

4TH ANNUAL



SOCIAL GERONTOLOGY
conference
OCTOBER 11, 2019

Nessmith-Lane Center | Statesboro, GA



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Legend

★ End Of Life Care | + Professional Practice | | Older Adult Living | ● Caregiving
▲ Mental Health Care | ◆ Alzheimer's Disease and Other Forms of Dementia

Friday, October 11, 2019

8:00 - 8:30 AM Coffee and Registration Check-In | Atrium

8:30 - 9:00 AM Welcome and Tai Chi | Ballroom
Gwenyth Johnson, Second Wind Dreams

9:00 - 9:10 AM Break | Visit Exhibitors | Atrium

Session One | 9:10 - 10:00 AM

□ Making Sense of Caregiving

TimMarie Williams, Georgia Southern University

● I | Room 1905

Did you know that if you are the main caregiver for a parent, spouse or child with a serious illness, disability or diagnosis, you are probably more stressed than you realize? More importantly, you are not alone. Many caregivers experience high amounts of strain from their roles. As a result, they face unique levels of burden, stress, anxiety, depression and disruption of their own personal well-being and social activities. This talk will explore the psychological ramifications of caregiving and offers some practical solutions for caregivers to reduce the strain.

□ “Shacking Up” and Settling Down: Cohabitation in Middle and Late Adulthood

Nadia Flanigan, Georgia Southern University

Jennifer Zorotovich, Georgia Southern University

I | Room 1909

Rates of cohabitation have increased sharply among adults of all ages over the past few decades, particularly among adults ages 50 and older. With more middle-aged and older adults in long-term cohabiting unions, researchers have questioned whether cohabiting unions can provide the same benefits as marriages do. Informal caregiving is one area in which cohabiters may be disadvantaged compared to married adults, as many married older adults primarily rely on their spouses for informal care. Cohabiting partners may or may not feel as obligated as spouses to assume the role of a caregiver. In this presentation, current research on cohabitation in middle and late adulthood will be reviewed. Potential advantages and disadvantages of cohabiting will be discussed, including implications for cohabiting adults' access to informal care in later life.

Schedule

10:00 - 10:10 AM

Break | Visit Exhibitors | Atrium

Session Two | 10:10 - 11:00 AM

□ Using Experiential Techniques with Older Adult Clients

April Miller, Brave Tomorrow Counseling and Consulting
Jordan Raulerson, Georgia Southern University
Sarah Anklam, Georgia Southern University

▲ + | Room 1905

Research has shown that counselors and other providers often show bias when working with older adults, which can contribute to feelings of reduced self-esteem, independence and self-concept in older adult clients. Play therapists are skilled in working with clients using experiential techniques that require less language engagement, are often more enjoyable, and can be more effective in allowing clients to work toward goals and overall wellness than more traditional talk therapy techniques.

□ Your Local Area Agency on Aging: Rockin' the Ages

Peggy Luukkonen, Coastal Regional Commission of Georgia

I + | Room 1909

Many people are not aware of the comprehensive programs and services offered through their local Area Agency on Aging (AAA). Participants will get an overview of who the AAAs serve, what services are provided, and how innovative programs are being developed on an ongoing basis to help meet gaps in the community. AAAs are no longer just about a noon meal for someone over the age of 60. Many local AAAs now provide evidenced-based wellness programs, hospital and nursing home transition programs, caregiver assistance programs, dementia programs and innovative assistive technology programs that launch rocket science technology from the rocking chair! Through increased funding options and enhanced partnerships with other agencies in the community, Area Agencies on Aging are thriving and can provide a meaningful career opportunity for those in the field of gerontology as well as a great resource for anyone of any age with a disability.

11:00 - 11:10 AM

Break | Visit Exhibitors | Atrium

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Session Three | 11:10 AM - 12:00 PM

- **Volunteers Speak About What They Look for in a Volunteer Opportunity: Implications for Volunteer Programs to Improve Recruitment and the Volunteer Experience**

Deb Blackburn, Georgia Southern University

▲ + | **Room 1905**

Volunteers speak about their experiences, both positive and negative. While we all think we know how to work with the aging community, let's hear what their preferences are. Innovations can take the form of communication approaches, technology, attitudes and environment.

- **Disaster Preparedness for the Medically At Risk, Non-Institutionalized Population**

Jennifer Hogan, Georgia Division of Aging Services

I + | **Room 1909**

During the Snowpocalypse of 2013, people on dialysis suffered excessive stress and adverse health events. Disaster planning can minimize these impacts on those who are medically at risk. In this session, attendees will learn more about medically at risk, non-institutionalized populations as well as strategies for disaster planning with any client who is medically at risk. The presenter will differentiate between vulnerable populations, functional and access needs, and medically at risk populations for disaster planning purposes. During this presentation, a specific case example will be explored: disaster planning with a person on dialysis.

Lunch and Keynote Address | 12:00 - 1:10 PM | Ballroom

Your Mind Matters

Dr. Adam Harris

Psychiatrist Adam Harris is in his 15th year of private practice and is the creator and host of the radio show "Your Mind Matters" on WRUU.org. Harris uses this platform to spread the word about mental health issues as they pertain to overall health and wellness.

This presentation will begin by identifying common issues of aging and mental health. Participants will be randomly assigned to small groups and prompted with questions that will start a dialogue about the different attitudes and ideas of successful aging. Learning from one another in this small group discussion will provide the foundation to decipher the myths from the realities of aging.

Poster Session | 1:10 - 1:50 PM | Ballroom

Aging to Enjoy Life

Brenay Brown

Depression Among the Older Adult Population

Cassie Cain

When I Am an Old Woman, I Shall Wear Purple...or Blue or Green

Cassie Chambers

Ageism and Negative Portrayals of Older Adults Through TV Media

Unique Davis

Social Lives of Older Adults

Wick Geiger

Declining of Dementia: Exploring Risks of Diabetes and Obesity

Kayla Hickmon

Women Celebrities' Opinions on Why Growing Old Isn't So Bad

Kaitlyn Kramer

Factors That Affect Cognitive Decline in Older Adults

Kendall Willis

The Gems of Dementia

Maegan Yawn

Elder Abuse: The Silent Struggle

Jordan Battle, Jane Mackenzie, Elise Swanson, TimMarie C. Williams, Ph.D.

Older Adults Utilizing Service Animals in Rural Residential Care Facilities: A Research Proposal

Madeline Smith

Pot Decorating and Planting: An Interactive Activity That Targets Cognitive Development among Older Adults

Madeline Tufford

Research Summary: Are Changes in Productive Activities of Older People Associated with Changes in Their Well-Being? Results of a Longitudinal European Study

Sarah Wong, Rebecca Ryan, Ph.D.

Dancing Your Way to Improved Cognitive Functioning: An Interactive Activity for Those in Residential Care

Hillary Kaplan

1:50 - 2:00 PM

Break | Visit Exhibitors | Atrium

Session Four | 2:00 - 2:50 PM

 Opioids and Older Adults: Is There a Problem?

Jennifer Hogan, Georgia Division of Aging Services

▲ | + | **Room 1905**

The opioid epidemic affects people of all ages; racial, ethnic, sexual and gender backgrounds; income classes and geographic areas. Older adults are among the groups affected by this problem because they often use prescription opioids to cope with painful chronic conditions or surgery. These individuals may develop an opioid use disorder, may be a target for crime since they have opioids in the home, or may be raising their grandchildren due to their adult child's addiction. This presentation will explore three different impacts of the opioid epidemic with different resource and referral needs.

 Turning the Intangibles of Person-Centered Care into Measurable Data

Gwenyth Johnson, Second Wind Dreams

● | ◆ | **Room 1909**

The Virtual Dementia Tour® (VDT) is conducted world-wide and, over the past several years, the Civil Monetary Penalty Reinvestment Program has provided the opportunity to assess outcomes in four states with service provision to over 600 nursing homes and over 15,000 staff members. The results of these grant projects show that there is an increase in staff characteristics of person-centered care with the use of this experiential learning tool. In this session, design initiatives will be covered along with specific strategies that can be applied in all settings. The nursing homes that have implemented this program have already set a trend for the development of person-centered care initiatives, dementia competency, ongoing training and sustainability.

2:50 - 3:00 PM

Break | Visit Exhibitors | Atrium

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Session Five | 3:00 - 3:50 PM

□ Pain Management for Senior Health

Pamela Worrell-Carlisle, Georgia Southern University

● + | Room 1905

The literature confirms that many older adults live with unmanaged pain on a daily basis. The estimates range from 25-50% of seniors living in the community to 80% of those living in long-term care facilities. The audience will have the opportunity to examine myths and barriers about pain management including a brief overview of misinformation about addiction. The presenter will coach the audience through the process of being able to describe pain and identify nonverbal cues that signal discomfort. Methods for preparing to discuss pain management with a healthcare provider in ways that are likely to get their attention will also be discussed.

□ Building Minds, Communities and Allies: The Transformative Impact of The Learning Center of Senior Citizens, Inc.

Roger Smith, Senior Citizens, Inc.

● | + | Room 1909

In 2007, a small grassroots education program for older adults was born in Savannah, Georgia. Twelve years later, it has become a vibrant force on the coastal cultural landscape as well as a frequent model for senior education programs in other communities. In this session, founding director Roger Smith chronicles the origins of The Learning Center—its inspiration, philosophies and funding—as well as details its evolution through several milestone developmental phases, casting it in the light of its myriad benefits not only to its 600 members but also to Senior Citizens, Inc., its parent non-profit organization.

3:50 - 4:00 PM

Break | Visit Exhibitors | Atrium

4:00 - 4:30 PM

Closing Session | Ballroom

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Save the Date!

October 16, 2020

Russell Union | Georgia Southern University

Statesboro, Georgia