Overview and Objectives

The 2024 Aging Well Conference is focused on healthy aging for the older adult. It is important for health professionals to meet the needs of our aging society. This activity focuses on advancing the knowledge and skills of healthcare providers in rural western North Carolina, particularly in geriatric care, addressing the unique healthcare needs of older adults. With a blend of individual and group presentations, panel discussions, and demonstrations, the activity brings together diverse perspectives of healthcare experts, researchers, government officials, social service providers, as well as older adults and family caregivers.

Thurs., May 16th - Caregiver Conference: All community members and healthcare providers are welcome.
Fri., May 17th - Provider Conference: This day will be more focused for healthcare providers; community members are welcome.

Upon completion of this program, participants should be better able to:

• Apply integrative approaches to aging well, including physical activity, mental health support, and preventative health measures, to enhance the overall well-being.
• Identify effective resources and strategies for caregivers, emphasizing the importance of community and state-wide support systems in facilitating resilient caregiving environments.
• Describe current trends and innovations in managing aging-related health concerns, including cognitive impairments, hearing loss, and chronic disease management, with a focus on practical interventions and treatments.
• Apply knowledge and tools to protect the older adults from financial, physical, and emotional exploitation, highlighting legal resources, fraud prevention, and ethical considerations.
• Describe advanced care planning, legal considerations in guardianship and power of attorney, and the role of geriatric care management.

Co-provided by:
Appalachian State University, Appalachian Institute for Health and Wellness, BlueCross BlueShield of North Carolina and Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System and The UNC Center for Aging and Health, Carolina Geriatric Education Center
Who Should Participate

This conference is intended for physicians, APPs, speech language pathologists, nursing professionals, mental health professionals, allied health and public health professionals, social work, and all other health care professionals interested in the health of older adults. In addition to healthcare professionals, community members, caregivers, and aging individuals are welcome.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Credit

- The Wake Forest University School of Medicine designates this live activity for a maximum of 10.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

  Accreditation
  The Wake Forest University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

- AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1™ credits from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 10.5 hours of Category 1 credit for completing this program.

- 10.5 Nursing Contact Hours

  Northwest Area Health Education Center (NWAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

  * Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.

- ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures.

  The CPE activity application for the 2024 Aging Well Conference is pending CDR review and approval for 10.5 CPEUs.

- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 10.5 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

- 10.5 Contact Hours from Northwest AHEC.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general Credit Glossary but note not all programs offer all credits.
Agenda

Thurs., May 16th—Caregiver Conference

9 am  Coffee / Registration / Check in

9:30 am  Welcome - Gavin Colquitt, EdD

9:40 am  Tai Chi Demonstration - Sia Beasley, PhD

10 am  Keynote - Heather McKay, PhD, OTR/L

11 am  Caregiver Supports and Resources Panel
Mary Strong, MSW, LCSW, LCAS - Co-moderator
Jean Studeman - Co-moderator
Lola Benfield
Laura Jane Strunin
April Henkel
Carrie Cramer

12 pm  Summary - Gavin Colquitt, EdD

12:10 pm  Lunch Provided

1:15 pm  Breakout Sessions

Session 1: Community/Statewide Resources for Caregivers
Laura Jane Strunin
Myles Stacey, MSW

Session 2: Balance & How to Maintain/Fall Prevention/How to Fall
An experiential session with movement demonstrations and resources
Amber Chapman
Sia Beasley, PhD

Session 3: Scam/Fraud Prevention
Meredith Gregory, JD

Session 4: Hearing Loss and Aging
Ben Russell, PhD, AudD, CCC-1

2:15 pm  Breakout Sessions

Session 5: Navigating Long-term Care
Stevie Welborn

Session 6: Powers of Attorney and Guardianship
Meredith Gregory, JD

Session 7: Home Modification for Aging-in-Community
Jenny Womack, PhD, OTR/L
Christopher McFarland

3 pm  National Council on Aging (NCOA) Trends / Initiatives / Impacts
Kathleen Zuke

4:40 pm  Adjournment - Gavin Colquitt, EdD and Gary McCullough, PhD

continued ▶
Agenda

Fri., May 17th—Provider Conference

8:45 am  Welcome - Gavin Colquitt, EdD

9 am  Keynote: State of the State on Care for Older Adults
      Alice Salthouse

10 am  Emerging Policies and Practice: What Does Aging Policy Have to Do with Me and Where Can I Learn More?
      Bryan Belcher, MPH - Moderator
      Rebecca Chaplin
      Kathleen Zuke
      Rebecca Freeman
      Laura Jane Strunin

11:15 am  Difficult Conversations Around Driving and Transportation
      Jenny Womack, PhD, OTR/L - Moderator
      Cyndee Crompton, OTR/L, SCDCM, SCLV, CDRS
      Golnosh Sharafsaleh, MD, MS, AGSF, FAAFP
      Oluwatoyin (Toyin) Adewumi, RN

12:15 pm  Lunch Provided

1:30 pm  Breakout Sessions
      Session 1: De-prescribing / Polypharmacy
            Emma Williams, PharmD
      Session 2: Nutrition and Aging
            Andrea Lockard, MS, RDN, LDN
      Session 3: Ageism Awareness in Practice
            Sia Beasley, PhD

2:30 pm  Break including Tai Chi Demonstration

3 pm  Breakout Sessions
      Session 5: Assessment and Management of MCI
            Golnosh Sharafsaleh, MD, MS, AGSF, FAAFP
            Kim McCullough, PhD, CCC-SLP
      Session 6: Reporting Driving Concerns
            Cyndee Crompton, OTR/L, SCDCM, SCLV, CDRS
      Session 7: Assessment and Management of Frailty
            Kate Callahan, MD, MS

4 pm  Social/Poster Viewing

5:30 pm  Adjournment - Gavin Colquitt, EdD and Gary McCullough, PhD

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<td>Heather McKay</td>
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Registration and Cost

$150 — Physicians
$75 — Professionals — All Non-Physician Health Care Professionals
$25 — Community Participants
$15 — Students

Registration includes administrative costs, technology fees, instructional materials, certificate of completion, program materials, lunch, morning and afternoon snacks both days, and reception on Day 2.

Register and pay online at www.nwahec.org/72407 or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, Discover, and American Express) is accepted online. Personal check, corporate check, or money order is accepted by mail. Atrium Health Wake Forest Baptist internal transfer are also accepted by mail or online.

Payment Policy — Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

Refund Policy — Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and five full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum $25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. Cancellations must be in writing (fax, email or mail). You may send a substitute in your place.

Note — Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

For More Information and Assistance
If you have questions about registering for this activity, please contact Gail Pawlik at 336-713-7761 or email gpawlik@wakehealth.edu. If you need auxiliary aids or special services to attend this activity please contact Gail Pawlik at least five working days prior to the activity.
2024 Aging Well Conference

Thurs., May 16th – Caregiver Conference
Fri., May 17th – Provider Conference

Live – In person

Registration Fee

☐ Physicians — $150, if registered by Mon., April 15, 2024 / after, $225
☐ Professionals – All Non-Physician Health Care Professionals — $75, if registered by Mon., April 15, 2024 / after, $125
☐ Community Participants — $25, if registered by Mon., April 15, 2024 / after, $50
☐ Students — $15, if registered by Mon., April 15, 2024 / after, $40

Registration Form

Last four of your preferred phone number: ☐ ☐ ☐ ☐  *

required

First Name    MI    Last    Degrees (e.g., MD)
Profession    Job Title
Home Address  City    State    Zip    County
Home Phone    Cell Phone
Employer
Employer Address  City    State    Zip    County
Employer Phone    Employer Fax

Email Required

☐ Preferred Email ☐ Home Email ☐ Work Email

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

Ways to Register:

► Register online by clicking the following link: www.nwahec.org/72407 (recommended)
Visa, MasterCard, and American Express accepted online only.
Payment by check option also available.

☐ Make check payable to Wake Forest University Health Sciences and mail, with registration form, to:
Wake Forest University School of Medicine / NW AHEC
Medical Center Boulevard, Winston-Salem, NC 27157-3311
Attention: Gail Pawlik

☐ Atrium Health Internal Transfer:

Comp     Op Unit     Cost Ctr     Nat Acct     Program     Fund

☐ Employer will make payment. Supervisor completes below and emails to micadams@wakehealth.edu

Supervisor’s Name (Printed)    Signature    Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.