



Governors Conference on Aging 2006

Life Transitions

Monday May 22

Pre-Conference Intensives

The Governor's Advisory Council on Aging hosts specialized sessions that take an in-depth look at specific aging topics. A separate registration fee applies for each session. See details of each session at lower right.

- 8:00 a.m. Registration for morning sessions
- 12:00 noon Registration for afternoon sessions

Tuesday May 23

Governor's Conference

8:00 a.m. - 10:00 a.m. — Registration

10:00 a.m. - 11:00 a.m. — Welcome
Opening Keynote: **Hugh Downs**,
Journalist and Broadcaster
"A Lifetime of Transitions"



11:15 a.m. - 12:15 p.m.
Concurrent Sessions

12:30 p.m. - 1:45 p.m.
Older Americans Month Luncheon
The Honorable Janet Napolitano, Governor
"Arizona in Transition"

2:00 p.m. - 3:00 p.m.
Concurrent Sessions

3:15 p.m. - 4:15 p.m.
Concurrent Sessions

4:30 p.m. - 6:00 p.m.
Reception and Entertainment

Wednesday May 24

8:30 a.m. - 9:30 a.m.
General Session: "The White House Conference on Aging:
An Arizona Delegate's Perspective"

9:45 a.m. - 10:45 a.m.
Concurrent Sessions

11:00 a.m. - 12:00 noon
Concurrent Sessions

12:00 noon - 1:15 p.m.
Lunch on your own

1:30 p.m. - 3:15 p.m.
Post-Conference Intensive —
Arizona Mature Workforce Initiative
"Furthering the Conversation"

**Mature Worker
Job and Volunteer
Fair**

12:00 - 3:00 p.m.
Wednesday, May 24

Immediately following
the conference.

Continuing Education Units (CEUs)

The Council is seeking CEU approval for Nursing Home Administrators, Assisted Living Managers, Social Workers.

PROGRAM TRACKS

Legal and Financial

Featuring: "Keeping Arizona's Seniors Safe from Scams,
Fraud & Identity Theft"

Terry Goddard, Esq., Attorney General, State of Arizona

Don't get caught in scams, frauds or without plans for your future! Every year, Arizona consumers lose approximately \$200 million to fraudulent schemes. Countless others find themselves in healthcare crises without having the necessary legal and financial documents in place. Learn how to protect yourself and ensure the future that you envision.

Workforce and Civic Engagement

Featuring: "The Changing Face of Work in Retirement"

James Hornton, Ph.D., President, Yavapai College

By 2012, nearly 20% of the total United States workforce will be age 55 or older. As Baby Boomers begin to retire, there will be more jobs available than workers to fill them. Research shows that many Boomers do not expect or want to simply retire in the traditional manner. Find out how employers, mature workers, and communities are addressing these changes, and the role you play in shaping Arizona's future.

Healthy Aging

Featuring: "Aging is Mandatory, Healthy Aging is
Optional: Invest in Your Good Health"

Dan Johnson, Executive Director, Wellness Council of Arizona

Frequently, poor health is associated with older adults, but it is not an inevitable consequence of aging. Although hereditary and environmental factors impact our health, studies clearly show that lifestyle choices also play a role. The choices we make today will affect our ability to manage chronic disease as we age.

Caregiving

Featuring: "Profile of Courage: The Transition
to Caregiving"

David Coon, Ph.D., Associate Professor, Psychology
Arizona State University

Becoming a caregiver is one of the most demanding transitions that many older adults encounter. In Arizona, there are nearly 500,000 informal caregivers who provide about \$5 billion worth of care each year. Workshops will share tips on how to care for the caregiver, address caregiver diversity, and show how some Arizona employers are managing the growing numbers of caregivers in the work place.

Community Living and Supports

Featuring: "On Our Way to 2020: Arizona Prepares for an
Aging Population"

David Berns, Director, Arizona Dept. of Economic Security
Anthony Rogers, Director, Arizona Health Care Cost Containment System (AHCCCS)

Maximize your independence as you age! With aging comes many questions: Where will I live? What happens if I can no longer drive? What if I need a little help to stay at home? If you are thinking about these questions, or working with people who are, these sessions will provide some resources and answers.

Older Americans Month Luncheon Tuesday, May 23



Governor Janet Napolitano will join conference participants for lunch and share her vision for Arizona's aging population, including an update on her Aging 2020 initiative launched at the 2004 Governor's Conference on Aging.

The Governor will tell you more about progress the state has made towards ensuring that seniors have options for community living, and she will announce her direction for the Mature Workforce

Initiative—an effort to address the needs of businesses and mature workers as our population ages. Participants are encouraged to join in the post-conference intensive on the Mature Workforce, which will focus on the implementation of strategies developed during three Summits on the Mature Workforce held last November. Attendees may also wish to visit the Mature Worker Job and Civic Engagement Fair, which will begin immediately after the conference concludes at noon on Wednesday.

Pre-Conference Intensives Monday, May 22

Behavioral Health and Aging

Offered by: Behavioral Health and Aging Coalition and the Arizona Mental Health Association.....(Lunch on your own)..... 10:00 a.m. – 4:00 p.m. \$20

Behavioral health is an emerging and complex issue among older adults. This full-day, intensive session will help you to distinguish between mental health and mental illness in the aging process, and provide tools to help you break the stigma barrier and engage older adults in treatment. The state's best practice models will be showcased and experts will discuss the symptoms and treatment of behavioral health disorders, including the new "Live L.I.F.E." Program, a pilot prevention program that addresses older adult suicide in our state.

Communities for All Ages

Offered by: The Arizona Community Foundation....(Lunch on your own)..... 10:00 a.m. – 4:00 p.m. \$15

Communities for All Ages (CFAA) is a framework for community building that uses a life span perspective to ensure that communities are good places for people of all ages to live. This approach looks at entire neighborhoods or geographic areas, rather than specific populations, when designing and planning services and infrastructure in a community. Experts will discuss cutting edge intergenerational program development. Learn about exciting new initiatives designed to move organizations out of population-based silos and into developing communities for people of all ages.

Late-Life Domestic Violence: Unrecognized Victims, Unmet Needs

Offered by: Arizona Coalition Against Domestic Violence and the Area Agency on Aging, Region I, Inc....(Lunch provided, space limited) .. 10:00 a.m. – 2:00 p.m. \$10

Older victims of domestic violence often have difficulty admitting that abuse is an issue in their lives. Many things, including cultural norms and religious views, greatly impact the decision to remain in an abusive relationship. For many victims, the uncertainty associated with leaving a relationship is often more frightening than enduring the abuse. This pre-conference intensive will provide an overview of the barriers facing older battered women and will offer age-appropriate community resources for seniors, service providers and other interested community members.

Age-Related Dental Problems

Offered by: A.T. Still University of Health Sciences 9:00 a.m. – 12:00 noon \$10

This presentation will discuss age-related changes of the mouth and examine medications and other systemic health concerns related to oral health in older adults. Specific focus will include tooth decay, changes in salivary functions, and periodontal and soft tissue disorders. Includes guidance on how you can talk to your dentist about these changes and available resources for screening and treatment.

Working with Your Healthcare Specialist

Offered by: A.T. Still University of Health Sciences 1:00 p.m. – 4:00 p.m. \$10

1:00 p.m. – 3:00 p.m. Returning Home: Collaborative In-Home Post-Stroke Care
This presentation will address the holistic needs of patients who are returning home after experiencing a stroke. Emphasis will be on the collaboration of multiple disciplines and other caregivers in establishing comprehensive, quality care in the home.

3:00 p.m. – 4:00 p.m. The Road to Acceptance: Addressing the Myths and Realities of Hearing Loss
Older adults may experience psychological reactions to hearing loss that can limit their acceptance and use of hearing aids and participation in audiologic rehabilitation services. This presentation will (1) demonstrate the impact of hearing loss, (2) outline the common emotional reactions to hearing loss, and (3) describe counseling strategies to assist older adults in managing hearing loss.



Governor's Advisory Council on Aging
1789 W. Jefferson St., 008A
Phoenix, AZ 85007



Life Transitions

May 22 - 24, 2006

Marriott Mesa Hotel
and Mesa Convention Center
200-201 N. Centennial Way
Mesa, Arizona



REGISTRATION — Governor's Conference on Aging 2006 - May 22- 24, 2006

Name _____
 Agency _____ E-Mail _____
 Address _____
 City _____ State _____ ZIP Code _____

Phone No. (_____) _____ Fax No. (_____) _____
CONFERENCE (May 23 and 24) (Includes conference materials, continental breakfast, break refreshments, luncheon, evening reception)

Individuals/Professionals Postmarked by May 8, 2006 \$125
 Retired seniors (60+) Postmarked by May 8, 2006 \$ 35

EARLY REGISTRATION DEADLINE - MAY 8, 2006 Conference Fees Due \$ _____
 Late Registration Charge After May 8, 2006 add \$ 20

Older Americans Month Luncheon/Additional Guest
 Participant Vegetarian Plate Requested No Extra Cost
 Guest Vegetarian Plate Requested \$ 33

PRE-CONFERENCE INTENSIVES (May 22)

Behavioral Health and Aging..... 10:00 a.m. - 4:00 p.m. \$ 20
 Communities for All Ages..... 10:00 a.m. - 4:00 p.m. \$ 15
 Late Life Domestic Violence: Unrecognized Victims, Unmet Needs..... 10:00 a.m. - 2:00 p.m. \$ 10
 Age-Related Dental Problems 9:00 a.m. - 12:00 noon... \$ 10
 Working With Your Healthcare Specialist (2 sessions) 1:00 p.m. - 4:00 p.m. \$ 10

Pre-Conference Intensive Fees Due \$ _____
TOTAL REGISTRATION FEES \$ _____

METHOD OF PAYMENT: Check Purchase Order No. _____ (GACA ID #866004791)
 Visa Mastercard American Express Cardholder's Name _____
 Card No. _____ Exp. Date ____/____/____ Amt. to be charged to card \$ _____

SUBMIT BY MAIL completed form, check/purchase order payable to: **GACA Conference, c/o Meetings & Concierges Source, 7375 E. 6th Ave., Suite 9, Scottsdale, AZ 85251; or FAX TO 480-990-1889; or REGISTER ONLINE AT www.azagingconf.com**

ADA ACCOMMODATIONS: Persons with a disability may request a reasonable accommodation by contacting Connie Gutierrez by phone at 480-990-1887, or e-mail at connie@mcsource.net. Requests should be made by May 1, 2006 to allow time to arrange for the requested accommodation. Requests for accessible sleeping accommodations should be made to the hotel at the time of reservation.

Registration Questions? Contact Connie Gutierrez, phone 480-990-1887 or e-mail connie@mcsource.net

HOTEL ACCOMMODATIONS
 A special Governor's Conference room rate of \$107 plus tax (single/double occupancy) is available at the
Marriott Mesa Hotel
 200 N. Centennial Way
 Mesa, AZ
 Call 480-898-8300 or toll free 888-236-2427.
 Ask for the Gov. Conference on Aging room rate, and reserve by May 5, 2006 for the guaranteed rate.

- More than 30 Sessions
- Pre/Post Conference Intensives
- Community Resources
- Mature Worker Job and Volunteer Fair
- Interactive Exhibits

Program Tracks

- Workforce and Civic Engagement
- Healthy Aging
- Legal and Financial
- Caregiving
- Community Living Supports

Major Support Provided By:
 Governor's Advisory Council on Aging • AARP