

SCHEDULE-AT-A-GLANCE

AS OF JULY 11, 2024*

Wednesday, September 18, 2024

ADS CENTER SITE VISITS

Transportation Provided and Sponsored by TESCO

SV1 – TOWN SQUARE SANDY SPRINGS (NOTE – THIS SITE VISIT IS SOLD OUT)

8:30 AM – 11:30 AM

Town Square Sandy Springs provides adult day care services based on reminiscence therapy. This unique approach involves recalling past events in order to find comfort in the present day. All our activities are based on reminiscing, and the design of our facility is inspired by days gone by. As cherished memories rise to the surface, our members are likely to communicate more and experience better mental and emotional outcomes. Reminiscence therapy started in the 1960s, when psychiatrists discovered the therapeutic value of memories. Early work in this field was developed by George G. Glenner at the Alzheimer's Family Center. When people are reminded of the good old days, they're more likely to find value and purpose in their daily life.

Reminiscence therapy uses the five senses to tap into distant memories. This can be done through numerous activities, such as storytelling, listening to music, and doing arts and crafts. This gives people with dementia an opportunity to express themselves, share their stories, and make social connections with their peers. Through the wonders of reminiscing, our adult day care at Sandy Springs helps people to live a happy life — one day at a time.

SV2 – SKYLARK ADULT DAY CENTER

8:30 AM – 11:30 AM

We welcome our Members daily to our senior adult day center who are ready for freedom and joy with engaging activities, delicious food and excellent healthcare support. Skylark is your ultimate aging-in-place solution! With Skylark you have great options. Many families use the center during the week and augment with home care on nights and weekends. Or they will combine some days at home with some at the center.

Our nursing and activity professionals create customized care plans consisting of individual and group activities that consider the whole person including cognitive, physical, and health needs. Your loved one will receive: Creative and Spiritual (Art. Concerts. Dancing. Faith-based programming); Excursions (Explore Atlanta and its environs. We go to the mountains and the Atlanta Botanical Museum and everywhere in between); Clubs (Special programs for our Veterans, Red Hat Ladies and Men's Group); Memory Care: BrainBloom – Empowering Minds (Expert care and supervision for our Members with memory challenges. Our innovative BrainBloom program empowers minds with evidenced-based programming to include social engagement, exercise, cognitive enhancement, and fun); Improving Strength and Balance (Including daily exercises, indoor golf and bowling, daily walks, volleyball, and much more to encourage healthy movement); Therapies: Speech, Occupational, and Physical Therapy; Health (Our excellent nurses keep a watchful eye over all our members and supervise the provisioning of all health care, personal care, and medication).

11:30AM – 12:45 PM: Lunch on Your Own

SV3 – PEACHTREE CHRISTIAN HEALTH ADULT DAY & BRAIN HEALTH CENTER

12:45 PM – 3:45 PM

Peachtree Christian Health traces its roots back to Peachtree Christian Hospice, a nonprofit in-patient hospice center that operated from 2000 to 2017 in Duluth, GA. The hospice eventually closed in 2017, but the Hospice Board of Directors were determined to carry on the mission of serving families and their loved ones. They decided to transform the organization's purpose into an adult day and brain health center. After 18 months of expansion and renovation, Peachtree Christian Health opened on July 1, 2019. Peachtree Christian Health opened on July 1st, 2019, we proudly serve caregivers in Gwinnett, North Fulton, Forsyth, Hall, DeKalb, and beyond.

Whether you are aging, have a diagnosis of mild cognitive impairment, or are living with Alzheimer's or other related dementia, we have a program designed for you. Our daily schedule for each program is filled with evidence-based interventions and activities to improve and/or slow decline. Our nursing staff oversees our participants' health needs through daily medication management, personal care assistance, monthly health checks, and quarterly health assessments. Physical, Occupational, and Speech Therapy are available on-site. We believe in caring for the individual. Each of our participants has a care plan that enriches and engages them to feel valued, have a purpose, and achieve their goals.

SV4 – DOROTHY BENSON CENTER

12:45 PM – 3:45 PM

The Adult Day Care Facility offers a structured, comprehensive program for adults with functional limitations for all or part of the day. Examples of functional limitations may include some difficulty with mobility, dining, toileting reminders, as well as other physical or cognitive challenges. Our programs offer a variety of social, health and related support services in a protective setting. This program is designed for individuals who only need minimal supervision and assistance.

The Adult Day Care Facility supports frail adults who choose to remain in the community rather than prematurely move to a personal care home or a nursing facility. This program also supports caregivers who prefer to continue caring at home for a physically or cognitively impaired adult. Fulton County provides a social model adult day program with limited health-related services to persons 55 years and older.

Programs feature: Nutritious meals (breakfast, lunch and snacks throughout the day); physical fitness activities and instruction; activities that promote socialization; health and medication monitoring; aquatics and land fitness opportunities; caregiver education and support services; and field trips and special events arts programs.

PRECONFERENCE WORKSHOPS

WS 1

8:30 AM – 11:30 AM

How to Open an Adult Day Center and Beyond

This session will provide the information required to open an Adult Day Service center and information to assist those with newly opened centers. The learning objectives include:

- Learn what is needed to start an Adult Day Services Center including business structure and building and space requirements from organizing the business structure, licensing/ accreditation, insurance requirements, funding sources and different types of Adult Day Services models.

- Learn about Adult Day Services operations and programming including meals, transportation, staffing requirements, activities and enrollment. Ideas and resources for attaining new participants, marketing your center and keeping your center compliant with state and federal regulations.

Presenter: Christina Vlosich, Principal Consultant, ADS Consult LLC

WS 2

8:30 AM – 11:30 AM

DEIA: Learning How Adding the “A” Takes us Beyond Race and Gender

You have been trained in diversity, equity and inclusion (DEI), however can you truly say you are educated in DEI when Accessibility and Disability are left out of the equation? This training will exclusively speak to disability/aging awareness and accessibility within the Adult Day Center system. We will discuss topics such as HR equitable hiring practices and to programming and allyship.

Presenter: Candis Welch, DEI Practitioner, Los Angeles Homeless Service Authority

WS 3

8:30 AM – 11:30 AM

Investing in Caregiver Well-being will Drive Business Success

Supporting caregivers is more than just the right thing to do, it's good for business. Tailoring services and support to meet the needs of caregivers will grow the census, keep participants attending and potentially bring in new funding streams. This interactive pre-conference session will explore new avenues for funding through corporate sponsorships, government grants, and partnerships with philanthropic organizations. Experts will also share caregiver support models, opportunities for engaging with caregivers and other best practices that have an impact on the bottom line. This will be a working and highly interactive session and attendees will leave with tangible ideas and an action plan to implement in their unique settings.

Presenters: Tina McIntosh, President & Founder, Joy's House; Tia Saucedo, Senior Director of Services, Seniors Resource Center; Katie Scott, President CarePartners

11:30AM – 12:45 PM: Lunch on Your Own

WS 4

12:45 PM – 3:45 PM

You Opened a Center, Now What?

This session will assist centers that are scheduled to open soon as well as newly opened centers navigate the first year of operations and beyond. Additionally, this session will discuss the importance of different payor sources, how to use Key Performance Indicators (KPIs) and examples of widely used tracking and accountability tools.

The learning objectives include:

- Learning when and how to market your center for a successful launch.
- Overcoming programming, sales and operational issues after opening.
- Utilizing KPIs to track sales, operations and finance.

- Sustaining growth and avoid losing momentum.

Presenters: Kris Chana, Founder, ActivAge and Christina Vlosich, Principal Consultant, ADS Consult LLC

WS 5

12:45 PM – 3:45 PM

Master Your Sales Formula and Opt-In Strategy with the Arts

Engaged leads are different than lists of contacts. You need a proven and repeatable lead conversion strategy that yields efficiency. This session is for leaders who want a proven sales formula with freebie templates and opt-in strategy. Participants will learn an arts-based pedagogy and short-term cognitive training program that non-artist team members can master. Be one of the unique centers to facilitate this proven formula that generates additional revenue and doubles as the health assessment protocol for new participants. Participating leaders will:

1. Attain a sales formula with freebie templates and opt-in strategy.
2. Learn the art-based pedagogy and facilitation techniques of the opt-in strategy which includes offering a short-term cognitive training and health assessment program.
3. Learn how non-artists can successfully implement the opt-in and continuously improve for rapid sales conversions.

Presenter: Ellie Rose Schoessling, Chief Executive Officer, Resilia

EDUCATIONAL SESSIONS

ES-1A

4:30 PM – 5:30 PM

Social Media & Adult Day Services – Using Various Platforms to Drive Growth and Raise Awareness

Review social media tools, techniques and content that can help boost growth at your center. We will learn about relevant and timely content posting for variety of reasons including marketing, recruiting and customer service. Social Media can be a very effective communication tool for centers as well – we will review best practices to showcase events and special circumstances to a wider audience.

Learning Objectives:

- Paid Ads / Geotargeting
- Organic Posts & Events
- Content Calendars – events/celebrations/news
- Careers strategy & recruiting
- Social Platform strategy (i.e. using specific platforms for specific needs)

Presenter: Steven Boyce, MBA, Strategic Development Director, Sevita

ES-1B

4:30 PM – 5:30 PM

Can My Center Benefit from Using Fractionalized Services?

Instead of embracing the NPO mantra of “we wear many hats,” explore the idea of using fractionalized services to boost your bottom line and get better information. By using fractionalized services, you can gain top talent to manage your accounting, your HR and even social media and only pay for the amount of time you need. Learn how to decide what is best for your center and how to find quality companies or people to run your back office, freeing up your team to manage the day to day. Avoid burnout of your team and maximize your dollars.

Presenter: Samantha Kriegshauser, CEO, Adult Enrichment Centers, Inc.

ES-1C

4:30 PM – 5:30 PM

Creating a Montessori Style Environment for Optimum Engagement for People with Dementia

We will begin with an overview of traditional Montessori environment and move into why it fits perfectly with a person-centered approach in creating a fun and success driven environment for people with cognitive decline. This session will be best suited to people who like to move and groove.

Learning Objectives:

1. Define characteristics of Montessori.
2. Demonstrate aspects of Montessori styles engagements.
3. Have fun while learning and making connections.

Presenter: Becky Borello, Adult Day Manager, Jewish Family Services

ES-1D

4:30 PM – 5:30 PM

Sexuality for All

According to the World Health Organization, approximately 16% of the world’s population experiences a significant disability, or 1 out of 6 of us. Historically people with disabilities have been viewed as asexual or in some cases, hypersexual beings. People with disabilities have been segregated and denied the right to marriage, romantic relationships, sexual and reproductive desires, and modified sexual education. Recent stats demonstrate that approximately 80% of women and 30% of men with developmental disabilities have been sexually assaulted. People with disabilities are also sexual beings and deserve equal rights and opportunities. Everyone with or without a disability should be able to make choices, and have access to their sexuality, sexual expression, education, and health.

- Learn why providing sexual education in accessible formats is important to people with disabilities.
- Understand the intersection of the disability and LGBTQIA+ communities.
- Identify the barriers and challenges faced by people with disabilities.
- Learn how to best support people with disabilities, experience and have sexual and romantic relationships

Presenter: Lendy Ruano, Area Coordinator, Easterseals Southern California

POSTER SESSIONS ROUND 1

EXHIBIT HALL

5:30 PM – 6:30 PM

WELCOME RECEPTION/EXHIBIT HALL PREVIEW

EXHIBIT HALL

5:30 PM – 6:30 PM

Sponsored by Inperium

Join us as we welcome new NADSA Members, first-time conference attendees and previous conference attendees to Atlanta in the exhibit hall! Many exhibitors will also be on hand as part of a special preview for all conference attendees! Make new connections and see old friends in the first networking event of the conference.

Thursday, September 19, 2024

GENERAL SESSION

8:00 AM– 10:00 AM

Sponsored By Easterseals Southern California

- Welcome and recognition of outgoing and incoming NADSA Board of Directors by NADSA Board Chair Bill Zagorski.
- Annual Business Meeting Presentation by NADSA Board Chair Bill Zagorski and NADSA Board Treasurer Kathleen Kolenda
- Presentation of the 2024 ADS Center of Distinction Award by NADSA Board Secretary Chrissie Schettini.
- Remarks and introduction of guest speaker by NADSA Board Treasurer Kathleen Kolenda.
- Special presentation by guest speaker Sam Simon, better known as Sam the Dementia Man. Sam will perform his award-winning autobiographical story Dementia Man, An Existential Journey.

EDUCATIONAL SESSIONS

ES 2-A

10:15 AM – 11:15 AM

ADS Research and Policy Alignment: An Interactive Session

Research and Outcomes Data in the ADS industry continues to grow at a rapid pace. In this session, the NADSA Research Committee will present a brief summary of the state of ADS Research and provide updates from the national Outcomes Data Collection Project. Following this summary, we will take feedback from participants to align research priorities and develop policy initiatives for the coming year in order to further the growth of ADS across the country.

Presenter: Bill Zagorski, NADSA Board Chair and CEO/Executive Director, Centennial Adultcare Center

ES 2-B

10:15 AM – 11:15 AM

Care Management: Extending The Benefits of Adult Day Health

Family caregivers and care recipients are experiencing greater stressors than ever. The Susan J Rheem Adult Day Center located in Prescott Valley, AZ offers care management as part of its adult day health program. This

was initially in thanks to a one-year local community hospital grant, awarded in January of 2023. This session will provide an overview about the idea behind the center's grant, implementing a new formalized care management program, its success, challenges, and changes.

Learning Objectives:

1. Implementing a Care Management Program within the confines of a grant.
2. Identifying successes and challenges of a Care Management Program.
3. Analyzing post evaluation ideas and changes to the Care Management Program and more.

Presenters: Laura Dreibelbis, Program Director and Candace Lea, Care Manager/Community Liaison, The Susan J. Rheem Adult Day Center

ES 2-C

10:15 AM – 11:15 AM

Challenging Dementia Behaviors: Management and Reduction

This presentation focuses on understanding, identifying and managing challenging behaviors from individuals experiencing dementia.

Learning Objectives:

- To understand why difficult behaviors are occurring.
- Learn to identify and investigate causes of behaviors.
- How to respond to challenging behaviors.

Presenter: Leslie Moore, MS, Director, Desert Mission Adult Day Health Care

ES 3-D

10:15 AM – 11:15 AM

Adult Day Centers: Changing the Landscape

With the number of cases of Alzheimer's and other dementias, the importance of Adult Day Care cannot be ignored, especially for caregivers. ADC benefits both the client and the caregiver, enhancing the quality of life for both and the community. Educating the public and the legislature on the value of ADC to support our LTC infrastructure and participating in bringing solutions to our direct care workforce and improving quality of life including financial benefits.

Learning Objectives:

1. Identify the benefits of Adult Day Care for the caregiver and those living with dementia.
2. Describe how Adult Day Care enhances the quality of life for those living with dementia and the quality of life for the caregiver.
3. Educating the public and the legislature on the value of Adult Day Care.

Presenters: Kathy Wyatt, President, Hale Hau`oli Hawaii and Dr. Poki`i Balaz.

ES 2-E

10:15 AM – 11:15 AM

Post-Dementia Man Q&A Session

This interactive session is a follow-up to Sam Simon's General Session presentation to give attendees the opportunity to ask Sam questions about his diagnosis, his performance and how he faces his cognitive decline every day.

Presenter: Sam Simon, The Dementia Man

VS 1

10:15 AM – 11:15 AM

RTZ Systems/CADCare

Lanyard/Badge Holder Sponsor

Presenter: Mike Zawadski, President, RTZ Systems

11:15 AM – 11:45 AM: Exhibit Hall Break

ES 3-A

11:45 AM – 12:45 PM

Federal Medicaid Policy Update

Federal regulators overseeing Medicaid have been busy- with multiple new and significant rules finalized this spring. States will be busy in the coming months working to comply with new requirements in managed care delivery and streamlining the eligibility and enrollment process for Medicaid applicants and redeterminations. These pressures on states will present opportunities for providers and have transformative effects on Medicaid programs across the country. Many states are outsourcing administrative responsibilities to managed care organizations. Learn everything you need to know about Medicaid changes in the coming year.

Presenter: Georgia Goodman, Director of Medicaid Policy, LeadingAge

ES 3-B

11:45 AM – 12:45 PM

Collaboration of Success: Working with an Aging Life Care Manager

Aging Life Care management is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, and healthcare providers, the expertise of Aging Life Care Professionals provides the answers at a time of uncertainty. Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off from work for family caregivers through:

- The participants will be able to define what is an Aging Life Care Manager.
- The participants will be able to identify the 8 key areas of expertise that ALCMs provide.

- The participants will be able to determine when it is appropriate to work with an Aging Life Care Manager.

Presenter: Lisa Kaufman, MSRS, CMC, CTRS, C-EOLD, Fellow/Certified Professional Aging Life Care™ Manager, Aging Life Care Association

ES 3-C

11:45 AM – 12:45 PM

Cultural shifts: Caregiver Support Through Effective Teaming and COPE®

Cultural shifts in adult day care promote effective dementia-care engagement. This session focuses on implementation of COPE® (Care of Older People in their Environment) within one agency. Changes required for effective teaming among staff and caregivers in managing the daily care challenges at home for individuals attending adult day care experiencing dementia and cognitive impairments will be discussed. Collaboration strategies among occupational therapy, social work, nursing, activity directors, and care attendants to provide individualized strategies and address common challenges such as functional dependence, behavioral and psychological symptoms, and caregiver stress will be shared.

Learning Objectives:

1. Identify collaboration opportunities and cultural shifts to engage adult day care team members with in-home caregiver support initiatives.
2. Examine COPE® as a model to implement within existing dementia-care community organizations.
3. Discuss how COPE® has been integrated into an existing adult day care to promote wellness of caregivers.

Presenters: Yvonne Randall, Director of Adult Day & Rehabilitation Services, Nevada Senior Services, Marie Llanos, Occupational Therapist, Nevada Senior Services, and Maria Cruz-Garza, Social Worker, Nevada Senior Services

ES 3-D

11:45 AM – 12:45 PM

Intergenerational Collaboration: Planning, Designing, and Operating an Intergenerational Center

Senior Services, Inc. opened the doors on their new 62,500 square foot Intergenerational Center for Arts & Wellness in December 2023. Functioning as the new home of the Williams Adult Day Center, the new facility incorporates nine dedicated space partners and 12 shared space collaborators, offering services ranging from adult and child day care, health care, creative arts, dance and theater. The building is a one-of-a-kind community resource. This session will share insight on the intricacies of planning, designing and building an intergenerational center, as well as share success stories, challenges, and lessons learned from the first year of operation.

1. Understand how programming and design demands create both design challenges and opportunities.
2. Learn how inter-organizational collaboration is essential to creating a community focused intergenerational center.
3. Learn key insights and outcomes of operating an intergenerational center for arts and wellness.

Presenters: T. Lee Covington, President & CEO, Senior Services, Inc., Paul Meyer, AIA, Architect/Partner, Workplace Architecture + Design, Alicia Hardin, Partner, Workplace Architecture + Design

ES 3-E

11:45 AM – 12:45 PM

Changing Self-Perception with Self Portraits

You never forget the first time you truly see yourself as beautiful – as you really are – in a photograph. Feelings of recognition, compassion, and self-adornment. “Finally, that’s me – that’s who I am.” From here, do you accept the narrative that you are past the point of making significant contributions to the world—that your voice is not worthy? Do the special participants of your center believe they are past the same point? Join this workshop to learn a multi-session, creative self-portrait program that your center can facilitate regularly to meet your goals of improving the self-worth and social confidence of your program participants.

Program leaders will:

1. Attain the program guide and materials list.
2. Practice an activity of the program with fellow NADSA attendees.
3. Learn how to evaluate the results for evidence of positive change that can be exhibited and communicated to family caregivers.

Presenter: Ellie Rose Schoessling, Chief Executive Officer, Resilia

VS 2

11:45 AM – 12:45 PM

StoriiCare

12:45 PM – 2:15 PM: Exhibit Hall Break/Lunch on Your Own

ES 4-A

2:15 PM – 3:15 PM

Family Caregivers: Practical Programs & Services

Join Tina McIntosh (Joy's House Founder & President, 2023-2024 USA TODAY's Woman of the Year for the state of Indiana) as she shares the impact that Joy's House is having in the area of family caregiving and what you can do to implement and grow practical programs and services for your caregiving community. Be prepared to learn and share...because we all know that the best way to make an impact is by learning from each other.

Learning Objectives:

1. Leave with a new idea for services and programs for family caregivers.
2. Share your experience with other attendees, to help uplift them.
3. Consider collaboration with another center to double the impact of caregiving efforts.

Presenter: Tina McIntosh, President & Founder, Joy's House

ES 4-B

2:15 PM – 3:15 PM

Identifying Needs and Creating Networks Among Sites that Service Diverse Families

Diverse adult day services (ADS) encompass programs that cater to the needs of older adults from various backgrounds, including racial, ethnic, linguistic, and cultural communities. These programs recognize that individuals from different cultural backgrounds may have unique preferences, beliefs, and traditions that should be respected and incorporated into their care. This educational workshop highlights racial/ethnic trends in ADS usage and explores cultural adaptations to support programs for clients and family caregivers. As an interactive focus, the workshop will ascertain the audiences' experiences with providing care services for diverse clientele and exchange best practices for providing culturally relevant care.

Learning objectives:

1. Examine racial and ethnic trends in ADS usage, likely to understand the demographic patterns and ensure services are responsive to the needs of diverse communities.
2. Explore cultural adaptations necessary to support programs for clients and family caregivers, indicating a proactive approach to enhancing cultural competence in care provision.
3. Exchange best practices for providing culturally relevant care, emphasizing the importance of continuous improvement and learning within the field of ADS.

Presenters: Lauren J. Parker, PhD, MPH, Johns Hopkins School of Public Health and Katherine A. Marx, PhD, MPH, Research Associate, Johns Hopkins Center for Innovative Care in Aging

ES 4-C

2:15 PM – 3:15 PM

Integrated Care Models: The Power of Leveraging Care Management to Improve Adult Day Outcomes

This session will delve into the significance and benefits of incorporating integrated care models in home-based services. We will explore how a service delivery model shift from siloed service provision to integrated care with care management at the center led to whole person care and better access to services. Through real-life examples, we will demonstrate how this approach fosters stronger connections within communities, empowers individuals to actively participate in their care, and ultimately improves the overall quality of services. Attendees will gain insights into the transformative potential of community-centered care, revolutionizing the way we support individuals in need of assistance.

Learning Objectives:

1. Transforming Care Delivery: Armed with newfound knowledge, attendees will leave with the inspiration and tools to transform their care delivery methods, fostering a more compassionate, integrated, and community-driven approach to providing services.
2. Empowering Clients and Caregivers: Attendees will discover how integrated services empower clients and their caregivers to actively participate in care decisions, fostering a sense of control and dignity and ultimately success in attending your program.
3. Promoting Cultural Sensitivity: Attendees will gain insights into the importance of cultural sensitivity in care and how integrated service model approaches can be tailored to meet the unique needs and preferences of diverse populations.
- 4.

Presenter: Tia Saucedo, Senior Director of Services, Seniors Resource Center

ES 4-D

2:15 PM – 3:15 PM

Infection Control and Prevention During the Fall Season

In center infection control and policy standards for disease prevention during the fall season. This includes policy development, staff and education and training, and campaigns for influenza and COVID-19 for staff and members.

Presenters: Ann G. Brodie, MSN, APRN, FNP-BC, NP-C, National Clinical and Compliance Director and Emily Mahar, Lead Quality and Compliance Analyst, Active Day

ES 4-E

2:15 PM – 3:15 PM

Roundtable Discussion: ADS Outcomes and Data Collection – The Path Forward

Join us for an informative roundtable discussion about NADSA's ADS Outcomes and Data Collection project. This project will answer the big question of "Why Adult Day Services?" The answers will enable all centers to promote this information to legislators, payors and agencies for seeking increase reimbursement rates, advocate for more programs and services, and ensure your centers can offer the services your participants need. You can even sign up to be a part of this initiative following the session.

Learning Objectives:

- How can my center participate;
- What data will be collected and how will it be used;
- How much staff time is needed for participation and what software is used/needed;

Presenters: Bill Zagorski, NADSA Board and Research Committee Chair and CEO/Executive Director, Centennial Adultcare Center; Mike Zawadski, President, RTZ Systems, Michelle Volga, Client Engagement Specialist, RTZ Systems

SPEED NETWORKING SESSION

2:15 PM – 3:15 PM

Meet with NADSA's biggest supporters of Adult Day Services one-on-one during a special power networking session with business leaders from a variety of industries. Note: this event is open only to those who pre-registered to attend.

Wellness & Exhibit Hall Break: 3:15 PM – 4:00 PM

ES 5-A

4:00 PM – 5:00 PM

Disability Art Now

Artists with disabilities have been agents of change, giving visibility to the disability community by translating their experiences into art. Disability art has been a branch of the disability rights movement since the 1970's. Through art, in all its forms, disabled artists can share their experiences, commenting on social inequity, as well

as sharing personal messages, hopes and dreams. Through their art we can more greatly understand the disability rights movement, but also the diverse voices coming from the community.

Presenter: Ruth Olivares, MA, Person Centered Services Director, Easterseals Southern California

ES 5-B

4:00 PM – 5:00 PM

Using Experiential-based Staff Training to Increase Community Connections and Referrals: A Case Study

Don't miss the opportunity to hear how Page Robbins Adult Day Center uses a dementia focused experiential learning program to train staff, engage family caregivers and create community connections for increased referrals. Participants will gain insights on the benefits and versatility of experiential learning through a hands-on demonstration of a dementia simulation program. The session will also explore foundational building blocks to assess current education and training programs to identify opportunities for more robust implementation connected to organizational growth goals.

Understand the benefits of experiential learning for professional and family caregivers:

- Learn how to assess existing education and training programs to identify opportunities for improvement.
- Identify how to leverage education programs to build key partnerships connected to organizational growth goals.

Presenters: Sheri Wammack, LBSW, Program Director and Herbie Krisle, Executive Director, Page Robbins Adult Day Center; Laura Ellen Christian, President, AGE-u-cate Training Institute

ES 5-C

4:00 PM – 5:00 PM

Tips for Running a Peach of an Organization Because Lawsuits are the Pits!

This session builds on previous presented sessions on risk management tips and tricks. In this session, we will explore specific issues that have caused the most significant lawsuits for ADS organizations. The session will include interactive examples where the audience reviews scenarios to determine where the pitfalls may lie and how to correct them before they become a real problem.

Learning Objectives:

- Attendees will be able to identify factors that could lead to significant lawsuits negatively impacting their organization.
- Attendees will understand the many ways they may be impacted by a significant lawsuit.
- Attendee will be able to apply what they've learned to their organization and make them more "lawsuit proof."

Presenter: Steve Smith, CPCU, AIM, RPLU, Industry Consultant - Health and Human Services, Cincinnati Insurance Company

ES 5-D

4:00 PM – 5:00 PM

Roundtable: ADVOCACY – Collaborate, Connect and Communicate!

During this round table discussion we will identify the 3 Cs of Advocacy, identifying various resources to utilize as part of your grass roots approach to meeting your goals! It only takes one individual to make a difference, but the power is in the numbers! We will **Collaborate** on different approaches we have taken in our States, identify how to **Connect** to your Legislators to build awareness and **Communicate** your message to enhance your program, your clients' needs and overall, our Adult Day Services industry!

Moderator: Joan Marie Granato, President, Future Focus, Inc.

VS 3

4:00 PM – 5:00 PM

Team Four Foods (Description and Presenters pending)

CELEBRATING SUPERHEROES RECEPTION

GOTHAM CITY EXHIBIT HALL

5:30 PM – 7:00 PM

NADSA has declared "Superhero" the theme for Adult Day Services Week and the NADSA conference. Inspired by everyday heroics and adventures in ADS centers across the nation, NADSA encourages your participation to bring this theme to life in your centers and at the NADSA Conference reception in September. "Dreams save us. Dreams lift us up and transform us," said Superman. Let's power up together in costumes, capes, and masks at the NADSA Superheroes Reception for the dreams, hopes and future of Adult Day Services.

Friday, September 20, 2024

GENERAL SESSION

8:00 AM – 8:45 AM

The Heart of Caregiving: A Conversation with Dr. Merle Griff

Join us for an engaging and insightful session with Dr. Merle Griff, author of "Solace in the Storm: Caring for Loved Ones in Every Generation." Published by Forbes Books, it offers a heartfelt look into the personal and often challenging journey of caregiving across the generations. During this session, attendees will have the unique opportunity to ask Dr. Griff questions and engage with her directly, facilitated by a guest moderator. Additionally, copies of her latest book will be available for purchase, with the opportunity to have them personally inscribed.

Dr. Griff is the Founder and CEO of SarahCare, an Adult Day franchise system with locations nationwide. She has served as Chairperson of the Board of Directors of NADSA, serves on numerous national boards, and has been an invited presenter at national and international conferences. She has written numerous articles, book chapters, a manual for intergenerational programs, and has a podcast "Caught Between Generations." Dr. Griff began her career as a therapist working with children and youth and was a family caregiver for her mother and then her husband.

ES 6-A

9:00 AM – 10:00 AM

Updates on Geriatric Research: Providing Optimal Care to Seniors and Their Caregivers

Our population is aging and so are our ADS clients. Ensuring that our seniors and their caregivers receive high quality geriatric care is necessary for a quality ADC experience. In this interactive session, learn about cutting-edge geriatrics research and evidence-based practices to support older adults with Alzheimer's disease and their family caregivers. Speakers will walk through practical solutions to your questions about age-related issues with older adult clients.

Learning Objectives:

1. Describe the newest geriatric practices in caring for older adults with cognitive decline.
2. Understand innovative geriatric research that impacts ADCs in caring for seniors.
3. Discuss geriatric communication techniques that caregivers can use to reduce burden, stress, and conflicts.

Presenters: Lee Lindquist, Associate Professor and Division Chief, Geriatrics, Northwestern University Feinberg School of Medicine, Geriatrics; Alaine Murawski, LSW, AM, Research Study Coordinator, Feinberg School of Medicine, Geriatrics; Celie Joblin, MPH, Research Study Coordinator Feinberg School of Medicine, Geriatrics

ES 6-B

9:00 AM – 10:00 AM

Unlocking Potential: The Transformative Impact of Visual and Performing Arts in the IDD Community

Our organization has undergone a groundbreaking transformation, transitioning from conventional Adult Day programming to a vibrant School of the Arts specifically designed for adults with intellectual and developmental disabilities. Our journey has been marked by remarkable growth and the discovery of hidden talents, reshaping the narrative around the abilities of our members. This session aims to share our inspiring story and showcase the profound impact of visual and performing arts programs in empowering adults with IDD.

Learning Objectives:

1. Understanding the Transition
2. Exploring the Impact of Visual and Performing Arts in the IDD Community
3. Gaining Practical Insight for Implementation

Presenter: Morgan Miles, School of the Arts Coordinator, Adult Enrichment Centers

ES 6-C

9:00 AM – 10:00 AM

Person-centered Approaches for Individuals Living with Dementia

Person-centered approaches to care and support are at the core of adult day services, which provide vital respite support to families impacted by Alzheimer's and all other dementia. However, how these approaches are defined or implemented often vary across providers. The Alzheimer's Association developed the Dementia Care Practice Recommendations to provide a standard for evidence-based approaches to person-centered care and assure consistent delivery of dementia-specific respite care. This session will highlight these approaches including

knowing the person, meaningful engagement, non-pharmacological approaches and family-centered support. Learners will have the opportunity to share successful approaches and create an action plan for change.

Learning Objectives:

- Identify evidence-based practices that can support dementia-specific respite care.
- Describe opportunities to provide family-centered support.
- Describe person-centered care approaches that support meaningful engagement for individuals living with dementia.

Presenters: Emily Shubeck, Director, Alzheimer's Association; Lauren Stratton, PhD, Senior Associate Director, Psychosocial Research and Program Evaluation, Alzheimer's Association; Isabella Marini, Associate Director, Center for Dementia Respite Innovation, Alzheimer's Association

ES 6-D

9:00 AM – 10:00 AM

Roundtable Discussion: Embracing & Advancing Diversity & Inclusion in ADS

During this round table discussion, we will identify the difference between diversity and inclusion. We will discuss the benefits of having a diverse and inclusive environment in the workplace. We will share our journeys to accept, appreciate and value our differences and the impact of our experiences. We will explore what it takes to build a culture of belonging and well-being in Adult Day Services and beyond.

Presenters: TBA

VS-4

9:00 AM – 10:00 AM

SETWorks Vendor Showcase

ES 7-A

10:15 – 11:15 AM

Putting Some Muscle In It: Rehabilitation's Potential in Adult Day Services

Rehabilitation is a powerful tool to enhance the services provided in Adult Day Services programs, and creatively approaching program creation can yield opportunities for business development. Field-driven accreditation standards can provide the foundation for building relationships and trust with all stakeholders, including individuals served and referrers. This exploration of different approaches to providing rehabilitation from a person-centered perspective will provide attendees with knowledge that can be utilized in day-to-day practice.

Learning Objectives:

1. Explore how different types of rehabilitation programs can enhance Adult Day Services programs and meet the needs of those individuals they serve.
2. Define how field-drive accreditation standards can be used to enhance relationships and trust with all stakeholders and support programs and business development.

3. Discuss tangible takeaways that ADS providers can use in their day-to-day practice when considering how rehabilitation can be integrated into their programs.

Presenter: Terrance Carolan, Managing Director, Medical Rehabilitation/Aging Services, CARF International

ES 7-B

10:15 – 11:15 AM

Supporting Caregivers with Financial and Legal Challenges to Maximize Adult Day Use

Many caregivers take on significant financial and legal responsibilities in addition to direct care and care coordination for care recipients. Caregivers also experience emotional, physical, and financial challenges, including spending substantial out-of-pocket money on care recipients, with limited financial and legal planning resources. Adult Day Centers rely on caregivers to maximize adult day use for their loved one and simplifying their financial and legal responsibilities enhances the adult day experience.

Learning Objectives:

- How critical financial and legal responsibilities are for caregivers.
- Ways to simplify responsibilities for caregivers.
- How supporting caregivers with their responsibilities maximizes adult day use.

Presenter: Matt Zuraw, Co-founder, Caregiver Support Officer, CareVirtue

ES 7-C

10:15 – 11:15 AM

Feast of Years: Crafting Senior Meal Solutions

This presentation delves into innovative strategies to source, plan, and distribute nutritious meals within adult programs, ensuring a balanced diet that caters to the unique needs of our aging population. Join us to learn, engage, and transform the way we serve our senior community.

Learning Objectives:

1. Understand the Nutritional needs: Participants will gain insight into the unique dietary requirements of seniors and the importance of meeting these needs through well-planned meal programs.
2. Navigate the Procurement Process: Attendees will learn the steps involved in the procurement process, including supplier selection, adherence to dietary guidelines and budget management.
3. Implement Effective Distribution: The audience will explore various distribution methods to ensure that nutritious meals reach seniors effectively, even in challenging circumstances.

Presenters: Stacy Lofton, MS, RD, Director, Food and Nutrition Strategy, Premier Inc.; Melissa Zwilling, Vice President of Sales, Team Four Foodservice

ES 7-D

10:15 – 11:15 AM

Unlock the Secret to Inclusive Fun: Transforming Activities in Adult Day Care

Join us for an enlightening presentation designed for current and future adult day care owners! Discover how to revolutionize your adult day care center with activities that everyone can enjoy, regardless of their abilities or backgrounds. Our session will cover:

- **Why Inclusivity Matters:** Learn how inclusive activities boost well-being, foster social connections, and help maintain independence.
- **Creating Inclusive Activities:** Get practical tips on adapting existing activities, using universal design, and training your staff.
- **Real-Life Examples:** Explore successful inclusive activities like music and movement sessions, adaptable art projects, accessible gardening, and technology-based games.
- **Overcoming Challenges:** Find solutions for resource limitations and resistance to change.
- **Measuring Success:** Learn how to gather and use feedback to continuously improve your programs.

By making inclusivity the cornerstone of your activities, you can create a vibrant, engaging environment where every participant feels valued and included. Don't miss this opportunity to transform your adult day care center and make a lasting impact on your participants' lives. Join us to unlock the secret to inclusive fun and take your services to the next level!

Presenter: Melanie Miranda-Lusby, MHA, CDP, Director of Corporate Center Operations and Franchise Management, Town Square

ES 7-E

10:15 – 11:15 AM

Advancing Adult Day Services Research Using Data from the National Post-Acute and Long-Term Care Study

The National Study of Long-Term Care Providers (NSLTCP) was renamed the National Post-acute and Long-term Care Study (NPALS) in January 2020. The purpose of this session is to (1) highlight NPALS; (2) describe the importance and value of multiple waves of accurate, reliable, and timely data about key characteristics of the ADS sector and its participants; (3) demonstrate the diversity of services and participants served by ADS using information collected from the ADS survey; (4) present data from the 2020 and 2022 survey waves; and (5) provide an update about the 2024 survey.

Learning Objectives:

- To obtain an overview of the NPALS adult day services center survey design, content, and types of information produced throughout the various survey waves;
- Describe some important and policy-relevant characteristics of ADSCs and their participants, based on the latest findings from the 2020 and 2022 waves of survey data;
- Learn about the upcoming 2024 NPALS survey and how providers can participate in the surveys.

Presenter: Priyanka Singh, MPH, Health Statistician at National Center for Health Statistics, Centers for Disease Control and Prevention

ES 7-F

10:15 – 11:15 AM

Integrating Technology into Adult Day Programs

Adult day centers offer a variety of tools and techniques to assist caregivers and their family members to have the help that they need each day. One of the tools that many care providers are using more and more is technology. Technology can make it easier to keep up with adult day health care needs, cognitive health, communication, entertainment, and more. During this session we will review three different forms of technology that not only entertain but maintain cognitive and physical health of members. In this presentation, we will discuss:

- Keeping Brains Engaged
- Offering Entertainment
- Improving Communication with Family Members

Presenter: Linda Johnstone, Executive Director, Silver Fox Adult Day Centers

ES 8-A

11:30 AM – 12:30 PM

Use of Quality/Process Improvement Tools to Identify Root Problems and Which Solution to Implement to Create Lasting Improvements

Do you know you have a problem, or processes that need improving but do not know the issue that should be changed? Do you want to have a more robust Quality Assurance Process Improvement Program? Standard process improvement tools for current state assessments, and how these tools are used for different purposes will be taught. These tools help identify what part of a process on which to focus. Once you know what area to address, do you struggle on identifying the best solution to improve? Additional tools will be reviewed to help you prioritize all your "great ideas."

Upon completion of this activity, participants will be able to differentiate the use and benefits of:

- Current state assessment tools (Driver Diagram; Process maps; and Fishbone/Ishikawa diagram);
- Tools to prioritize solutions;
- Project aims statements and data measures will be highlighted.

Presenter: Deborah Gregson, Director, Margaret M. Shea Adult Day Health Program at Boston Medical Center

ES 8-B

11:30 AM – 12:30 PM

Integrating Recreational Therapy into a Blended and Intergenerational Service Model

Blended service models can create difficulties with activity planning and participation outcomes. Recreational therapy services within this model explore cognitive, physical, social, and emotional wellbeing of the participants. Generational differences can provide opportunities for growth and connection, but they can also initiate unintentional division or discrimination. Incorporating intergenerational programming with young children benefits the blended model by further bridging a community together. This program's aim is not only to build friendships,

but to teach children through exposure that aging and disabilities aren't frightening. This presentation will explore the combination of programs through the lens of recreational therapy.

Learning Objectives:

- Intergenerational Programming
- Recreational Therapy Programming
- Blended Service Models

Presenters: Jaime Cross, Adult Day Services Manager, Neighborhood House; Deb Hall, Adult Program Associate Director, Neighborhood House

ES 8-C

11:30 AM – 12:30 PM

PACE 2.0 - Integrating PACE and Adult Day Health Care

Programs of All-inclusive Care for the Elderly (PACE) dive into operationalizing with your current Adult Day Health program. This session goes beyond PACE basics to understanding the operations of the program to include revenue streams. Ways to utilize current resources to support startup operations and beyond.

Learning Objectives:

- Review of PACE Basics
- Understanding revenue and utilization
- Interdisciplinary team care planning

Presenter: Sharon Hilton, Senior PACE Consultant, CareVention HealthCare™

EC 6-D

11:15 AM – 12:15 PM CDT

CEU Hours: 1

Best Practices for Serving Those with Dementia and Their Families

This session will explain how healthcare providers can use appropriate communication for those with dementia and their families, the basics of Validation Therapy and Compassionate Communication. We will discuss the Reality of Dementia and the how to best serve the needs of the families as they journey through the grief process of their loved one's disease.

Learning Objectives:

1. Identify and describe the most common types of dementia.
2. Define and demonstrate Validation Therapy.
3. Examine the emotional impact of Ambiguous and Anticipatory Grief.

Presenter: Hollie Glover, MA, LPC, NCC, Director, Education and Family Support, James L. West Center for Dementia Care

*Presentations and presenters subject to change.