

# Illinois Pioneer Coalition

Thursday, November 2, 2023

The Pavilion Marion, IL

**8:30am -10:00am**



## **The Intersection of Ageism and Ableism: A Panel Discussion of Older Adults**

Ageism is the great demotion where a person is set aside and marginalized. Ableism puts a person in the category of incapable and less than. When ageism and ableism collide, it becomes the perfect storm of implicit bias that rages against older adults.

In this panel discussion, you will hear from older adults living in different communities in the Southern Illinois area. These true leaders of senior living will share their insights and living wisdom regarding how ageism and ableism have impacted them. We will explore the drivers of these biases and learn the first steps in mitigating the devastation of its effects.

**10:15am -11:45pm**

## **Coping with Aging Parents - *Melise Oakley, Community Education Manager, Hospice of Southern IL***

This session will share steps to help assist those caring for aging parents with healthcare and wellbeing. Understanding the different components and responsibilities associated with adult children caring for aging parents will also be explored. In this session you will learn ways to enjoy challenging moments for senior living as well as improve quality of life through nontraditional methods. Learn how to avoid experiencing caregiver burnout through the discussion on caring for and coping with aging parents.

**11:45pm – 12:45pm Lunch and Exhibit Show**



**12:45pm - 2:15pm**

**What Living as a Resident Can Teach Long-Term Care Staff– *Leslie Pedtke, MHA, LNHA, Dignity Quotient***

What happens when real caregivers become “real” residents? How will their experiences change how they think about being a resident? How will the care they provide to residents change in the future?

‘Through the Looking Glass’ was a program developed by Leslie Pedtke as a way to teach empathy to caregivers. Staff members moved into the nursing home, lived the role of a real diagnosis, and accepted daily ‘challenges’ our residents experience every day.

From learning the importance of communication to creating meaningful engagement, the resulting insights of these caregivers sensitized other staff members – new and veteran – to practical and effective ways that they were able to *immediately* improve daily care for residents.

This program became the culture of the long-term care community and grew into an Elder Shadowing requirement for all newly hired staff to live with a resident for 24 hours before they are able to begin their new job.

**2:30pm – 4:00 pm**

**A Regulatory and Legislative Update: *Presenters: Jonathan Harwood, IDPH; Amy Elik, State Representative; Dave Severin, State Representative; Angie Simmons, Illinois Department of Veterans’ Affairs***

The Illinois Pioneer Coalition, Illinois Department of Public Health, and Illinois Veterans’ Affairs have a shared experience to improve the lives of people living in our long-term care communities. State Representatives Amy Elik and Dave Severin have focused on public policy advocacy and culture change that pushes for more person-centered care. In this session, Jonathon Harwood, IDPH Division Chief Long-Term Care Field Operations; State Representative Amy Elik and State Representative Dave Severin will give an update on the most significant and impactful regulatory and legislative issues that will affect the daily lives of those living and working in our communities. Angie Simmons will give an update on programs available to Veterans in your community.

**Evaluations Must be completed to earn CEUs**

