



Caring for the Spirit, Mind & Body

2010 KAHSA Quality of Life Conference
for Social Service Staff, Activity Directors and Chaplaincy

March 11 & 12, 2010
Hilton Wichita Airport
2098 Airport Road

Caring for the Spirit, Mind & Body

Thursday March 11, 2010

8:00 - 9:00 Registration

9:00 - 12:00 What Is 'Right Action'? Four Dramatic Dilemmas

Some of the most troubling problems faced by caregivers in the 21st century involve deciding what is 'right.' Moral and ethical dilemmas create a lot of stress and disagreement. Deciding what is right usually requires thoughtful discussion among individuals who have different viewpoints. In this session, "case dramatizations" will be presented and discussed. Important questions introduced through four human stories include: "Do we live too long?", "Are sex and intimacy basic human rights?", "When do adults become unable to make their own decisions?"

Presenter: Julie Russell, Executive Director, Kansas Health Ethics, Inc.

Julie Russell is the Executive Director for Kansas Health Ethics, Inc. (KHE) in Wichita, KS, a non-profit organization providing ethics education and a forum for discussion of ethical issues in health care and the end-of-life. Formerly a faculty member in the sociology department at the University of Missouri-Kansas City, Julie also identifies herself as a nurse dramatist. For the past twenty years Julie has been researching, writing, and performing "case dramatizations" on care giving and end-of-life issues. She has more than fifty characters in her repertoire, and has performed across the country for diverse groups including hospital, long-term care, medical and nursing associations, the national meeting of the Alzheimer's Association, the Robert Greenleaf Center for Servant Leadership, the American Society on Aging, and numerous presentations for the general public.



10:30 - 10:45 Break

10:45 - 12:00 Right Action...cont.

12:00 - 1:15 Lunch

**12:00 - 1:15 Chaplain's Lunch (Special Networking Opportunity for Chaplains)
Limited seating available – first come first served**

1:15-2:45 Is Your Facility Taking the Lead as a Resource for Your Community?

For families in many communities, when Alzheimer's is suspected or diagnosed, finding a resource for information and support is not easy. They are facing some of the most difficult decisions they will encounter and they need help. There are many ways your facility can help fill the gap.

- Partner with local agencies to bring educational events to your community
- Develop an information resource center with materials provided at a low cost or free from government and private sources
- Provide support groups for caregivers and grief
- Familiarize staff with what resources are available and where to find them
- Partner with the Alzheimer's Association for information and referral

This session will give specifics to develop these resources and more!

Presenter: Kathy Sikes, Program Director, Alzheimer's Association, Central and Western Kansas

2:45 - 3:00 Break

3:00 - 4:00 Resident Advocacy as an Activity

KAHSA members are greatly impacted by policy decisions made by the Kansas Legislature and the United States Congress. Resident advocacy groups can provide meaningful activity while helping residents take part in the democratic process. Join Joe Ewert to learn how advocacy can be integrated into existing activities to help residents stay informed and active in the political process.

Presenter: Joe Ewert, Director of Government Affairs, Kansas Association of Homes and Services for the Aging

Caring for the Spirit, Mind & Body

Friday March 12, 2010

8:00 - 9:00 Registration and Breakfast Buffet

Come down early to enjoy a delicious breakfast buffet - then chose the morning session you want to attend!

9:00 - 10:30 Breakout Sessions

A: Late Stage Dementia Care for Social Workers

As they reach the end of life, people suffering from Alzheimer's disease or a related dementia present special concerns to their caregivers. As communication is lost, they cannot share what is needed in their care. Are they not eating because of difficulty swallowing or because of confusion? Is your resident agitated because he is in pain and cannot tell you? For the person with Alzheimer's, it is important to focus on preserving quality of life and dignity. Learn techniques that are culturally sensitive, and respect preferences regarding end-of-life care, such as ways to minimize the resident's physical, emotional, and spiritual distress, while maximizing comfort and well-being. Ensure open and ongoing communication between resident (when possible), proxy decision maker, family and care team so that all parties have a clear and common understanding of care. Provide support to families, other residents and staff when an individual is dying, and develop a care plan that is flexible enough to adapt to daily changes in a resident's needs and wishes.

Presenter: Kathy Sikes, Program Director, Alzheimer's Association, Central and Western Kansas

B. Activity Care Planning Made Simple

Care plans have always had a bad rap and no matter the level of care your facility provides, it is one of the most dreaded, time-consuming tasks that Activity Professionals face. This session will focus on simplifying the process using the tools you already have in hand: the assessments. Participants are encouraged to bring copies of their own assessment(s) as well as care plans to share and discuss.

Discussion Leader: Laurie Kloepper, ADC/SSD, Resident Life Coordinator, Dooley Center

10:30 - 10:45 Break

10:45 - 12:15 Paradigm Shifts in Geriatric Medicine

The purpose of this session is to acquaint those in long-term care with the changing views of geriatric medicine, particularly during this time of healthcare debate. Good geriatric medical care includes both a philosophy of care, and a changing body of knowledge. As our population ages and demographics change, paradigm shifts are necessary to incorporate this new model of care into the mainstream.

Over 85 is now the fastest growing segment of our population, and ninety percent of our patients now die from chronic diseases, living an average of 30 months after a terminal diagnosis is made. As demographics change and our population ages, everyone in healthcare is becoming much more involved in decisions regarding end-of-life.

Presenter: Jerry L Old, MD

Jerry L Old, MD is Associate Professor and Director of the Geriatrics Clerkship for medical students at the KU School of Medicine - Wichita. He is also Chief Medical Director for Hospice Care of Kansas, a CHAP certified organization and the largest hospice in Kansas serving over 600 patients and families daily, and a Kansas Health Ethics board member. Dr. Old is board certified in both Family Medicine and in the new medical specialty of Hospice and Palliative Medicine. He has 25 years of experience as a rural Family Physician before returning to teach at the University of Kansas School of Medicine. He is author of two books, "Vintage People" and a medical textbook "A Practical Guide to Palliative Care" that was published by Lippincott publishers in 2007.



Hotel Accomodations

A block of sleeping rooms has been held at the Wichita Airport Hilton, 2098 Airport Road, 316-945-5272 at the rate of \$102 for a single or double room. This rate will be available until **February 17, 2010** so make your reservations early and ask for the KAHSA rate when you call.

Handouts

KAHSA is going green! In an effort to save money and resources, we will be implementing a “print-as-needed” handout policy. As they become available, handouts will be posted online at: **www.kahsa.org/qol**. Each registrant should print the handouts they need for the sessions they will attend. (Most handouts will be available a week before the conference.)

Attire

As always, casual business attire is acceptable. Meeting room temperature may vary and it is difficult to regulate the thermostats so that all participants are comfortable. Please wear layered clothing.

Continuing Education

Certificates of Attendance will be provided for both days for Activity Directors, social services designees, social workers and other disciplines. This course is approved for 8.5 continuing education clock hours for Adult Care Home Administrators by the Kansas Department of Health and Environment with a possible 7.0 hours in the core of Resident Care and a possible 3.0 hours in the core of Administration. KDHE HOC Credentialing Approved Provider number LTS A0009. The Kansas State Board of Nursing approves the Kansas Association of Homes and Services for the Aging as a provider of continuing education. This course is approved for 8.5 continuing education hours applicable to RN and LPN re-licensure (KSBN LT0102-1116).

**Kansas Association of Homes
and Services for the Aging
217 SE 8th Avenue
Topeka, KS 66603-3906**

2010 Quality of Life Conference



PLEASE ROUTE TO:
Social Service Designee
Social Worker
Activity Director
Chaplain, Clergy

2010 Registration Form

Quality of Life Conference

March 11 & 12, 2010

To register online, go to www.kahsa.org/qualityoflife

Please Print or Type. One form per registration. Copy as needed.

Name: _____

Title/License No. _____

Organization Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Fax: _____ Email: _____

To help us with our counts, please check which breakout session and meals you will attend.

March 11th Lunch _____

Chaplain's Lunch _____

(very limited seating, first come first served basis)

March 12th Breakfast _____

Breakout Session A _____

Breakout Session B _____

Enclosed is my payment to KAHSA in the amount
of \$_____.

Payment Method

Check Visa MasterCard

(We only accept Visa and MasterCard credit cards.)

CONFERENCE FEES *(per person)*

Note: Special fee for chaplains: \$95 for entire conference.

TLC '10	\$189
KAHSA Mbr.	\$289
Non-Mbr.	\$349

Single Day Rate

TLC '10	\$125
KAHSA Mbr.	\$155
Non-Mbr.	\$195

Credit Card No: _____ Exp. Date: _____

Cardholders Name (as printed on Card): _____

Signature on Card: _____

FEES/CANCELLATIONS: All fees must accompany registration. Registrations will not be processed without payment. Your fee includes all materials, breaks and meals. NOTE: There will be a \$20 fee assessed to walk-in registrants. No refunds will be given for cancellations; substitutions are welcome.

*TLC '10, "The Learning Club" is a separate organization membership. Please confirm member status with your organization.

PLEASE COMPLETE AND RETURN THIS FORM WITH PAYMENT TO:

KAHSAS, 217 SE 8TH AVE., TOPEKA, KS 66603, PH: (800) 264-5242, FAX: (785) 233-9471

FAXED REGISTRATIONS MUST BE ACCOMPANIED BY A CREDIT CARD NUMBER.