



2013 Geriatrics Symposium

***Aging
Successfully
in Place***

March 1st, 2013

**Chestnut Conference Centre
89 Chestnut Street
Toronto, ON**

Register now at:

**[https://ers.snapuptickets.com/
ers/UHNGeriatricsConference2013](https://ers.snapuptickets.com/ers/UHNGeriatricsConference2013)**

The Toronto Rehab Geriatrics Symposium will alternate years with the Alzheimer Symposium.

As the Canadian population ages, healthcare professionals must effectively manage increasingly complex problems. We all have to work together and do our part to provide this care. The goal of this care and the theme of our conference is *Aging Successfully in Place*.

Take part in this exciting day and learn how each of us can do our part to help everyone age successfully.

This must-attend event for all healthcare professionals and students working in the geriatrics field will include plenary sessions and a variety of workshops.

Program Agenda

7:30 – 8:30 a.m. Registration and Continental Breakfast

8:30 – 8:45 a.m. Welcoming Remarks

Robert Lam, MD, CCFP
(Care of the Elderly)

Assistant Professor, Department of Family Medicine, University of Toronto

8:45 – 9:45 a.m. You Could Live a Long Time: Are You Ready?

Lyndsay Green

Sociologist and Author

Lyndsay Green will talk about what she learned from 40 wise and inspiring seniors, ages 75 to 100 years, who gave her tips for what she should be doing now to live well at their age. After summarizing the findings, Lyndsay will explore the impact the research has had on her and her attitudes towards aging.

Learning Objectives:

- ✓ Summarize the key research findings from "You Could Live a Long Time: Are You Ready?"
- ✓ Describe the implications of the findings for ourselves and for society

9:45 – 10:05 a.m. Nutrition Break and Exhibit Viewing

10:05 – 11:05 a.m.

Workshops – Session I

These four workshops will run concurrently from 10:05 a.m. to 11:05 a.m. and will repeat from 11:15 a.m. to 12:15 p.m.

Workshop I

The Pitfalls of Polypharmacy in the Elderly

Bill Sylvester, BScPharm, Rph

Clinical Site Leader, Department of Pharmacy, Toronto Rehabilitation Institute – University Health Network

Anastasia Shiamptanis, PharmD, CDE

Clinical Pharmacist, Geriatrics and Nephrology, Toronto Rehabilitation Institute – University Health Network

This presentation will provide an overview of the deposition of drugs in the elderly and the prevalence of polypharmacy and the dangers of complex drug therapies and overprescribing.

Learning Objectives:

- ✓ Review the effect of aging on drug absorption, distribution, metabolism and excretion
- ✓ Review common agents that are significantly altered with aging and how best to identify them

Learning Objectives Continued

- ✓ Identify how to conduct a best possible medication history and what comes next
- ✓ Identify strategies to improve compliance with complex medication regimens

Workshop 2

Part A: Helping Elderly Persons with Aphasia Navigate Community Services

Rochelle Cohen-Schneider, MEd

Speech-Language Pathologist reg. CASLPO; Director, Clinical and Educational Services, Aphasia Institute, Toronto

This presentation will provide an overview of the challenges and solutions to providing services for elderly persons with aphasia. The Aphasia Institute has over 30 years of experience developing innovative solutions to reduce language barriers and help people with aphasia live successfully.

Learning Objectives

- ✓ Identify the specific challenges of living with aphasia
- ✓ Demonstrate an understanding of basic techniques and resources to help reduce the communication barriers for "those who know more than they can say"

Part B: Community Services for Seniors

Marta Rodrigues, MSW, RSW

Case Coordinator, Toronto Central Community Care Access Centre

This presentation will provide an overview of the various community services that are available to seniors in their communities.

Learning Objectives:

- ✓ Identify and describe some of the services that are tailored to the needs of different senior populations within Toronto
- ✓ List the most common services that are provided to seniors in the community
- ✓ Discuss and share resources for seniors

Workshop 3

Too Much, Too Little, Too Late: Care, Capacity and the Geriatric Client

Ann Heesters, PhD (ABD)

Associate Director of Bioethics, University Health Network; Vice-Chair, Rehab Science and Medicine Research Ethics Board; Member, Joint Centre for Bioethics, University of Toronto

This presentation will provide an overview of the variety of ethical challenges arising in the care of geriatric clients. A special emphasis will be placed on cases where capacity for decision-making is unclear or variable.

Learning Objectives:

- ✓ Describe some ethical challenges associated with caring for geriatric clients presenting with capacity issues
- ✓ Identify some ethical features of cases presented
- ✓ Recognize implications for clinical practice and resources available

Workshop 4

Office Management of Gait Disorders in the Elderly

Robert Lam, MD, CCFP

(Care of the Elderly)

Assistant Professor, Department of Family Medicine, University of Toronto

Andrea Diaz Domonkos, PT

Physiotherapist and Professional Practice Leader, Geriatric Rehabilitation Program, Toronto Rehabilitation Institute – University Health Network

This presentation will provide an approach to management of gait disorders in primary care. Prescription of gait aids will be reviewed.

Learning Objectives:

- ✓ Describe normal gait changes with aging
- ✓ Classify gait disorders in the elderly based on sensori-motor levels

Learning Objectives Continued

- ✓ Ensure safe use of appropriate gait aids for patients and identify the need for physiotherapy

11:05 – 11:15 a.m. Transition Time

11:15 a.m. – 12:15 p.m.

Workshops – Session 2

(4 concurrent workshops)

See above at 10:05 a.m. for descriptions

12:15 – 1:15 p.m. Networking Lunch and Exhibit Viewing

1:15 – 2:15 p.m. Elder Abuse: Identification, Implications, and Theory Application

Mark Yaffe, MD, CM

Professor, Department of Family Medicine, McGill University and St. Mary's Hospital Center

This presentation will provide an overview of elder abuse and important causes of morbidity and mortality in older adults. It will discuss what mistreatment looks like, how to identify it, and what to do with the findings.

Learning Objectives:

- ✓ Define elder abuse and describe the signs and symptoms
- ✓ Discuss elder abuse prevalence and barriers to identification
- ✓ Summarize risk factors for elder abuse and related theories of causation
- ✓ Use the Elder Abuse Suspicion Index (EASI)© as an aide in detection

Learning Objectives Continued

- ✓ Describe options for follow up once elder abuse is suspected

2:15 – 2:35 p.m. Nutrition Break and Exhibit Viewing

2:35 – 3:35 p.m. Geriatric Medicine: Where Did We Come From, Where Are We Going?

Barry Goldlist, MD, FRCPC, FACP, AGSF

Professor of Medicine, University of Toronto; Staff Physician, General Internal Medicine and Geriatrics, University Health Network and Mt. Sinai Hospital Department of Medicine

This presentation will briefly review the history of geriatric medicine in Canada and the future role of geriatric medicine as Ontario develops its senior care strategy.

Learning Objectives:

- ✓ Explain how geriatric medicine and care of the elderly developed in Canada
- ✓ Identify the unique contributions of specialists in geriatric medicine to our health care system
- ✓ Identify the contribution of geriatric medicine to acute hospital care of the elderly

3:35 p.m. Closing Remarks

Robert Lam, MD, CCFP

(Care of the Elderly)


Assistant Professor, Department of Family Medicine, University of Toronto



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Registration Information

 Register online at
[https://ers.snapuptickets.com/ers/
UHNGeriatricsConference2013](https://ers.snapuptickets.com/ers/UHNGeriatricsConference2013)

Register by Friday January 18, 2013 to take advantage of our Early Bird Rate.

Registration includes a continental breakfast, refreshment breaks, lunch, conference materials and a certificate of attendance.

Conference Rates

\$250 Early Bird Rate
before January 18, 2013

\$275 Individual Rate

\$165 Student Rate*

\$300 On-site Rate**

***On-site registrations will be available if space permits; the student rate will not be available on-site*

**Students must present a photocopy of a valid student ID*

Registration closes at 5p.m. on Friday February 22, 2013.

Payment by VISA, MasterCard or cheque must accompany the completed online registration form. All cheques must be made payable to the order of Toronto Rehabilitation Institute – UHN. **Payment must be received on or before Friday February 15, 2013.**

Registration deadlines and fees are subject to change.

Cancellation Policy

A full refund, minus a \$75 administration fee, will be issued for cancellations received via facsimile or e-mail on or before Friday February 15, 2013. No refunds will be issued after this date. Refunds will not be granted to registrants who do not attend the conference.

If you would like more information about registration guidelines and prices, please contact UHN's Conference & Educational Technology Services by email at tri-registration@uhn.ca or by phone at 416-597-3422, ext. 3693.

Conference Venue

Chestnut Conference Centre
89 Chestnut Street
Toronto, Ontario
M5G 1R1

Hotel Reservations

A group rate has been secured at the Metropolitan Hotel. In order to make your reservation, please call direct to the hotel at 416-977-5000 and ask for the Reservations Department. You can also call the toll free number at 1-800-668-6600. Please mention the "Toronto Rehabilitation Institute 2013 Geriatrics Symposium" in order to receive our special hotel rate of \$135.00 per night plus taxes. Please ensure that you book on or by February 7, 2013 as the rates are subject to availability if reservations are made after this date.

About Us

University Health Network (UHN)

Providing care to the community for more than 200 years, UHN is a major landmark in Canada's healthcare system and a teaching hospital of the University of Toronto. Building on the strengths and reputation of each of our four hospitals, UHN brings together the talent and resources needed to achieve global impact and provide exemplary patient care, research and education.

UHN is made up of Toronto General Hospital, Toronto Western Hospital, Princess Margaret Hospital and the Toronto Rehabilitation Institute. Each hospital retains its identity and name within the Network.

For more information about the University Health Network, please visit www.uhn.ca



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For more information about this conference or other UHN events,
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