

Co-sponsored by:



2024 Let's Talk About Health: Caring for Older Adults in Rural New York

Agenda Friday May 17, 2024

- 8:30am** **Welcome**
Thera Blasio, Director of Professional Education, Alzheimer's Association, Rochester/Finger Lakes Chapter
- 8:35am** **New York State Master Plan on Aging**
Ann Marie Cook, President/CEO, Lifespan of Greater Rochester
Governor Hochul signed an Executive Order on November 4, 2022 to embark on a process to create a NYS Master Plan on Aging (MPA). The goal of the MPA is to coordinate existing and new state policy and programs creating a blueprint of strategies to be implemented to ensure older New Yorkers can live fulfilling lives, in good health, with freedom, dignity and independence to age in place for as long as possible. The New York State Department of Health, in coordination with the State Office for the Aging, convened a Council to advise the Governor in developing the MPA. Ms. Cook will provide an update on the progress of the Council and the implications of the MPA for older adults living in rural areas.
- 9:35am** **Break**
- 9:40am** **Depression in Older Adults**
Carol Podgorski, PhD, MPH, LMFT, Professor, Department of Psychiatry, University of Rochester Medical Center
Depression in older adults is common but it is not a feature of normal aging. There are many risk factors that contribute to the onset of depression in older adults, many of which are modifiable. This presentation will address: the prevalence of depression across several subpopulations of older adults; the many symptoms associated with depression and how it can look different in older adults; and non-pharmacological interventions to reduce risk factors for and symptoms of depression in older adults.
- 10:40am** **Break**

- 10:45am** **The Value of Older Adults in Rural Areas: Challenges and Opportunities**
*Greg Olsen, MSW, Director, New York State Office for the Aging (NYSOFA), and
Becky Preve, Executive Director, Association on Aging in New York*
This presentation will review the results from a statewide needs assessment including the reframing of older adults in rural areas as assets. Discussion will include challenges to serving this population as well as opportunities, recent innovations, and how to access free supports for older adults in rural areas.
- 11:45am** **Lunch (45 min)**
- 12:30pm** **Keep Them Safe-Keep You Sane; A Caregiver's Guide to a Safe Home**
Lynda Shrager, OTR, MSW, CAPS, Chief Executive Officer, At Home for Life
This presentation explains what is involved with an environmental assessment which results in recommendations for necessary decluttering, potential modifications/adaptations, and organizing strategies to decrease potential for falls. It highlights gadgets and equipment that improve accessibility and increase ease with activities of daily living with a focus on the needs of those with dementia.
- 2:00pm** **Break**
- 2:05pm** **Sharing for Caring @ Your Local Library**
Stacey Wicksall, MSLIS, Director, Macedon Public Library
Receiving a diagnosis of Alzheimer's or another dementia comes with a whole host of questions, new responsibilities, and new challenges. Let the library help you navigate this new life experience with useful resources.
- 2:50pm** **Break**
- 2:55pm** **Caring for Veterans with Dementia: The importance of Early Detection and Care Coordination**
Arick Combs, LCSW, CDP, Dementia Care Coordinator, Finger Lakes Health Care System
Recognizing early warning signs of cognitive issues is vital to better outcomes. The Veterans Health Administration is committed to helping veterans receive services for identifying, treating, and planning for Alzheimer's disease and related dementias. We will discuss the Cognitive Care Clinic and how it is meeting the needs of our rural veterans!
- 3:55pm** **Alzheimer's Association Awareness**
Lauren Snyder, Alzheimer's Association Volunteer, Finger Lakes Walk Champion
Join this talk with Lauren about the mission and vision of the Alzheimer's Association, with a special focus on the free programs and services available to support local families and communities. Learn how to connect with the Chapter near you, as well as opportunities to get involved as Lauren shares her own story of engaging with the Association.
- 4:15pm** **Closing and Evaluation**