learn how to effectively communicate and support individuals in their journey toward positive change. This session aims to build confidence and competence in using motivational interviewing techniques in real-world scenarios.

Workshop Objectives

Participants will be able to:

- Understand key concepts and principles of motivational interviewing.
- Describe basic techniques to enhance motivation for change.
- Understand core skills of effective communication and support for individuals seeking positive change.