

# Understanding Aging and Health Problems for Individuals with Intellectual Disabilities and Chronic Mental Illness

Presented by: Linda Shumaker, RN—BC,MA

**Wednesday, May 24, 2023**

**8:30 am—3 pm**

**The Woodlands Inn**

1073 Highway 315, Wilkes-Barre, PA



## Agenda

- 8:30—9:30 am:** Registration/Refreshments
- 9:30—10 am:** Vendor Resource Tables
- 10 am—10:30 am:**
- Demographics and “Issues of Aging”
  - Normal Aging Related Changes
    - Physical Health Changes such as: Arthritis, Cardiac Disease, Diabetes, Chronic Obstructive Pulmonary Disease (COPD), and Asthma
    - Cognitive Changes
    - Risk of Delirium
- 10:30 am—11:00 am:** Impact of Chronic Illness for those with “Serious Mental Illness and Intellectual Disabilities”
- 11 am—11:30 am:**
- Evidenced-based Practices for Integrative Mental and Physical Health Care
  - Engaging Clients in Care: Issues of Non-Compliance and Approaches for Reducing Non-Attendance
- 11:30—12:15 pm:** Health/Wellness and Prevention Approaches: Staying Healthy & Well and Staying Independent in the Community
- 12:15—12:30 pm:** Conclusion and Evaluations
- 12:30—1:30 pm:** Lunch
- 1:30—3 pm:** Vendor Resource Tables

There is no cost to attend. Lunch and CEUs are included through PA Link to Aging and Disability Resources. Refer to attachment for additional information.

Limited vendor resource tables are available. Email Julie Mann, Link Coordinator: [ccaging14@ptd.net](mailto:ccaging14@ptd.net) if your agency is interested in hosting a resource table.

## About our presenter

Linda Shumaker, RN-BC, MA is the Director/CEO at Optimize Aging, LLC. She is a gerontological certified registered nurse who is a private consultant as well as currently in clinical practice in Harrisburg. She has previously served as Outreach Coordinator of the Pennsylvania Behavioral Health and Aging Coalition. Ms. Shumaker spearheaded Pennsylvania’s Older Adult Suicide Prevention Plan, one of the first in the country, as well as advocating and obtaining a Mental Health Bulletin ensuring that adults with dementia and secondary psychiatric symptoms have access to mental health treatment. She has extensive clinical experience working in community mental health, geriatric assessment teams and in long-term care.

## Sponsored by:

PA Link to Aging and Disability Resources and Luzerne-Wyoming Counties Mental Health and Developmental Services



To register, email Sandra Tamanini: [sandra.tamanini@luzernecounty.org](mailto:sandra.tamanini@luzernecounty.org) by Monday, May 8, 2023.

## Understanding Aging and Health Problems for Individuals with Intellectual Disabilities and Chronic Mental Illness

### Description

It is well documented that as individuals age, they become “increasingly vulnerable to mental health disorders.” The loss of friends and family, exacerbated by the loss of supports, mobility, failing vision and hearing can lead to isolation. “Decreased self-sufficiency, self-determination and subsequent social isolation also often result in depression.” For individuals with chronic mental illness or intellectual disabilities these social losses as well as age-related physical changes and complicated medical problems increase the risk of hospitalization and potential institutionalization.

This program offers the “system of community providers” through the **PA Link to Aging and Disability Resource Centers (ADRC)** the ability to participate in cross-system trainings targeting issues of aging and mental health. As “Community Health Choices” is expanding across the Commonwealth, it is important that we build bridges across the systems of care to serve our rapidly growing aging population and educate those community service providers working within the aging, Long-Term Living, mental health and disability network.

### Objectives

- Compare the difference between “normal” age-related change and the impact of chronic illness especially for those with mental health and disability issues;
- Explain the relationship of “serious mental illness” and “chronic illness;”
- Identify the physical changes associated with aging that can place older adults, those with chronic mental illness and those individuals with intellectual disabilities at high risk for cognitive and behavioral health issues;
- Discuss the importance of prevention and other issues to reduce disability and morbidity in older adults with intellectual disabilities and mental health issues;
- Identify evidenced-based practices for integrative mental and physical health care.

### Contact Hours/Continuing Education Units (CEUs) applied for from the following organizations:

**Social Workers, Marriage and Family Counselors and Professional Counselors:** Continuing Education Credits submitted to PA State Board of Social workers, Marriage and Family Counselors and Professional Counselors for Continuing Education Hours.

**Commission for Case Manager Certification (CCMC):** Application approved by the Commission for Case Manager Certification for 2.5 continuing education contact hours.

**National Academy of Certified Care Managers:** Application approved by the National Academy of Certified Care Managers (NACCM) for 2.5 continuing education contact hours.

**Pennsylvania Personal Care Home Administrators:** The Pennsylvania Department of Human Services, Department of Human Services Licensing has approved the program for 2.5 contact hours for Personal Care Home Administrators/ ALR Administrators for this webinar series.