2017 Forum on Aging in Rural Oregon

_THURSDAY, APRIL 20_

8:00 – 9:00 am  Breakfast  Gorge Room

9:00 – 9:15  Welcome: Scott Ekblad, Director, Oregon Office of Rural Health  Gorge Room

9:15 – 10:00  PLENARY SESSION:
_Fighting Ageism_, Sarah Kagan, PhD, RN, & Lucy Walker Honorary Term Professor of Gerontological Nursing, University of Pennsylvania

Fighting Ageism: Discrimination based on age is commonplace across America. However, the contexts in which we find ageism shape the nature, focus, and type of discrimination expressed and experienced. In fighting ageism, I aim to explore various expressions of ageism – especially those common in rural and frontier communities – and to collaborate in developing solutions to abolish this pervasive form of discrimination.

Break, tour of Casey Outreach Van

10:00 – 10:30  CONCURRENT SESSIONS:

10:30 – 11:30  Session 1  Achieving Person-Centered Age-Friendly Care, Sarah Kagan, PhD, RNAchieving Person Centered Age-Friendly Care: Most health and social care aims to care for all, equally. Nonetheless, current models of care are generally not effectively designed to meet the needs of older people. In this talk, I discuss two major models for elder care – person centered care and age-friendly care – and explore their application in rural and frontier communities and institutions.

Session 2  Rural Palliative Care — The Business Case & the Ethical Emperative, Tina Castañares, MD

The aging of our rural populations means many things, but among them is inevitable illness, frailty and decline that often demand something different than aggressive or high-tech medical care. Palliative care can include comfort measures in the hospital and home hospice at the end of life. But the missing ingredient is outpatient palliative care—something valued and greatly desired by rural patients and their families. What is the “business case” for palliative care? How does it square with our mission as health care providers? And putting all that together, why do rural providers have an ethical responsibility to develop palliative care innovations in our community?

Session 3  Understanding Tension Between the Generations, Julie Reynolds, PhD

Members of the Silent Generation, Baby Boomers, Gen X-ers, and Millennials seem to have different ways of communicating, working, living, and socializing. These factors can lead to tension between the generations, and make interaction difficult. The problems may be greater in rural areas, with less exposure to societal changes. How can we bridge the gap?

11:30 – 1:00  Networking Lunch, tour of Casey Outreach Van
CONCURRENT SESSIONS:

1:00 – 2:00

During this panel discussion, conference attendees will learn about the scope of service of the Casey Outreach Program and partnership opportunities to provide no-cost medical eye exams to their communities. Additionally, they will have an opportunities to learn about our unique partnership model designed to empower and enhance services provided by our partner agencies in the community.

Anna Williams will discuss Volunteers in Action, a program of Providence Hood River. This program uses volunteers to help older adults and people with disabilities live independently and pursue wellness on their own terms. Anna will discuss how to set up a similar program in your community, share resources and tools to help you replicate the model, and answer questions about the limitations of the program.

Session 2 **The Homecare Workforce: How Can You Get Involved?** Cheryl Miller, Executive Director, Oregon Home Care Commission
This session is for Community Champions looking for opportunities to recruit individuals in their community to the homecare workforce as a worker, trainer, or business owner.

Session 3 **Lessons to be Learned: Elders in Hispanic and Native American Communities**, Joel Pelayo, The Next Door, Maria Antonia Sanchez, The Next Door, Delores Pigsley, Chair, Confederated Tribes of Siletz and Tribal Delegate, National Indian Council on Aging, & Michelle Singer, Center for Healthy Communities, OHSU-PSU School of Public Health
In this session, we will share characteristics of elder Latino population perspectives, cultural values as family, and traditions.

2:00 – 2:30  **Break**, tour of Casey Outreach Van

2:30 – 3:30

CONCURRENT SESSIONS:

Session 1 **Meeting the Behavioral Health Needs of Older Adults and Adults with Physical Disabilities in Rural Oregon**, Panel: Diana White, PhD, PSU Institute on Aging, Kris Bolier, Greater Oregon Behavioral Health, Inc., & Rod Harwood, Greater Oregon Behavioral Health, Inc.
The Older Adult Behavioral Health Initiative (OABH) is composed of a network of professionals with expertise in aging and behavioral health. These OABH Specialists work within their communities to improve planning and coordination to reduce gaps in services, complex case consultation, workforce development, and community education for older adults and adults with physical disabilities. This session will provide an overview of the Initiative and present preliminary evaluation findings. OABH Specialists will describe their own work to address needs in rural communities, including successes and challenges. Resource information, including how to connect with OABH Specialists and resources in your community will be provided.

Session 2 **Medicaid, Dual Eligibles and Where to Turn for What**, Panel: Mark Thomas, Moderator, Speakers: TBA
2:30 – 3:30  Session 3  **Share the Care: Organizing to Support Caregivers**, Claire Culbertson, MPH

In this presentation, participants will learn how to utilize the caregiver support model, Share the Care, based on the book, Share the Care – How to Organize a Group to Care for Someone who is Seriously Ill, by Capossela and Warnock.

Share the Care provides an organized and structured approach on how to create a caregiver team, comprised of friends, relatives, neighbors, faith community members, and others, to provide individuals and families with help to meet the daily challenges of aging or disability. From coping with emotional needs to providing transportation to appointments, from handling ongoing household chores to helping with personal needs, Share the Care insures that the person with the need and their family has the support necessary so no one has to do this very difficult task alone.

3:30 – 4:30  **PLENARY SESSION:**
**The Whys and How-Tos of Creating an Age-Friendly Community**, Margaret Neal, PhD, Director, PSU Institute on Aging

This presentation will discuss how and why the age-friendly communities movement is growing and the reasons why creating an age-friendly community makes sense, based on two key premises: Older adults are a growing resource presenting a set of often-overlooked opportunities, and an age-friendly community can benefit people of all ages and abilities. Results from a business case synthesizing the results of research conducted by academics, government agencies, non-profit organizations and corporations will be shared, along with ways in which this information can be used to further age-friendly efforts.

8:00 – 9:00 am  Breakfast

**Oregon’s Long Term Care Ombudsman Program**, Todd Steele, Deputy State LTC Ombudsman, District 6

9:00 – 10:00  **CONCURRENT SESSIONS:**

Session 1  **Caring for Caregivers: An Overlooked Problem**, Marcy Houle

Studies show that 66 million Americans are caring for someone - a parent, spouse, child, family member, friend. With the burgeoning growth of people over 65, it is predicted that, in twenty years, nearly every middle aged person will be caregiving someone. While the individual needing care gets attention, caregivers usually do not. This can lead to caregiver burnout, depression, fatigue, and medical problems of their own. This session, taught by an author and caregiver who experienced 14 years of caring for her parents, will highlight seven effective strategies detailed by Elizabeth Eckstrom, MD, in their book, The Gift of Caring, of what caregivers can do to prevent their own debilitation and meet the demanding job with success.

Session 2  **Policy Solutions: A Brainstorming Session**, Jon Bartholomew, Director, Government Relations, AARP Oregon

Session 3  **Rural Retirees: There’s Gold in Them Thar Hills!**, Bonnie New, MD, MPH
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FRIDAY, APRIL 21

10:00 – 10:30  Break

10:30 – 11:45  CLOSING PLENARY SESSION:
  Bridge Meadows: Building Place, Permanence and Purpose for
  Intergenerational Residents, Derenda Schubert, Ph.D. Executive Director, Bridge Meadows

LODGING INFORMATION

A block of rooms is being held until MARCH 19 at The Best Western Hood River Inn. Conference lodging rates per night are as follows:

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<thead>
<tr>
<th>ROOM TYPE</th>
<th>SINGLE OR DOUBLE OCCUPANCY</th>
</tr>
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<tbody>
<tr>
<td>Standard Value</td>
<td>$101</td>
</tr>
<tr>
<td>Standard – One Queen</td>
<td>$110</td>
</tr>
<tr>
<td>Standard – One King</td>
<td>$119</td>
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<tr>
<td>Standard – Two Queens</td>
<td>$127</td>
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<td>Riverview – One King</td>
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<tr>
<td>Executive Level Riverview King</td>
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The above rates are subject to applicable tax which is currently at 9.8%. Parking, wireless Internet, fitness center, pool and business center are all complimentary.

Your reservations must be made by MARCH 19 in order to receive conference rates. Identify yourself as an attendee of the Forum on Aging in Rural Oregon. To make a reservation, call 800-828-7873.