Developmental Disabilities Lecture Series Fall 2010

Title: Physical Changes, Medical Issues, and Caregiver Challenges Associated with Aging and People with Developmental Disabilities

Presenter: Elizabeth Perkins, Ph.D., RNMH
Research Assistant Professor
Florida Center for Inclusive Communities
University of South Florida
Tampa, FL

Date: Friday, October 1, 2010

Target Audience: ☑ Case Managers ☑ Social Workers
☑ Healthcare Providers ☑ Educators
☑ Vocational Rehabilitation Counselors

Level of Course Information:
☑ Beginner  ☑ Intermediate  ☐ Advanced

Session Description: Aging with a developmental disability can present significant challenges. Dr. Perkins will provide an overview of the aging process, universally experienced age related changes, as well as chronic diseases and conditions which are more likely to manifest because of the etiology of the developmental disability. The particular concerns and benefits of being an aging parental caregiver will also be discussed, particularly when parental caregivers of adult children assume additional caregiving roles.

Relevance to social work: The audience for the series is primarily comprised of staff from the NJ Department of Human Services, Division of Developmental Disabilities, and community provider organizations. Social workers are employed by the State of NJ, community organizations, and school districts in various roles, such as case managers, guardians, school social workers, administrators, and policymakers.

Goal: To increase participants’ awareness of the potential medical complexities that may manifest with increasing age for aging adults with developmental disabilities, and the challenges faced by older family caregivers

Objectives:
1. Participants will be able to discuss the universally experienced aging changes, and the modifiable and unmodifiable factors that account for individual differences in the aging process.
2. Participants will be able to recognize specific aging issues that manifest for older adults with Down syndrome, Cerebral Palsy, Autism, Prader-Willi syndrome, and Williams Syndrome.
3. Participants will discuss general issues that can impact caregivers, what makes caregivers of adults with developmental disabilities unique, and the emerging issue of multiple or “compound” caregiving.

Timed Outline

9:30 Introduction
9:40 Aging: What is Aging?
Factors that Impact Aging
Life Expectancy/Life Span
Types of Aging
Modifiable/Unmodifiable Factors
Universal Aging Changes, sarcopenia, osteopenia, presbyopia, presbycusis
Aging with Down syndrome, Cerebral Palsy, Autism, Prader-Willi syndrome, & Williams Syndrome

10:45 Break
11.00 What we need to pay attention to optimize the aging process
11.15 Caregiving Research
How Parental Caregivers Differ
Compound Caregiving Case Study
Dissertation Research: Compound Caregiving
How can we help caregivers?

12:30 End of Session
Developmental Disabilities Lecture Series Fall 2010

Title: Trauma-Informed Behavioral Intervention with Individuals with Intellectual Disabilities

Presenter: Karyn Harvey, Ph.D.
Director of Psychological Services
The Arc of Baltimore
Baltimore, MD
Rockville, MD

Date: Friday, October 15, 2010

Target Audience: ☑ Case Managers ☑ Social Workers
☑ Healthcare Providers ☑ Educators
☑ Vocational Rehabilitation Counselors

Level of Course Information:
☑ Beginner ☑ Intermediate ☐ Advanced

Session Description: People with Intellectual Disabilities (ID) have experienced trauma on a variety of levels. Having an intellectual disability in this society can, itself, be a traumatic experience. Dr. Harvey will explore three areas related to trauma and ID. The first is how trauma impacts the lives of individuals with ID. The second is how re-traumatization may occur in the course of traditional behavioral treatment. The third is the introduction of a new model of treatment: the “Mental Health Plan.” This model offers a new paradigm for recovery and growth for individuals with ID who manifest behavioral difficulties.

Relevance to social work: The audience for the series is primarily comprised of staff from the NJ Department of Human Services, Division of Developmental Disabilities, and community provider organizations. Social workers are employed by the State of NJ, community organizations, and school districts in various roles, such as case managers, guardians, school social workers, administrators, and policymakers.

Goal: To increase participants’ understanding of the effects of trauma on individuals with intellectual disabilities and the benefits of a mental health plan.

Objectives:
1. Participants will be able to identify sources of trauma in the lives of individuals with intellectual disabilities.
2. Participants will be able to identify ways in which individuals with intellectual disabilities are sometimes re-traumatized through traditional behavioral approaches.
3. Participants will be able to discuss the structure and value of the Mental Health Plan.

Timed Outline
9:30 Introduction
9:40 Trauma experiences and individuals with ID
9:55 Behavioral and emotional manifestations of trauma experiences
10:00 Ways in which individuals with ID are re-traumatized through traditional behavioral interventions
10:30 Ways in which traditional behavioral interventions mask the real issues that are behind the behavioral difficulties
Examples: Genetic disorders and behavioral phenotypes and in-utero damage through substance abuse
Break
11:00 Theory of trauma recovery as new paradigm for behavioral intervention; 3 key elements:
A. Safety
B. Connection
C. Empowerment
11:30 Implementation of the 3 elements on a programmatic level
11:45 Recovery and Positive Identity Development
12:12 The Mental Health Plan as a substitute for the traditional behavioral plan
12:30 End of Session
Title: Tailoring Lifestyle Weight Management and Fitness Programs for Adults with Developmental Disabilities

Presenter: James H. Rimmer, Ph.D.
Professor, Disability and Human Department
Director, Center on Health Promotion
Institute for Health Research and Policy
University of Illinois at Chicago
Chicago, IL

Date: Friday, October 22, 2010

Target Audience: ☑ Case Managers ☑ Social Workers
☑ Healthcare Providers ☑ Educators
☑ Vocational Rehabilitation Counselors

Level of Course Information: ☑ Beginner ☑ Intermediate ☐ Advanced

Session Description: Health promotion programs can be a powerful approach for reducing obesity and other health-related conditions in people with developmental disabilities. This session will provide the tools necessary for implementing a Health Risk Appraisal/Health Promotion program developed for working with adults with developmental disabilities. Dr. Rimmer will present a systematic, tailored approach for addressing the needs of a diverse group of adults with developmental disabilities who require individualized strategies to improve and manage their health, including reduction in body weight.

Relevance to social work: The audience for the series is primarily comprised of staff from the NJ Department of Human Services, Division of Developmental Disabilities, and community provider organizations. Social workers are employed by the State of NJ, community organizations, and school districts in various roles, such as case managers, guardians, school social workers, administrators, and policymakers.

Goal: To increase participants’ ability to identify positive lifestyle behaviors that reduce obesity in adults with developmental disabilities.

Objectives:
1. Participants will be able to explain the leading causes of health problems and poor health behaviors in adults with developmental disabilities.
2. Participants will be able to demonstrate how to use the PEP model (assess, plan, coach, monitor, and evaluate) for tailoring lifestyle weight management programs for adults with developmental disabilities.
3. Participants will be able to identify three key resources for managing or reducing body weight in adults with developmental disabilities.

Timed Outline
9:30 Introduction
9:40 Overview of the Health Issues in adults with developmental disabilities
10:00 Health risk appraisal and framework
10:45 Break
11:00 Tailoring lifestyle weight management programs for adults with developmental disabilities
12:30 End of Session
Developmental Disabilities Lecture Series Fall 2010

Title: Transition from School to Work: Customizing the Employment Process

Presenter: Wendy Parent, Ph.D.
Research Associate Professor
Assistant Director, Kansas University Center on Developmental Disabilities
University of Kansas
Lawrence, KS

Date: Tuesday, November 9, 2010

Target Audience: ☑ Case Managers ☑ Social Workers
☑ Healthcare Providers ☑ Educators
☑ Vocational Rehabilitation Counselors

Level of Course Information:
☑ Beginner ☑ Intermediate ☐ Advanced

Session Description: In this session, Dr. Parent will describe individualized transition planning that results in employment outcomes for youth with disabilities as they graduate from school. Strategies include writing Individual Education Plan goals and implementing activities that promote permanent competitive employment as well as customizing the placement process to achieve carved and created jobs, resource ownership, and self employment for youth. Case study illustrations of the possibilities and challenges will be presented.

Relevance to social work: The audience for the series is primarily comprised of staff from the NJ Department of Human Services, Division of Developmental Disabilities, and community provider organizations. Social workers are employed by the State of NJ, community organizations, and school districts in various roles, such as case managers, guardians, school social workers, administrators, and policymakers.

Goal: To increase participants’ awareness of the employment possibilities for youth with disabilities as they transition from school to adulthood.

Objectives:
1. Participants will be able to describe strategies for developing IEP goals.
2. Participants will be able to identify factors important for supported competitive employment outcomes.
3. Participants will be able to develop techniques for incorporating effective customized placement practices into the transition process.

Timed Outline
9:30 Introduction
9:35 What is transition? Why do we plan for transition? What are the employment possibilities?
10:00 How do we develop high school programming? What school curricula can promote employment? How do we write goals for the transition IEP?
10:45 Break & Informal Networking
10:45 What are some useful techniques for achieving post school outcomes? How can we obtain support from community agencies? What is my role in the placement process?
11:15 What strategies can be used to customize the placement process? How do we carve and create positions? What is the process for helping someone start their own business?
11:45 Break & Informal Networking
12:00 What are the implications and benefits for education and adult service personnel? What implementation challenges can we expect and what are some potential solutions? How do we incorporate these strategies into our local communities?
12:30 End of Session