**Aging and Developmental Disabilities**

**OADD November 8th and 9th**

**Donald Gordon Centre, Kingston**

To help participants understand the scope of the presentations we have asked presenters to identify the target audience and outcomes for their presentation. These are listed with the descriptions below.

*Note: is the target audience is listed as DSPs or Middle Management the workshop would be appropriate for all participants; if the target audience is Senior Management the workshop would be appropriate for anyone in a managerial position.*

**Wednesday November 8th**

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| **Time** | **Event** |
| 7:30 – 8:30 | **Breakfast & Registration** |
| 8:30 – 8:45 | **Welcome & Housekeeping**  Sponsor – ? |
| 8:45 – 10:00 | **Moving Beyond Compassion Fatigue**  Presenter: Claudia Ferryman, Rainmaker Strategies Group  As we embark on the journey of providing essential support to aging individuals, particularly those with dementia, it becomes evident that the caregivers' well-being is just as crucial as the care they provide. "Moving Beyond Compassion Fatigue" is a compelling presentation designed to underscore the profound importance of self-care and stress management for employees dedicated to supporting individuals who are aging and those with dementia. In this presentation we will explore the concept of compassion fatigue, where the constant emotional demands of caregiving can take a toll on one's mental, emotional, and physical health. By recognizing the signs of compassion fatigue, employees can take proactive steps to prevent it from hindering their ability to provide high-quality care. Attendees will learn to identify stressors, manage emotional responses, and establish healthy boundaries while ensuring that their own well-being remains a top priority  *Target Audience: All*  Presenter identified Outcomes:   1. Recognizing the Signs: Understand the indicators of compassion fatigue and burnout specific to caregivers of aging individuals with dementia. 2. Self-Care Essentials: Explore effective self-care practices that promote mental, emotional, and physical well-being, enabling caregivers to navigate challenges with renewed energy and a positive outlook. 3. Stress Management Techniques: Discover practical stress-reduction strategies that can be seamlessly integrated into busy caregiving routines, fostering a sense of balance and resilience.   Sponsor - ? |
| 10:00 – 10:30 | **Behavioural Supports Clinical Navigation: Improving Care for Complex Clients**  Presenters: Sophia Kim, MSW, RSW and Laura Harrison, MSc OT Reg. (Ont)  The population addressed by Behaviour Supports is those who are aging with a Dementia diagnosis, and exhibiting challenging behaviours that create caregiver burden and increasing pressure on an overburdened healthcare system. There is a significant complement of our clients who also have a Dx of Developmental Disabilities. Our session would present on the Behaviour Supports Coordinating Office, which aims to support the Clinical Navigation of complex clients who do not fit neatly into one specific healthcare niche, and who require an interprofessional, collaborative approach.  *Target audience: Middle Management (review re: future planning for supports)*  Presenter identified Outcomes:   1. the importance of Clinical Navigation in supporting complex clients in accessing the right services at the right time and what a clinical navigation-based office can look like in its' operations 2. The importance of interprofessional and intersectoral partnerships and collaborations, where multiple agencies across sectors can work together to navigate system gaps and provide support for complex clients 3. A successful model of clinical navigation and coordination that counteracts healthcare silos, and encourages efficient usage of our limited healthcare resources in the system   Sponsor - ? |
| 10:30 – 10:45 | **Break** |
| 10:45 – 12:00 | **Canadian Best Practice Guidance for Quality Community Supports and Care for Adults with IDD and Dementia and their Caregivers**  Presenters: Sandy Stemp, COO (Reena) and Tracey Berman, Senior Project Coordinator  This session will focus on the current NTG- guidelines to support older adults with intellectual and developmental disabilities affected by dementia living in the community.  *Target audience: All*  Presenter identified Outcomes:   1. The participants will have a greater understanding of dementia and its effects on people with Intellectual and Developmental disabilities 2. Participants will be provided with an overview of the current NTG- Guidelines for structuring community care fand support for people with intellectual dishabilles affected by dementia from diagnosis to death) 3. Participants will gain a better understanding of the Early Detection and Screen for Dementia tool (NTG-EDSD)   Sponsor - ? |
| 12:00 – 1:00 | **Lunch** |
| 1:00 – 1:15 | **OADD Members meeting** *This is a short meeting for OADD members to vote on changes to the bylaws; see the OADD website for details* |
| 1:15 – 2:30 | Major Neurocognitive Disorders in Adults Aging with an Intellectual Developmental Disability Presenters: Tara Resnick, Psychogeriatric Resource Consultant, Sasha Johnston, Psychogeriatric Resource Consultant and Dasha Choitova, Transitional Services Facilitator  This session will explore the intersection between aging with an Intellectual Developmental Disability and Major Neuro-Cognitive Disorder  *Target audience: DSPs (good knowledge for everyone)*  Presenter Identified Outcomes:   1. A stronger foundational knowledge of MND to build on the participants' expertise of supporting individuals within the IDD population. 2. Concrete practical skills utilizing personhood and bio-psychosocial paradigms within the context of the interdisciplinary team 3. Tangible resources as a takeaway to integrate into daily practice   Sponsor - ? |
| 2:30 – 2:45 | **Break** |
| 2:45 – 4:00 | **Supporting People to Age in Place and in the Community is Possible**  Panel Discussion  Panelists: Shawn Pegg, Director Social Policy & Strategic Initiatives (CLO), Doug Cartan, Co-Founder (Seniors for Social Action Ontario) and Donna Marcaccio, ED (Rygiel Supports for Community Living)  Community Living Ontario, Seniors for Social Action Ontario, and Rygiel have been partnering to develop policy and strategies to support older people who have an intellectual disability for several years. We will use our collective knowledge to offer a philosophy/approach, framework, and strategies for management and front-line workers who wish to support people to age in homes of their choosing (which rarely, if ever, includes a long-term care facility).  *Target audience: All (agency mgmt. and staff will gain a better understanding of risks)*  Presenter Identified Outcomes:   1. Agency management and staff will gain a better understanding of the risks faced by people who are transferred to specialized settings, including long-term care homes and hospitals 2. Agency management and staff will gain a better understanding of MCCSS' stance on the issue of aging in place, recent positive changes to guidelines that work to prevent transfers, and how these can have positive impacts on the people they support. 3. Agency management and staff will have an opportunity to learn from each other, to hear about what is happening in different regions, which (we hope) will inspire those attending to take positive steps to support people to age in a home of their choosing.   Sponsor - ? |
| 5:30 – 7:00 | **Hosted dinner**  In-Person participants are welcome to attend the group dinner at the Donald Gordon Centre  Sponsor - ? |
| 7:00 – 10:00 | **Networking evening at the Coach House Pub**  Join us to relax and enjoy some time with friends in a comfy atmosphere.  Sponsor - ? |

**November 9th**

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| 8:30 – 9:45 | **Advance Care Planning is Key to Palliative Care “Good Practice”: it’s about Living not just End of Life**  Presenters: Angela Gonzales, Health Care Facilitator, Nurse Professional Practice Lead, Tracey Human, Dir. Palliative Care, Pain & Symptom Mgmt Consultant and Frances Moore, Dir. Palliative Care, Pain & Symptom Mgmt Service Toronto Region  People with DD lack equitable access to palliative care and advance care planning support despite multiple life-limiting comorbidities and healthcare disparities resulting in premature death (Balogh et al., 2018; Durbin et al., 2019; York et al., 2022). Advance care planning is a key element of palliative care that aims to be respectful of personhood, i.e., informing care and planning for medically expected outcomes that are aligned with what matters most to the person. People with DD have a right to this, and to participate in their care decisions which so important for aging with DD. Without supporters and care partners being more knowledgeable about this, there could be higher risk of unidentified needs, misunderstandings in goals of care and possibly gaps in supported decision making, which contribute to situations of unnecessary suffering through the illness journey, aging with DD to end of life.  *Target audience: DSPs (good for all)*  Presenter Identified Outcomes   1. Describe the process of advance care planning and promoting decision-making capabilities with adults with developmental disabilities (DD). 2. Recognize how advanced care planning informs goals of care and does not simply have an end-of-life context. 3. Understand examples of tools that guide care partners of people with DD through the process of supporting essential conversations, the advance care planning process and approaches to care through to end of life.   Sponsor - ? |
| 9:45 – 10:45 | **Pain and Symptom management and end of life care in supported living environments**  Presenters: Whitney Faragher and Sandra Martino, Health Care Facilitators (CNSC-CE)  It is clinically proven that individuals with a developmental diagnosis are more likely to enter into palatalization at an earlier age. It is crucial to plan within our aging population for palliative care supports, pain and symptom management, as well as how to adapt the approach to support persons with developmental disabilities.  *Target audience: DSPs (good information for all)*  Presenter Identified Outcomes:   1. Identify what a palliative care approach is and how to implement and support individuals through end-of-life process in supported living environments 2. Providing tools and resources and how to connect to specialized palliative services 3. How to adapt pain and symptom management within the developmental population |
| 10:45 – 11:00 | **Break** |
| 11:00 – 12:30 | **Understanding and Using the Updated “Guidelines for supporting adults with a developmental disability when applying to, moving into and residing in a long-term care home (2022)”**  Presenters: Sandy Stemp, COO (Reena) and Jinder Virdee, Mgr Home and Community Care Support Services  Adults with a developmental disability have the same rights as other Ontarians to live and participate fully within their communities and to access services and support that are necessary, available and meet their needs as they age.  *Target audience: All; DSPs need to know the info, Middle Mgmt need to understand how to implement and Senior Mgmt will benefit from overview and networking.*  Presenter Identified Outcomes:   1. The participants will receive an overview of history of the guidelines and the importance of the intersection and partnership between DS and health/LTC 2. Participants will take away a better understanding of the need for planning regarding aging and accessing senior services including LTC. This includes roles and responsibilities of service providers in both sectors. 3. Participants will become knowledgeable about the step-by-step process when applying to and moving into a long-term care home. Including the modified admission process that applies to alternate level of care (ALC).   Sponsor - ? |
| 12:30 – 1:30 | **Lunch** |
| 1:30 – 2:45 | **Grief and Loss in the Developmental Services Sector: Creating a Standard of Practice for People receiving supports and workers in DS Agencies across Ontario**  Presenters: Lindsay Clements, Senior Support Worker, Michele Kapteyn, Supports and Services Mgr. and Kim Stephens, People and Culture Director  DSPs often support individuals with an intellectual disability for several years across a significant portion of their life, sharing in their joyful, exciting, and challenging life experiences. As people supported age and are supported with end of life there is a need to equip our employees with effective tools and strategies to better prepare for and manage grief and loss.  *Target audience: All*  Presenter Identified Outcomes:   1. Elevate the sense of urgency surrounding the risk factors to our DSPs/DSWs linked to not coping with grief and loss 2. Detail the research surrounding the issue of grief and Loss 3. Identify a systemic method of support to address grief and loss in the DS sector   Sponsor - ? |
| 2:45 – 3:15 | **Collaborative Online International Learning (COIL) Project**  Poster Authors: Roma Mehta, Professor (Humber College), Maria Bensen Joensen, Senior Lecturer (University College Absalon) and Agnete Oline Sillesen, Senior Lecturer (University College Absalon)  This poster is about the care of People with Dementia and is located outside the meeting room; target audience: DSPs  *This is new for an OADD event so come on out, stretch your legs and ask questions about the research.*  Presenter Identified Outcomes:   1. Develop awareness about the necessity for support for people with dementia 2. Develop awareness of the concept of a dementia-friendly village 3. Develop awareness of the importance of inter-professional care for people with dementia |
| 3:15 – 4:00 | **Right Care….Right Place….Right to Die**  Presenters: Jocelyn Fleet, Director, Clinical Services (Ongwanada) and Alastair Lamb, CEO (Ongwanada)  Medical care of individuals with developmental disabilities, particularly elderly individuals, is a major concern for the developmental disabilities and health care sectors  *Target audience: All*  Presenter Identified Outcomes:   1. Health care services provided in a facility/home with appropriate medical personnel and infrastructure can reduce visits to the ER for people with IDD 2. Reducing ER visits can reduce stress and anxiety for the individual and reduce the impact of people with IDD on the acute care system 3. Providing medical care up to and including palliation and death in an environment suited to their needs allows people with I/DD to experience dignified care and ultimately death |