



Aging Matters | Growing Older with Down syndrome
Conference hosted by Down Syndrome Network



Adults with Down syndrome are now reaching old age on a regular basis, commonly living into their 50s, 60s and 70s. Adults with Down syndrome, along with their families and caregivers, need accurate information and education about what to anticipate as a part of growing older so that they can set the stage for successful aging. ***This conference will provide a great deal of information about aging with Down syndrome ~ Space is Limited***



Saturday, NOV 19

7:30 am Registration & Continental Breakfast

8 am – 4 pm (Lunch included)

~ Families with a loved one with Down syndrome - FREE

~ Professionals and others - \$35



REGISTRATION REQUIRED: www.DSNetworkAZ.org

ABILITY 360 CONFERENCE CENTER

5025 E. Washington St., Phoenix 85034

Topics related to older adults with Down syndrome:

- Mental Wellness | Good Health | Behavioral Changes
- Quality of Life | Management Strategies
- Down Syndrome & Alzheimer's
- Planning for the future (Special needs trust & ABLE Act)



Featuring Presentations By:

- **Keynote Address:** Sara Weir, MS, President, National Down Syndrome Society
- Dr. Brian Chicoine, Medical Director, Adult Down Syndrome Center, Pk Ridge, IL
- Lilian Thorpe, MD, FRCPS, Professor of Psychiatry, University of Saskatchewan
- Elaine Zito, Certified Financial Planner™, Zito Wealth Strategies
- Cynthia Vargo, Alzheimer's Association - Desert Southwest Chapter
- Mary Lou Hernandez, LCSW, Banner Alzheimer's Institute
- Dr. Marwan Sabbagh, MD, FAAN – CCRI, Barrow Neurological Institute
- Lynn Tomasa, PhD, MSW, Center for Excellence in Developmental Disabilities, U of A
- David Besst, DES, Division of Aging & Adult Services

Sponsored by:



DOWN SYNDROME KNOWLEDGE, SUPPORT & ADVOCACY
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 480-759-9150 | info@DSNetworkAZ.org



KEY NOTE ADDRESS: Sara Weir
President National Down Syndrome Society (NDSS)

Sara Weir, MS, serves as the National Down Syndrome Society (NDSS) President. Ms. Weir leads the organization from the Washington, DC office and oversees the organization's work on Capitol Hill and its legislative agenda. She also leads NDSS' advocacy, affiliate, and educational programs. Ms. Weir was recently appointed by Governor Martin O'Malley of Maryland to commission for Effective Community Inclusion of Individuals with Intellectual and Developmental Disabilities.



Brian Chicoine, MD, Medical Director, Adult Down Syndrome Center of Lutheran General Hospital, Park Ridge, IL

"Living Longer, Living Healthier: Successful Strategies and Stumbling Blocks for Adults with Down syndrome"

The presentation will focus on health promotion for and by people with Down syndrome. This will include healthy behaviors adults with Down syndrome can do, ways to encourage them to participate in those healthy behaviors and health screening and promotion in the medical setting. Dr. Chicoine graduated from Loyola University Stritch School of Medicine and has provided medical care for adults with developmental disabilities for more than 20 years. He has written extensively on caring for adults with Down syndrome.



Cynthia Vargo, Central Region Director
Alzheimer's Association - Desert Southwest Chapter

"Down Syndrome and Alzheimer's: Caring for affected individual and own self; support groups for caregivers"

The Alzheimer's Association - Desert Southwest Chapter provides several free services to caregivers including a 24/7 information and referral helpline, and Family Care Consultation services to help families deal with current and future emotional and other resource needs. They host education classes and workshops to learn about the disease and how to provide services for those affected. Support groups are available for any caregiver who is providing services for an individual with memory loss.



Elaine Zito, CFP®, RICP®, CWS®, M.Ed.,
Certified Financial Planner™, Zito Wealth Strategies

"Special Needs Planning: Planning for 2 Generations"
"ABLE ACT: What it means for Arizona"

Special needs planning, whether for a child, adult, or aging parent, can be an overwhelming process especially when so many decisions have lifelong consequences. Many of Zito Wealth Strategies' clients have adult children who have Autism, Down syndrome, MS, Cerebral Palsy and other permanent disabilities.



Lilian Thorpe, MD PhD

**Professor of Psychiatry and Community Health and Epidemiology
at the University of Saskatchewan**

**“Behavioral Changes & Management Strategies with the Aging Individual
and Down Syndrome”**

This workshop will review common behavioral changes resulting from aging in adults with Down syndrome, and explore ways of managing challenging situations, using a variety of person-centered and medication strategies. Dr. Thorpe is a geriatric psychiatrist and has dual academic appointments. She

obtained her M.D. at the University of Toronto, completed her residency in psychiatry at the University of Saskatchewan, and obtained her Ph.D. in Community Health and Epidemiology at the University of Saskatchewan. Her thesis explored the results of her 16-year longitudinal study of aging in adults with adult onset intellectual disabilities. Dr. Thorpe’s main clinical activities involve working with adults who have cognitive impairment, and providing services for inpatient consultations, the Geriatric Assessment Program, nursing homes, residential services for adults with intellectual disabilities and in the outpatient clinic.



Dr. Marwan Sabbagh, MD, FAAN – CCRI

Barrow Neurological Institute

“The Connection between Alzheimer’s disease and Down syndrome”

Learn about the importance of research and clinical trials and an introduction to caregiving principles in the setting of dementia plus local resources to help with this journey. Dr. Sabbagh is a neurologist and the director of the Alzheimer’s Disease and Memory Disorders Division at Barrow Neurological Institute. His expertise includes Alzheimer’s disease and dementia. Dr. Sabbagh’s research interests include clinical trials of medications to treat or prevent Alzheimer’s

and research on Down syndrome. One study evaluates whether examining changes in ribonucleic acid (RNA) found in one drop of blood can accurately identify people who will develop Alzheimer’s in individuals with Down syndrome who are at high risk for the disease.

PANEL DISCUSSION:

“Aging with Down Syndrome: Planning Ahead”

Moderator: Sara Weir, NDSS

Panelists:

- **Lynn Tomasa**, PhD, MSW, University of Arizona, Sonoran University Center for Excellence in Disabilities Education, Research and Service (UCEDD). Dr. Tomasa is an educator and researcher with interests in life-long caregiving, aging with intellectual and developmental disabilities (IDD), and future planning. Her current project, funded by the Arizona Developmental Disabilities Planning Council is a revision of a future planning roadmap titled, “Our Wishes, Our Futures: A Roadmap To Facilitate Communication Among People with Disabilities, Families, and Support Providers.” The Roadmap is based on interviews with family caregivers and individuals with IDD and an online survey for families and support providers.
- **David Besst**, Department of Economic Security, Division of Aging & Adult Services caregiver network (respite and formal supports) for the aging community to include developmental disabilities.
- **Mary Lou Hernandez**, LCSW, Social Worker, Banner Alzheimer’s Institute ABC’s of Finding Care (living facilities and care for Alzheimer’s or aging individuals for the Phoenix area).