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AGING (i)fe CARE[®]
ASSOCIATION
— MID-ATLANTIC CHAPTER —

NOVEMBER 3-4, 2024
BETHESDA MARRIOTT

The **Aging Life Care Association[®] Mid-Atlantic Chapter** is part of a national association of practitioners from public and private sectors representing the states of Delaware, Maryland, Virginia, West Virginia and the District of Columbia. Our goal is to provide those who are aging, or who have chronic illnesses or disabilities, with guidance, appropriate resources, and care planning to promote their optimal social, psychological, and physical well-being. As Aging Life Care Professionals[®], we strive to ensure the highest quality, most effective services. Our goal is to reduce the stress for family caregivers and create the most effective plan that encourages safety, independence, and autonomy. Plan Now to Join us at the **Aging Life Care Association Mid-Atlantic Chapter Conference** November 3-4, 2024 in Bethesda, MD. Space is Limited so Sign Up Early!

Hotel/Location

Bethesda Marriott 5151 Pooks Hill Road, Bethesda, MD, 20814

A special conference rate of \$169 + tax per night is available for ALCA Attendees and Exhibitors. To reserve your room, please use [this hotel group block url to book your reservations](#). Rates are available on a first-come first served basis and cannot be guaranteed after September 30th.

Continuing Education Information

The Mid-Atlantic Chapter of the Aging Life Care Association has applied for five (5) continuing education contact hours for the following:

- Social Work (NASW)
- Nursing (CA Board of Registered Nursing)
- National Academy of Certified Care Managers (NACCM) Care Manager Certified (CMC)
- Commission for Case Manager (CCM) Certification

Please indicate which CE certificate(s) you need on your registration form. You must include your license number for social work or nursing. Each certificate requested will be included in your registration fee. Attendees must sign the on-site attendance book daily for CE contact hours.

Registration Information

Early Bird Conference Registration Fees will begin at \$250 for ALCA Members and \$350 for Non-Members. To register online visit aginglifecare.org → Events → Mid-Atlantic Chapter Conference

2024 ALCA MID-ATLANTIC CONFERENCE SCHEDULE OF EVENTS



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NOVEMBER 3-4, 2024
BETHESDA MARRIOTT

Sunday, November 3, 2024

4:00 PM – 5:00 PM

Registration Desk Open

5:00 PM – 6:30 PM

Opening Reception/Networking Event

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6:30 PM – 7:30 PM

“Wine Women and Dementia” Documentary
Viewing/Discussion

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Monday, November 4, 2024

7:00 AM – 7:45 AM

Continental Breakfast in Exhibit Hall

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8:00 AM – 8:15 AM

Welcoming Remarks

8:15 AM – 9:15 AM

KEYNOTE/SESSION 1

Advanced Diagnostics and Treatments in Cognitive Neurology

Over the last decade, dementia has been on the frontiers of neuroscientific research. We now have advanced biomarkers, imaging techniques, treatments, and subspecialists that can differentiate cognitive disorders. During this session Dr. Pauldurai will review why it is important to correctly diagnose the cause of someone’s forgetfulness and assess which treatment plan is most appropriate for each stage in a disease. She will specifically address the new amyloid targeting monoclonal antibody treatments, and when to refer a patient for this therapy.

Presented by **Jennifer Pauldurai, MD, MS**, Inova Health System, Neuroscience

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9:15 AM – 9:45 AM

Coffee Break/Visit with Exhibitors

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9:45 AM – 10:45 AM

SESSION 2

Current Popular Scams: Tips to Protect Your Clients (& Yourself)

Scams that affect older adults are pervasive. Many of these individuals are professionally skilled at ways to take money from their victims. They target and prey upon older adults who might be seeking companionship and now have longer scams to build trust in addition to many of the quick tricks to extract money. During this session, you will learn the top 5 scams and how to help your client avoid them, as well as the emerging scams of 2024. You will hear about options on how to provide your clients with protection against scams, and key markers to recognize a victim. Attendees will learn about the options to help guide clients recover if they have fallen victim to a fraudster.



Presented by: Kay Bransford, Memory Banc and Melissa Smarr, MPA, CPM

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10:45 AM – 11:15 AM

Coffee Break with Exhibitors

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11:15 AM – 12:15 PM

SESSION 3

Empowering Care in Parkinson's Disease: Enhancing Patient Outcomes Through Expertise, Innovation, and Advocacy

This engaging session on Parkinson's disease will discuss critical aspects of patient care. This includes the pivotal role of movement disorder specialists, innovative diagnostic tools, and effective strategies when medications lose effectiveness. We will also discuss the transformative impact of physical, cognitive, and social activities and other lifestyle choices on quality of life. Additionally, we will review the crucial advocacy role of Aging Life Care Manager® in shaping realistic expectations for end-stage care. Join us to empower yourself with knowledge that can significantly improve outcomes in Parkinson's.



Presented by: Sean Rogers, MD, Inova Health System

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12:15 PM – 1:30 PM

BUSINESS MEETING/AWARDS LUNCHEON

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Insp̄ir | EMBASSY ROW

1:45 PM – 2:45 PM

SESSION 4

Managing Boundaries and Ethics in Shared Medical Decision-Making

This session will focus on exploring our professional roles as Aging Life Care Managers, boundaries and ethical/cultural considerations in facilitating informed medical decision-making with our clients and their support systems. This session will address this topic in the context of challenging family dynamics and the broader medical system Aging Life Care Professionals interact with on a regular basis.



Presented by: Aaron Zajdel, LCSW, Goodwin Living

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Memory Care & Assisted Living



LARMAX HOMES

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2:45 PM – 3:15 PM

Coffee Break with Exhibitors

3:15 PM – 4:15 PM

SESSION 5

Enhancing Holistic Care and Quality of Life: Psychedelic-Assisted Therapy for People with Cancer and Existential Distress

As the landscape of mental health treatment evolves, psychedelic-assisted therapy emerges as a promising option for enhancing the quality of life for older adults. During this presentation, Dr. Bates will delve into the historical context of psychedelic therapies, the mechanisms behind psychedelic molecules, and the essential components of therapy protocols. Attendees will gain insights into the transformative outcomes observed in clinical settings and explore the potential opportunities these therapies present for integrating holistic care approaches in geriatric care management. By understanding these aspects, Aging Life Care Managers will be better equipped to consider and possibly incorporate psychedelic-assisted therapy into their care strategies, ultimately improving the well-being of their clients.



Presented by: Mark Bates, PhD, Sunstone Therapies

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4:15 PM – 4:30 PM

Closing Remarks/Certificate Pick Up

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