

2024 Aging Well Conference

Thurs., May 16th – Caregiver Conference

Fri., May 17th – Provider Conference

Live – In person

Leon Levine Hall of Health Sciences
Appalachian State University
1179 State Farm Road
Boone, NC



© Vladimir Polikarpov / Adobe Stock

Register online at www.nwahec.org/72407

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



MEDICARE



NORTHWEST AHEC
PART OF NC AHEC

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**
APPROVED PROVIDER

North Carolina Area Health Education Center Program
Introductory Level 1.05 ASHA CEUs

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](#)

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

2024 Aging Well Conference Instructional Personnel Disclosures In compliance with the requirements of ASHA's Continuing Education Board concerning transparency in course planning, delivery, and marketing, below is information on presenters' financial and non-financial interests relevant to the content of their presentation.			
Presenter	Topic	Relevant Financial Relationship	Relevant Nonfinancial Relationship
Gavin Colquitt	Welcome	None	None
Sia Beasley	-Tai Chi Demonstration -Balance & How to Maintain/Fall Prevention/How to Fall -Ageism Awareness in Practice	None	None
Heather McKay	Keynote	None	None
Mary Strong	Caregiver Supports and Resources Panel	None	None
Ben Russell	Hearing Loss and Aging	None	None
Kim McCullough	Assessment and Management of MCI	None	None
Jenny Womack	-Home Modifications for Aging-In Community -Difficult Conversations around Driving and Transportation	None	None
Bryan Belcher	Emerging Policies and Practice	None	None
Cyndee Crompton	-Difficult Conversations around Driving and Transportation -Reporting Driving Concerns	None	None
Andrea Lockard	Nutrition and Aging	None	None
April Henkel	Caregiver Supports and Resources Panel	None	None
Carrie Cramer	Caregiver Supports and Resources Panel	None	None
Rebecca Chaplin	Emerging Policies and Practice	None	None
Rebecca Freeman	Emerging Policies and Practice	None	None
Oluwatoyin Adewumi	Difficult Conversations around Driving and Transportation	None	None
Laura Jane Strunin	-Caregiver Supports and Resources Panel -Community/Statewide Resources -Emerging Policies and Practice	None	None
Amber Chapman	Balance & How to Maintain/Fall Prevention/How to Fall	None	None
Meredith Gregory	-Scam/Fraud Prevention -Powers of Attorney & Guardianship -Advanced Care Planning	None	None
Golnosh Sharafsaleh	-Assessment and Management of MCI -Difficult Conversations around Driving & Transportation	None	None
Stevie Welborn	Navigating Long-Term Care	None	None
Christopher McFarland	Home Modifications for Aging-In Community	None	None
Kathleen Zuke	-NCOA Trends/Initiatives/Impacts -Emerging Policies and Practice	None	None
Alice Salthouse	State of the State on Care for Older Adults	None	None
Emma Williams	De-prescribing/Polypharmacy	None	None
Myles Stacey	Community/Statewide Resources	None	None
Gary McCullough	Welcome/Adjournment	None	None
Kate Callahan	Assessment and Management of Frailty	None	None
Lola Benfield	Caregiver Supports and Resources	None	None

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

Register online at northwestahec.org

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:** _____ **Project** _____

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.