



2018 ADULT DAY SERVICES CONFERENCE

Hyatt Regency Inner Harbor | Baltimore, Maryland

Advocacy in Adult Day Services

SCHEDULE-IN-DETAIL

Updated 6/20/2018

Register early and save!

- EARLY BIRD RATES end July 13
- REGULAR RATES end September 10
- ON-SITE RATES apply after September 10 – *register at the Conference*

NADSA Board Meeting | Wednesday, September 26, 2018 | 9 AM to 3:30 PM

Thursday, September 27, 2018

7:30 AM – 5 PM | REGISTRATION OPEN

9 AM – NOON | WORKSHOPS

(Select from 2 options; Separate fee required)

WORKSHOP A | THURSDAY | 9 AM – NOON | CEU HOURS: 3

AUDIENCE TRACK: EMERGING PROFESSIONALS

Opening an Adult Day Center: Facts, Foundations, and First-Hand Advice

Starting an adult day center is no easy task. Keeping one going after it has launched is filled with challenges, too. Commitment to understanding the field, the needs of the target markets, and business knowledge are just the beginning. Give yourself the advantage you need to succeed by gathering insight from leading experts in Adult Day Services. We'll do an overview of the facts you need to get started, and provide you with the basics of a strategic practice foundation called *Person-Centered Care in Practice*. You'll also get first-hand advice from a provider who has recently opened a center.

Speaker/s

Beth Meyer-Arnold, RN, MS, Principal, *Cygnnet Innovations Group, LLC*

Lyn Geboy, PhD, Principal, *Cygnnet Innovations Group, LLC*

Christina Vlosich, PTA, ATP, Field Surveyor, *Healthcare Quality Association on Accreditation (HQAA)*

Learning Objectives

1. Attendees will be provided a comprehensive framework for opening an adult day center.
2. Attendees will learn how *Person-Centered Care in Practice* provides a framework for high-quality care and measuring quality.

WORKSHOP B | THURSDAY | 9 AM – NOON | CEU HOURS: 3

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS

Developing and Marketing a Support and Education Program for Caregivers

Advocating for the person with dementia is always on the minds of professionals and caregivers, but what about advocating for the caregiver? In this session, we will discuss the importance of caring for the caregiver, including signs of caregiver burnout, how to help the caregiver plan for the future, and the importance of education and support. You will also learn how to develop, implement and facilitate an education and support program at your center to provide valuable information for the caregiver.

Speaker/s

Christi Clark, BA, Assistant Director, *Insight Memory Care Center*

Joel Bednoski, BA, HSA, Former Executive Director, *Insight Memory Care Center*

Learning Objectives

1. Learn the importance of caring for the caregiver, signs of caregiver burnout and planning for the future.
2. Learn how to develop an education program for both family and professional caregivers.
3. Learn how to develop, implement and facilitate a support program for family caregivers.

9 AM – NOON* | SITE VISITS

(Select from 2 options; Separate fee required)

**By 8:45 AM, meet in Hyatt Regency lobby for transportation*

SITE VISIT A | THURSDAY | 9 AM – NOON | CEU HOURS: 2 (EXCLUDES TRAVEL TIME)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

(Limited to NADSA members only; maximum registrants 25)

Active Day Baltimore

Active Day Baltimore has been providing adult day health services to seniors and adults with special needs in the Baltimore community for more than 15 years. The center proudly serves approximately 55 members each day. During the visit to the Baltimore center, we will discuss the importance of person-centered care and how Active Day develops fun and engaging programming for members across a spectrum of abilities and needs. We will demonstrate how a cross-functional team – including social workers, nursing, activities and transportation – works together to provide the highest quality personalized care to the members.

Center leadership is involved in advocacy through:

- A licensed SW that works with members/caregivers to obtain services in the community.
- The nursing staff who are medical advocates that ensure our members are provided with adequate care and proper medication adjustments.
- The nursing staff that ensures medication refills and appointments are completed.

Innovative features of the program include:

- Electronic Health Records (EHR)
- CadCare practice management system
- Geotab telematics for vehicle fleet
- Paycom human resources platform

Market differentiation features of the program include:

- Assistance with medical appointments
- Specifically-developed activity groups based on member functional ability

Speaker/s

Kimberly Kranwinkel, RN, MBA, Regional Director – Maryland, *Active Day*

Learning Objectives

1. Hear about the practices involved in Active Day's approach to person-centered care
2. Understand the benefits of a cross-functioning team

SITE VISIT B | THURSDAY | 9 AM – NOON | CEU HOURS: 2 (EXCLUDES TRAVEL TIME)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

(Limited to NADSA members only; maximum registrants 50)

A Caring Hand Medical Adult Day Care

A Caring Hand Medical Adult Day Care is a hybrid (medical/health/social) model day center that has been in operation 14 years. Current daily census is 64. Being family owned and operated has proven to be vital in the success of our operation. Our population is unique as most of our consumers live in group home and assisted living settings and have little-to-no family support. There are many difficult aspects to caring for this population as they are dependent upon the MDC to be advocates for them. Another interesting dynamic is that our two facilities offer the same services (in the same location), but have different consumer characteristics. The differences are believed to be related to the size of the facility and physical activity of the two populations.

Center leadership is involved in advocacy through:

- Participation in the Medicaid Advisory Board for several years
- Active in MAADS
- Participation in Legislative Day with MAADS
- Working directly with DSS for Medicaid re-validation and recertification

Innovative features of the program include:

- We utilize community resources for outings, participate in the local recreation centers and special Olympics.
- We have several groups that accommodate various levels of care to include, but not limited to, Bible study, gardening, cooking, relapse prevention, grief, computers, and reading groups.

Market differentiation features of the center include:

- Providing assistance with all health care needs, scheduling appointments, transferring to appointments and have on site Medical care, PT, OT, Speech and Psychiatric care
- All of our activities are budgeted to be offered without the member having to pay additional fees, whether it be movies, meal outings, etc.

Speaker/s

Sueann Myers, RN, Owner, *A Caring Hand Medical Adult Day Care*

Learning Objectives

1. Observe a unique population of Medical Day Care consumers.
2. Educate on the obstacles that need to be addressed in caring for this population.
3. Develop an understanding of family owned and operated facilities.
4. Recognize the difference of populations in regard to size of facility.
5. Understanding the importance of choice and diversity in facilities.

NOON – 2 PM | LUNCH

Lunch On Your Own

2 PM – 5 PM | WORKSHOPS

(Select from 2 options; Separate fee required)

WORKSHOP C | THURSDAY | 2 PM – 5 PM | CEU HOURS: 3

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Advocacy v. Lobbying: Differences and Effective Methodologies for Both

Utilizing an array of research, experience, and examples this presentation will discuss the significant differences between advocacy and lobbying by both for-profit and non-profit entities. It will highlight what is IRS acceptable by non-profits and how to protect your 501(c)(3) status. The three parts of the presentation will focus upon general advocacy; public policy advocacy and lobbying; social media advocacy and lobbying; and will provide proven methodologies and techniques to accomplish each of these activities, including what constitutes grassroots advocacy or lobbying and the technical aspects of using social media.

Speaker/s

Senator Roy C. Afflerbach (Ret), Public Policy Advisor to NADSA, *The Afflerbach Group, LLC*

Mike Hardee, BS, Activity Director, *Total Life Centers*

Learning Objectives

1. Be able to identify and organize principle components of an effective advocacy / lobbying plan.
2. Be able to implement methodologies for effective public policy advocacy / lobbying.

WORKSHOP D | THURSDAY | 2 PM – 5 PM | CEU HOURS: 3

AUDIENCE TRACK: **SEASONED LEARNERS | ADVANCED PRACTITIONERS**

VA / Adult Day Services Partnering

Two leading officials from the U.S. Department of Veterans Affairs will cover a variety of topics related to partnering with the VA, including accessing the Department of Veterans Affairs in your region, the new law regarding State Veterans Homes and partnering with Adult Day Services or developing their own adult day centers, and other trends and issues in veterans community care needs. Three ADS providers will speak about their experiences, lessons learned, and successful strategies for working with the VA to provide Adult Day Services to veterans.

Speaker/s

Daniel Schoeps, Director, Purchased Long Term Care, *Department of Veterans Affairs*

Tom Edes, MD, MS, ED, Geriatrics and Extended Care, *Department of Veterans Affairs*

Allison Szuba, MA, Executive Director, *Adult Day Care Center of Central Virginia*

Lori Sanchez, Supervisor, *Morning Star Adult Day Program*

Mark Bumgarner, MS, Executive Director, *Adult Life Programs*

Learning Objectives

1. Understand some of the basic processes of applying for and managing federal contracts.
2. Hear from providers about challenges and strategies that have worked in working with the VA.

2 PM – 5 PM* | SITE VISITS

(Select from 2 options; Separate fee required)

***By 1:45 PM, meet in Hyatt Regency lobby for transportation**

SITE VISIT C | THURSDAY | 2 PM – 5 PM | CEU HOURS: 2 (EXCLUDES TRAVEL TIME)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

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Speaker/s

Kimberly Kranwinkel, RN, MBA, Regional Director – Maryland, *Active Day*

Learning Objectives

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SITE VISIT D | THURSDAY | 2 PM – 5 PM | CEU HOURS: 2 (EXCLUDES TRAVEL TIME)

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

(Limited to NADSA members only; maximum registrants 20)

Easterseals DC / MD / VA

Easterseals serving DC / MD / VA – the Edward N. and Della L. Thome Adult and Senior Care Center on the Harry and Jeanette Weinburg Campus – is a hybrid (medical/health/social) model day center that has been in operation 25 years. Current daily census is 100. Our adult and senior day center provides personalized care in a warm and engaging environment. We care for individuals who are aging, having intellectual and developmental and/or medical disabilities, and special needs. Our thoughtfully designed new building includes a large garden and patio space. The center also is equipped with a SNOEZELEN multi-sensory environment (MSE), a specialized selection of sensory equipment and materials designed to enhance therapy, learning, and relaxation. We are deeply committed to the individuals and families we serve. Our person-centered care ensures that no matter what brought you into our center, we can meet your needs and help your family thrive.

Center leadership is involved in advocacy through:

- Participation in the Easterseals national team pilot program on ADS outcomes
- Studies with the University of Minnesota and Johns Hopkins University
- Successfully advocating for supplemental wages for staff in Montgomery County
- Advice in MAADS, on leadership team for MAADSOMC
- Serving on the Maryland Caregiver Commission
- Caregiver support groups for the community

Innovative features of the program include:

- SNOEZELEN multi-sensory environment
- Multigenerational garden / community garden
- Innovative architectural layout (building designed to support participants who thrive/enjoy different spaces)

Market differentiation features of the program include:

- Built for clientele to support their needs /provide dignity/respect
- State-of-the-art building
- Taking participants with high acuity
- Providing funding solutions for those who want to attend our center

Speaker/s

Elizabeth Barnes, MHA, Senior Director, Adult and Senior Services, *Easterseals DC / MD / VA*

Learning Objectives

1. Person-centered programming for a dynamic demographic.
2. Impact of an innovative architectural layout on participants.
3. Having a voice for the Adult Day Services community (partnerships, supplemental funding, etc.)

3 PM – 5 PM | EXHIBITOR SET-UP

5:30 PM – 6:15 PM | NEW MEMBER OR FIRST-TIME ATTENDEE GATHERING

GATHERING | FRIDAY | 5:30 PM – 6:15 PM | CEU HOURS: (NONE)

What Do You Need to Begin?

If you are a new member of NADSA or this your first time attending a NADSA event -- *don't miss this gathering!* Seasoned NADSA members and leaders will share their insider information on *all things NADSA*, and help you choose the conference activities that best fit your needs. Bring your business cards and get your "networking face on" for this relaxed gathering that will make this NADSA Conference experience truly valuable.

Speaker/s

Mark Bumgarner, MS, Executive Director, *Adult Life Programs*

Friday, September 28, 2018

7 AM – 5 PM | REGISTRATION OPEN

7 AM – 7:30 AM | EXHIBITOR SET-UP

7:30 AM – 5 PM | EXHIBITS OPEN

7:30 AM – 8 AM | BREAKFAST

8:00 AM – 8:45 AM | WELCOME!

Welcome from the NADSA Chair – Lisa Peters-Beumer, MPH

Sponsor Recognition

Conference App and Photo Contest Instructions

8:45 AM – 9:30 AM | GENERAL SESSION

KEYNOTE 1 | FRIDAY | 8:45 AM – 9:30 AM | CEU HOURS: .75

AUDIENCE TRACK: **EMERGING PROFESSIONALS** | **SEASONED LEARNERS** | **ADVANCED PRACTITIONERS**

Protecting Health Care for Older Adults: A View From Washington



As Congress and the Trump Administration pursue changes to Medicaid and the health care system overall, the programs that older adults rely upon are at risk.

This keynote will provide an overview of the legislative and administrative landscape in Washington, and describe how what's happening in DC will affect low-income seniors, their families, and communities across the country.

Join us to learn what you can do to advocate for improved health care for the critical populations you serve.

Speaker/s

Jennifer Goldberg, JD, Directing Attorney, *Justice in Aging*

Learning Objectives

1. To gain an increased understanding of the legislative and administrative landscape in Washington regarding potential changes to health care for older adults, with a focus on the Medicaid program.
2. To learn how diverse populations are impacted by senior poverty, and why this is important for older adults' health care needs.
3. To be able to identify actions you can take to advocate for improved health care programs to serve older adults.

9:30 AM – 10 AM | BREAK & EXHIBIT VIEWING

Visit the exhibits to learn about products and services designed for adult day services providers and participants. Plus, there will be **prize giveaways**, *but you must be present to win!*

10 AM – 11 AM | SPONSORED SHOWCASE & EDUCATION COURSES

(Select from 5 options)

SHOWCASE 1 -- SPONSORED BY BUSINESS SUPPLIERS, INC. | FRIDAY | 10 AM – 11 AM | CEU HOURS: (NONE)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Sustainability for the 21st Century Adult Day Program

Running a successful, profitable business is the goal of every organization. Proper utilization of people and investment in equipment and services will help you reach your goal of sustainability and profitability. AdultDayWare® is a cost-effective tool that builds a strong infrastructure for the foundation of your business. Hear about organizational efficiencies achieved by computerization of scheduling, transportation, activities, clinical systems, CACFP; elimination of redundancies in documentation; and faster and cleaner electronic billing processes to improve collections and more.

Presenter/s

Ralph Ditchie

David Biscan

Ellen Harrington-Kane

COURSE 1 | FRIDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS**

Innovative Mobile Adult Day Healthcare with Access to VA Services: Mobile Veterans Program (MVP)

The Mobile Veterans Program (MVP) is a Veterans Affairs (VA) innovative patient-centered hybrid adult day healthcare program. MVP brings VA care providers to Veteran Service Organization sites to offer structured meaningful activities, socialization, and care closer to the Veterans. Coatesville sends a team of VA care clinicians to five local Veteran of Foreign War sites. This approach is cost-effective and self-sustaining for future years and helps elderly and injured Veterans to benefit from structured care in an informal and familiar community environment. This community care-based mobile health strategy reduces distance barriers, monitors for suicidal ideation, improves access to and compliance with care, and provides support and advocacy to family caregivers as well as empowering veterans to remain independent and home-based, thus increasing their quality of life.

Speaker/s

Karen Elechko, MSN, BSN, RN, Clinic Coordinator, Coatesville VA Medical Center

Learning Objectives

1. To be able to understand how the Veterans Affairs (VA) Mobile Veteran Program (MVP) produces patient-centered care by increasing positive emotions, facilitating sleep and calming the overactive brain.
2. To be able to describe how the information in this presentation can be utilized to improve patient care and patient outcomes.
3. To have an understanding of the veteran's experience in the MVP.

COURSE 2 | FRIDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Advocacy and Service: Forging Collaboration with Hospitals to Reduce Readmission and Improve Lives

Two years ago, troubled by rising hospital readmission rates and clients with dementia going to hospitals never to return, Nevada Senior Services began a community advocacy and service development process to determine roots of the problem and forge solutions.

Speaker/s

Jeff Klein, MBA, FACHE, President and CEO, Nevada Senior Services

Mike Splaine, MA, Owner and Principal, Splaine Consulting

Learning Objectives

1. To be able to identify the risks and opportunities for ADH to engage hospitals.
2. To be able to design a map of potential collaborators in their community.
3. To be able to describe a learning and organizing process that has the potential to create lasting change.

COURSE 3 | FRIDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS**

Empowering Individual Advocacy: Facilitating Person-Centered Planning Meetings

The creation of a person-centered plan is dependent upon a person feeling empowered to advocate for the dreams they have for their life. We are allies in their advocacy, and as a facilitator of planning meetings it is necessary to ensure that the person has a voice. It is our responsibility to consistently role-model a person-centered process; where the person is not just considered at the center of the plan, but is the driver and executor of it. Educating loved ones and care-givers also may be needed to promote person-centered concepts and an understanding of the importance of personal empowerment.

Speaker/s

Amber Carey-Navarrete, BA (2018), Training and Consulting Director, *Easterseals Southern California*

Learning Objectives

1. To deepen the understanding of the person-centered concepts at the heart of advocacy, as well as our role as allies.

COURSE 4 | FRIDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Wine without the Whine: A Case for Joyful Caregiver Support

Caregivers need space to recharge. They need friendship, laughter, and fun to lighten the load. Do your caregiver support programs meet the needs of caregivers? Are your support groups under-attended, awkward, or emotionally draining? Ours were all of the above until we took a more creative approach. You are invited to rethink support. Learn how a social worker and communications director collaborated to build a unique and uplifting caregiver support program that caregivers want to attend... and how you can build one, too! (Sample tip: ditch the tea and coffee and bring out the wine.)

Speaker/s

Katie Kirkpatrick, BA, Development and Communications Director, *Page Robbins Adult Day Center*

Sherie Wammack, LBSW, Program Director, *Page Robbins Adult Day Center*

Learning Objectives

1. To share best practices for increasing engagement in your caregiver support programs, including information on how to evaluate your current program and suggestions for creating more uplifting and unique caregiver support opportunities.
2. To offer tips on fostering friendship amongst caregivers, creating a strong community of care and empowering them to support one another.
3. To offer best practices for your social service and communications teams to effectively collaborate for social media, email and website content that increases the reach of your programs and gives voice to the needs of caregivers.

11 AM – 11:30 AM | BREAK & EXHIBIT VIEWING

Visit the exhibits to learn about products and services designed for Adult Day Services providers and participants. Plus, there will be **prize giveaways**, *but you must be present to win!*

11:30 AM – 12 NOON | LUNCH

12 NOON – 12:30 PM | NADSA ANNUAL MEETING

Programmatic Updates – **Lisa Peters-Beumer, MPH**, Board Chair, *NADSA*

Financial Updates – **Corinne Jan, RN, PHN**, Board Treasurer, *NADSA*

CDC Report – **Vincent Rome, MPH**, Health Scientist, *National Center for Health Statistics, Centers for Disease Control and Prevention*

12:30 PM – 1:00 PM | AWARDS PRESENTATION

Join us as we recognize excellence in the support and delivery of Adult Day Services with presentation of NADSA's Awards.

1 PM – 1:30 PM | BREAK, EXHIBIT VIEWING & SPONSORED SHOWCASE

Visit the exhibits to learn about products and services designed for Adult Day Services providers and participants. Plus, there will be **prize giveaways**, *but you must be present to win!*

SHOWCASE A -- SPONSORED BY ADS DATA SYSTEMS | FRIDAY | 1 PM – 1:30 PM | CEU HOURS: (NONE)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Software Solutions for Adult Day Services to Meet the Ever Changing Needs

Whether you're an owner, center director, software user, or keeping up with them, come hear about our HIPAA compliant desktop/web/mobile software platforms/servers, extensive software options to meet specific customer needs including: Elimination of redundancies in documentation, Scheduling, faster and cleaner Electronic Billing processes, CACFP Management, Transportation, Medication Management, Care Plans with library, Due Date Tracking and much more.

Presenter/s

Kimberly Turner, Software Consultant

1:30 PM – 2:30 PM | SPONSORED SHOWCASE & EDUCATION COURSES

(Select from 5 options)

SHOWCASE 2 -- SPONSORED BY ATTAINMENT COMPANY, INC. | FRIDAY | 1:30 PM – 2:30 PM | CEU HOURS: (NONE)

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

Boost Your Adult Day Center's Program to the Next Level

With the right plans and tools, your center can attain even more impressive results when it comes to person-centered planning, activities and staff training. Join us for a robust discussion on these topics and learn about the many resources available! This interactive session will also include hands-on opportunities on how to expand the use of simple communication tools across ages and ability groups. You could be a lucky winner chosen to boost your program with our evidenced informed program: *ReFresh! Life Re-energized*.

Presenter/s

Joni Nygard, MS, SLP, Vice President

COURSE 5 | FRIDAY | 1:30 PM – 2:30 PM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

Advancing the Mission of Adult Day Health Through Academic Partnerships

When community-based organizations and academic institutions come together, they engage in partnerships that pool resources and work toward systems change. Together, they have the power to transform individuals and institutions through advocacy. We examine how New York University and the California Association for Adult Day Services partnered to advance the Community-Based Health Home Project, which transforms the ADHC into a community-based health home, coordinating care for adults with multiple, complex chronic conditions. Working together, they have generated and disseminated data to clinicians and policymakers illustrating how ADS participation can improve health in diverse populations while reducing utilization of more costly care.

Speaker/s

Lydia Missaelides, MHA, Executive Director, California Association for Adult Day Services; Alliance for Leadership and Education

Tina Sadarangani, PhD, ANP-C, GNP-BC, RN, Assistant Professor / Faculty Fellow, New York University, Rory Meyers College of Nursing

Learning Objectives

1. To be able to identify 3-5 elements that are necessary for a successful partnership between adult day health service providers and academic institutions.
2. To be able to articulate the importance of research data collection in building support for Adult Day Services at state and national levels.
3. To be able to identify strategies for implementing innovative programs within the framework of the adult day center that address the needs of diverse and medically complex participants and the importance of collecting consistent and timely data.

COURSE 6 | FRIDAY | 1:30 PM – 2:30 PM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS

National Study of Long Term Care Providers: An Essential Resource for Effective Advocacy of ADS

Accurate and reliable information is essential for effective advocacy. The 2016 National Study of Long-Term Care Providers (NSLTCP) collected national- and state-level findings from about 4,600 Adult Day Services (ADS) centers that provided care to approximately 286,300 participants in 2016. This educational session will present findings on current and emerging policy-relevant topics regarding the characteristics of centers and participants, and new topics unique to the 2016 survey. Innovations in survey design for the 2018 NSLTCP will also be discussed, with an emphasis on implications for survey fielding, findings, and future advocacy.

Speaker/s

Vincent Rome, MPH, Health Scientist, National Center for Health Statistics, Centers for Disease Control and Prevention

Jessica Lendon, PhD, MPH, Social Scientist, National Center for Health Statistics, Centers for Disease Control and Prevention

Learning Objectives

1. To obtain an overview of the NSLTCP ADS survey and content fielded in 2016 and how to access data.
2. To learn about key policy-relevant characteristics of ADS providers and participants that are essential for comparing with other types of LTSS and how providers and policy makers use these findings.
3. To learn about new ADS content collected in 2016 NSLTCP and changes coming to the 2018 survey design.

COURSE 7 | FRIDAY | 1:30 PM – 2:30 PM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS

Empowering CARE Giving: Consistency, Advocacy, Reassurance, Education

In this session, participants can expect an upbeat, interactive presentation exploring ways to engage and advocate for caregivers. Taking its title from the Joy's House CARE Kit, we will examine how consistency, advocacy, reassurance and education together form the foundation of a successful caregiver support services program. After surveying participants at the start of the session, there will be an opportunity for collaborative conversation among presenters and attendees to examine proven best practices from the Joy's

House model and others. Participants will leave the session prepared to create or strengthen caregiver support services in their organizations and communities.

Speaker/s

Candace Preston, Caregiver Support Services Director, *Joy's House*

Tina McIntosh, President & CEO, *Joy's House*

Mandy Williams, MA, Community Engagement Director, *Joy's House*

Learning Objectives

1. To obtain tools and strategies for strengthening caregiver engagement.
2. To know how to quantify, track, and measure participation in / success of caregiver programming.
3. To understand how to successfully engage with other community partners to enhance caregiver programming efforts.

COURSE 8 | FRIDAY | 1:30 PM – 2:30 PM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | ADVANCED PRACTITIONERS**

Photography in ADS: Take Better Photographs to Improve the Image of Your Program

Using simple photography concepts we will show attendees how to improve the quality of the photographs they take of their facilities and clients. Whether you are using a point and shoot camera or a digital single-lens reflex camera or the camera on your smart phone, the concept we share will help you. The wonderful work that you are doing each day in your facility goes unseen if you don't document it. Through the lens of a camera we will help you show the very best of what you do on a daily basis. Whether you are sharing the photographs through social media, printed materials, or digital newsletters, the images you choose will be used to judge your program. We will be discussing the basics of digital photography and how to better frame your shots to create better images, what to look for when choosing photos to share, as well as post production, photo editing and how best to use it.

Speaker/s

Mike Hardee, BS, Activity Director, *Total Life Centers*

Allison Szuba, MA, Executive Director, *Adult Day Care Center of Central Virginia*

Learning Objectives

1. To obtain a basic understanding of digital photography and equipment.
2. To learn simple techniques to improve the content of your photograph.
3. To gain hands-on practice using the concepts presented.

2:30 PM – 3 PM | WELLNESS PICK-ME-UP BREAK, EXHIBIT VIEWING & SPONSORED SHOWCASE

Visit the exhibits to learn about products and services designed for Adult Day Services providers and participants.

Plus, there will be **prize giveaways**, *but you must be present to win!*

SHOWCASE B -- SPONSORED BY ADS DATA SYSTEMS | FRIDAY | 2:30 PM – 3 PM | CEU HOURS: (NONE)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Software Solutions for Adult Day Services to Meet the Ever Changing Needs

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Presenter/s

Kimberly Turner, Software Consultant

3 PM – 4 PM | SPONSORED SHOWCASE & EDUCATION COURSES

(Select from 5 options)

SHOWCASE 3 -- SPONSORED BY RTZ SYSTEMS | FRIDAY | 3 PM – 4 PM | CEU HOURS: (NONE)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

The Newest Software Product for Adult Day Centers

Attendees will receive a special tour of RTZ's new cloud-based CADCare system. See how CADCare can support every facet of your center operations in a single integrated system that can be used on any computer or mobile device, and how it can help automate and eliminate manual and paper-based processes, and ultimately help your center better manage and utilize data to improve outcomes.

Presenter/s

Mike Zawadski, President

COURSE 9 | FRIDAY | 3 PM – 4 PM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

Connecting Your Mission, Vision and Values to Person-Centered Performance Standards for Staff

Our presenters will outline their journey to person-centered care in practice from initial exposure, staff and board training to a revision of the center's vision, mission and values to include reframing the staff performance standards in a clearly defined rubric format.

Speaker/s

Merilyn Clerc, MA, Executive Director, *Just Friends Adult Day Services*

Jayne Zobrist, MA, Program Coordinator, *Just Friends Adult Day Services*

Learning Objectives

1. To understand why person-centered care focus in both care planning and activities is critical to adult day center success.
2. To learn methods to reframe the center's mission, vision and values.
3. To demonstrate reframing of staff performance standards in rubric format.

COURSE 10 | FRIDAY | 3 PM – 4 PM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

The Power of Engagement: No Longer a Novelty

Senior living has undergone radical transformations over the last decade – transformations that have impacted dining, nursing, architecture, and wellness. But often times the resident's soul and spirit has been left out of the equation. This session will dive deeply into the "power of engagement." You will see how a variety of person-based technologies can allow older adults, regardless of physical and cognitive disabilities, to stay connected, engaged and most importantly, relevant. We will look at off the shelf technologies available today as well as a future full of virtual reality, holograms and other mind-boggling technologies all aimed at helping people stay engaged. This session is 100% aimed at non-techie folks, and you'll walk away optimistic about the future of aging.

Speaker/s

Jack York, BS, Co-Founder, *It's Never 2 Late (iN2L)*

Learning Objectives

1. To see multiple examples of technologies that are available (and are coming) designed to keep older adults engaged.
2. To hear multiple examples of communities in your state benefitting from person centered technologies.
3. To learn how the latest research is quantifying the benefits of engagement technology.

COURSE 11 | FRIDAY | 3 PM – 4 PM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

Supercharging Your Advocacy with Financial Performance Data

How can leaders in adult day services organizations support sustainability when working with health plans, government payers and other stakeholders? How can adult day services leaders plan for their future by making investments in technology, management talent, and marketing? These challenges are becoming more complex as profit margins are withering. Federal, state, and local governments also have less money to pay for services delivered by community-based organizations. The adult day services field must be empowered with data in order to advocate for our field at all levels.

As leaders of adult day services organizations, we must carefully look at the future financial prospects of our organizations. Operational and financial data that demonstrate the quality of your services and the cost-effectiveness of your management strategies are necessary tools in order to advocate for your organization in front of health plans, legislators, lenders, and other stakeholders.

Speaker/s

Susanne Matthiesen, MBA, Managing Director of Aging Services Accreditation, *CARF*

Jeffrey Boland, CPA, Partner and Department Head, Senior Living Services Consulting Group, *RKL*

Anne Dottavio, RN, BA, Administrator, *Diakon Adult Day Services*

Learning Objectives

1. To explore key financial performance indicators that can be useful in demonstrating the cost-effectiveness of your services and financial stability of your program.
2. To discuss tools you can use to calculate and track financial indicators in your organization so that you can enhance the power of your advocacy messages.
3. To obtain insights from leaders in the field regarding use of financial data for planning and advocacy.

COURSE 12 | FRIDAY | 3 PM – 4 PM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS

HIPAA: What Everyone Should Know About Privacy and Security

Everyone has heard of HIPAA, but many are still confused about it. Does HIPAA apply to me? What exactly does it mean to an adult day program? What policies should I have in place? Why should I be concerned? Learn how to know if HIPAA is required by your program . . . but why you should adhere to it even if you aren't a "covered entity." Learn what policies you need to have in place and where to access templates to get you started. Everyone is concerned about the privacy of their participants' personal information—learn how to protect it better.

Speaker/s

Ellen Harrington-Kane, MS, Senior Manager, *Among Friends Adult Day Care*

Learning Objectives

1. To determine whether or not you are a "covered entity" and required to be HIPAA compliant.
2. To list policies required by HIPAA and those that are recommended.
3. To be able to access template policies and other resources available at no cost.

4 PM – 5 PM | BREAK & EXHIBIT VIEWING

Visit the exhibits to learn about products and services designed for Adult Day Services providers and participants. Plus, there will be **prize giveaways**, *but you must be present to win!*

4:45 PM – 6 PM | STATE ASSOCIATION MEETING

MEETING | FRIDAY | 4:45 PM – 6 PM | CEU HOURS: 1.25

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

Membership that Matters

Connect with a panel of state association board members and discuss how we can work together with NADSA to advocate for Adult Day Services. NADSA wants to hear your thoughts on how your national organization can support each state's leadership in the future and how we collectively can make a difference to improve the lives of those we serve.

Speaker/s

Lisa Peters-Beumer, MS, Board Chair, *NADSA*

Vicki Maynard, Executive Director, *SarahCare of Indianapolis*

Learning Objectives

1. To define needs of state associations.
2. To learn about tools NADSA provides to state associations.
3. To identify strategies for future collaboration.

6 PM – 8 PM | WELCOME RECEPTION, SILENT AUCTION & GIFT BASKET RAFFLES

(No charge for Conference registrants; fee for an accompanying guest is \$35)

Join us for this truly FUN Reception. Enjoy appetizers, a cash bar, and see the winning photos from NADSA's second annual photo contest. Help NADSA grow its Advocacy Fund by bidding on "must-have" auction items, and try your luck at winning one of the state-sponsored gift baskets filled with that state's specialty items. *To donate an auction item and/or gift basket, please contact NADSA at director@nadsa.org.*

Saturday, September 29, 2018

7 AM – 2 PM | REGISTRATION OPEN

7:00 AM – NOON | EXHIBITS OPEN

7:30 AM – 8 AM | BREAKFAST

8 AM – 8:30 AM | NADSA ADVOCACY

Join us for an update on NADSA's advocacy front from our public policy advisor **Senator Roy C. Afflerbach (Ret)**.

8:45 AM – 9:30 AM | GENERAL SESSION

KEYNOTE 2 | SATURDAY | 8:45 AM – 9:30 AM | CEU HOURS: .75

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

Taking Your Seat at the Table: Advocacy Rules for Nonprofits



Advocacy is one of the most effective ways for nonprofits to advance their missions.

This keynote will describe the whats and whys of advocacy, and dispel the myths that nonprofits cannot—or should not—engage in the policy arena.

Speaker/s

Abby Levine, JD, Director of Bolder Advocacy, *Alliance for Justice*

Learning Objectives

1. To appreciate why it is so important for nonprofits to advocate.
2. To understand the difference between advocacy and lobbying.
3. To learn how much advocacy nonprofits can do.

9:30 AM – 10 AM | BREAK & EXHIBIT VIEWING

Visit the exhibits to learn about products and services designed for Adult Day Services providers and participants. Plus, there will be **prize giveaways**, *but you must be present to win!*

10 AM – 11 AM | SPONSORED SHOWCASE & EDUCATION COURSES

(Select from 5 options)

SHOWCASE 4 -- SPONSORED BY TOTAL ADHC SOLUTIONS, INC. | SATURDAY | 10 AM – 11 AM | CEU HOURS: (NONE)

AUDIENCE TRACK: EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS

Person-Centered Care Planning: The Basics

The Federal HCBS Person-Centered Planning requirements can feel overwhelming. How do you operationalize these regulations, which were not developed with ADS in mind, for your program while still maintaining the integrity of your service? In this session, attendees will be introduced to a system of care planning that conforms to the Person-Centered Planning Regulations, and resources available to support and maintain compliance with the HCBS requirements.

Presenter/s

Amanda Sillars, MSW, LCSW, CEO / President

COURSE 13 | SATURDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: EMERGING PROFESSIONALS

Things to Consider: Opening the Independent Adult Day Center

To say I was an excited and eager entrepreneur in opening an adult day center would be putting it mildly! At first, I thought that the process would be simple, especially given that I had 15 years of assisted living administration experience under my belt. Boy did I have things to learn! Even with a copy of the state regulations, I found I'd overlooked little details that prolonged the opening of my center. With no other adult day care center in my area, at least there would be no competition – if it were only so simple! Funding was a major concern. With a FICO score of 785 and great business plan, I thought funding would come easy. I was surprised to find out many people in the banking world were not aware of adult day care. Many times I was told that "If this is such a great idea, how come there are not more of them in our area?" In this session, I will take the opportunity to help someone else become successful and not make some of the foolish mistakes that I made and save them sometime.

Speaker/s

Sharon Crawford, Administrator, *Woodard's Adult Day Center*

Learning Objectives

1. To hear about the between-the-lines processes involved in opening an adult day center.
2. To understand how to respond to funding issues.
3. To learn about practical steps you can take in opening an adult day center.

COURSE 14 | SATURDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Implementing Effective Advocacy

With the onset of Medicare Advantage Plans inclusion of Adult Day Services as a funded service, many are questioning how to effectively advocate for their agencies. However, advocacy should be a routine business operation. This session examines how to define advocacy so that it translates to funders, legislative members, stakeholders and others, not limited to Medicare Advantage insurers. Understanding the steps of advocacy will help lay the foundation to incorporate effective advocacy measures into everyday operations. This session consists of a short presentation, a panel discussion and Q and A.

Speaker/s

Jo Ver Beek, CCRN, Director of Care Services, *Evergreen*

Marilyn Carroll, JD, MSN, Shareholder, *Davis & Kuelthau*

Mark Bumgarner, MS, Executive Director, *Adult Life Programs*

Learning Objectives

1. To understand effective advocacy and how to implement.
2. To gain insight into how to “speak the language” of those you are appealing to.
3. To examine how advocacy measures differ from funders, legislative members and other stakeholders.
4. To review NADSA’s efforts toward advocacy and increase understanding of how members can be involved.

COURSE 15 | SATURDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Advocating for Improved Well-Being through Horticultural Therapy

Advocating for our participants’ need for a connection to the natural world led to the creation of a successful horticultural therapy program. Engaging with plants in the garden and greenhouse creates a sense of well-being and delight. Many studies support the importance of this connection in human well-being, and the results we have seen at Life Enrichment Center support the science. Horticultural Therapy in the ADS environment can be successful in any setting. We will share how we procured funding, partnered with the community for financial and practical support, and make the program a priority in our daily programming.

Speaker/s

Beth Bruno, AAS, Horticultural Therapist, *Life Enrichment Center*

Learning Objectives

1. To learn why horticultural therapy is beneficial to participants and families.
2. To learn what makes horticultural therapy successful in the ADS setting.
3. To learn ways to fund and maintain a horticultural therapy program and why it is so important to offer this valuable service.

COURSE 16 | SATURDAY | 10 AM – 11 AM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

The Juggling Act of the Modern Caregiver

The modern caregiver is overworked and exhausted; between providing care for family members, upholding social relationships and career commitments, and managing mental and physical health, life can feel like a juggling act. Pete Shrock, nationally known grief and crisis responder, focuses on building resilience through caregiving challenges. He speaks to the role of a caregiver as a natural helper and “emotional first responder,” and recognizes the weight that they assume in every aspect of their lives.

Speaker/s

Pete Shrock, BS, Co-Founder & Chief People Officer, *Legacy Navigator*; Chief Program Officer and National Program Director, *Comfort Zone Camp*

Learning Objectives

1. To learn practical steps you can take to balance family, career, social and personal commitments while managing the caregiving role.
2. To learn strategies for self-care.
3. To gain support for tackling stigmas and the negative self-talk caregivers sometimes face.

11 AM – 11:30 AM | BON VOYAGE BREAK & EXHIBIT VIEWING

Visit the exhibits to learn about products and services designed for Adult Day Services providers and participants.

Plus, there will be **prize giveaways**, *but you must be present to win!*

11:30 AM – 12:30 PM | SPONSORED SHOWCASE & EDUCATION COURSES

(Select from 5 options)

SHOWCASE 5 -- SPONSORED BY MYADULTDAYCARE | SATURDAY | 11:30 AM – 12:30 PM | CEU HOURS: (NONE)

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

MyAdultDayCare: Practice Management Software

A robust, user-centric designed SMART solution for complete Adult Day Care Practice Management. Focus on client care and not on paper work. The MyAdultDayCare secure communications module facilitates the exchange of information among users in an adult day care center, in a secure, HIPAA-compliant way. Say goodbye to paper medical records and binders and streamline your business.

Presenter/s

Sanjay Chitale

COURSE 17 | SATURDAY | 11:30 AM – 12:30 PM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Introduction to TimeSlips

This session will introduce you to TimeSlips, a creative engagement facilitator training program for those who work with people living with dementia as well as other groups.

Speaker/s

Yvonne Yentsch, LCSW-C, Senior Center Social Worker and Manager of the Center Connection Program, *Baltimore County Department of Aging*

Marsha Kaplan, AA, Center Connection Specialist, *Baltimore County Department of Aging*

Learning Objectives

1. To obtain an overview of TimeSlips.
2. To learn about the benefits of TimeSlips for the participants.
3. To share examples of creative activities organized by TimeSlips Certified Facilitators in Baltimore.

COURSE 18 | SATURDAY | 11:30 AM – 12:30 PM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Life Enriching Music: All About Music Therapy

Music therapy uses music from the 1920s to present day to work with individuals to enhance their quality of life. A person's ability to engage in music often remains into the advanced stages of dementia. Music can be a great opportunity to provide another layer of cognitive, social, emotional, spiritual, and physical support when caring for participants in the adult day setting. Through interactive music making, we will explore the benefits of music therapy and ways to incorporate the benefits of music into everyday programming and caregiving.

Speaker/s

Hannah Williams, BA, Music Therapist, *Life Enrichment Adult Day Center*

Learning Objectives

1. To be able to define music therapy.
2. To be able to name at least three benefits of music therapy in the adult day setting.
3. To be able to list at least one way to incorporate music into everyday programming.

COURSE 19 | SATURDAY | 11:30 AM – 12:30 PM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Mindfulness Based Art Practices to Enhance the Self-Care of Caregivers

The workshop will integrate creative self-expression and basic mindfulness practices with an emphasis on self-care and stress reduction. Participants will be introduced to the basics of informal and formal mindfulness meditation as it applies to self-care, stress reduction, and well-being. Participants will be guided through a short meditation followed by an art practice with a focus on color, movement, symbolism, and textures. Materials provided. No artistic talent needed!

Speaker/s

Anne Galbraith, MA, ATR, MFT, Director of Counseling, *OPICA Adult Day Service / Counseling Center*

Elizabeth Lira, MA, LMFT, Associate Director of Counseling, *OPICA Adult Day Service / Counseling Center*

Learning Objectives

1. To learn about stress reduction through improved attention and concentration.
2. To learn how to reduce emotional reactivity.
3. To improve sense of health and well-being.

COURSE 20 | SATURDAY | 11:30 AM – 12:30 PM | CEU HOURS: 1

AUDIENCE TRACK: **EMERGING PROFESSIONALS | SEASONED LEARNERS | ADVANCED PRACTITIONERS**

Active Shooter Response Plan: Surviving the Unthinkable

Created to be effectively taught in a short amount of time no matter what experience you have. "Critical window" training focuses on the initial moment the shooting starts to when the shooter is stopped or the police arrive. The C.O.B.R.A. Active Shooter plan is an international training curriculum taught around the world.

Speaker/s

Chris Sutton, Certified Law Enforcement and Corrections Officer, CEO, *COBRA Defense International*

Sydney Burns, Self Defense and Personal Protection Professional, *COBRA Defense International*

Learning Objectives

1. To learn about the reality of workplace violence involving a gun.
2. To learn the importance of being prepared with a response plan for an active shooter.
3. To understand how educated responses to an active shooter can save lives.

NOON | EXHIBITS CLOSE

12:30 PM – 2 PM | LUNCH & PRIZES

Last chance to visit with colleagues, and win a Door Prize. . .*but you must be present to win!*

2 PM | CONFERENCE CONCLUDES