



2007 MGS Conference Agenda

7:30 AM Coffee, registration and exhibits

8:30 AM **Bourestom Keynote Lecture**

The Pathway from Driver to Passenger: Strategies and Interventions for Enhancing Community Mobility

Nina M. Silverstein, PhD, Professor of Gerontology at the University of Massachusetts-Boston. National expert on driving and transportation issues.

With more of us reaching an advanced age, and our society's almost exclusive reliance on cars, there is a tension between the desire of seniors to stay active in their communities and the changes in physical, sensory and cognitive functions that can make driving an increasing challenge with advancing years. Yet few of us know what can be done to improve the driving safety of our older clients or acquaintances, or how to determine whether it is time to stop driving. Lack of awareness, availability or adequacy of transportation alternatives compounds the dilemma about driving cessation decisions. The problem is particularly complex when it involves cognitive decline and the need for family members to be involved. Nina Silverstein, a gerontologist and national expert in safe mobility will provide an overview of those issues and propose strategies that seniors, their families and their care-providers can use to address impairments in critical driving skills and, if necessary, ease the transition from driver to passenger. Dr. Silverstein will highlight the need to include education about alternative transportation and discuss ways to improve those options, especially as they relate to the needs of persons with dementia.

10:30 AM Three Concurrent tracks, each including two topics exploring research, public policy and systems perspectives.

Track 1: Community Mobility

Topic A: Driving Longer Safer

10:30 AM **Session A1: Increasing Elders' Awareness of Vehicle Modifications to Promote Safe Driving: A Video Intervention**

Nina M. Silverstein, PhD, U. Mass- Boston

Driving represents independence, however, elders often experience challenges in driving due to changes associated with aging. Researchers at the Gerontology Institute at the University of Massachusetts Boston produced a video/DVD, *Keep Moving Longer: Features for Safe Driving*, which aims to help older drivers to continue driving safely. With the assistance of a panel of experts in transportation, aging, and related fields, plus a focus group of older drivers, the research team selected a dozen features that may alleviate or eliminate problems with driving and riding in automobiles often experienced by older drivers. Dr. Silverstein will focus her presentation on the description and results of that study.

11:20 AM **Session A2: Engineering a Safe Driving Environment**

Tom Sorel, Division Director, Federal Highway Administration

In this session we will discuss the inevitable change in demographics of the aging population and the challenges it presents to the transportation engineering community. In addition, we will explore the challenges associated with licensing older drivers, and strategies to optimize a safe transportation environment for the older driver.

Topic B: Transportation and Transit for All Ages

10:30 AM **Session B1: Transportation for Minnesota Seniors: Future Needs and the Role of Technology**

Frank Douma, JD, & Gary Barnes, PhD, U of M Humphrey Institute of Public Affairs

This session will give an overview of some recent research at the University of Minnesota on transportation issues. We will explore two surveys documenting the current state of transportation, from the perspective of seniors and from the perspective of transportation providers that serve them. Then we will discuss various technological options for improving the system, and institutional barriers that may limit their effectiveness.

11:20 AM **Session B2: Transit Service: Improving Freedom, Mobility, and Choice**

Margaret Donahoe, Legislative Director, MN Transportation Alliance

Transit service allows many older Minnesotans the ability to remain independent, access needed services, and interact with family and friends. However, limited investments in transit budgets have led to limited service and a lack of understanding regarding the kinds of transit service that is available. This session will focus on the extent of transit service in Minnesota, how service can be accessed, the kind of transit service that is truly needed and options for funding expanding transit service.

Track 2: Personal Mobility

Topic C: Strategies for Fall Prevention

10:30 AM **Session C1: Help! I've Fallen and Can't Get Up! Evidence-based Strategies for Fall Prevention in Older Adults**

Jean Wyman, PhD, University of Minnesota, Center for Gerontological Nursing

This session will highlight the epidemiology of falls in older adults, and discuss evidence-based strategies for their prevention. Results from the Fall Evaluation and Prevention Program, a recently complete clinical trial conducted by researchers at the University of Minnesota, will be explored.

11:20 AM **Session C2: The Minnesota Falls Prevention Initiative: Policy Implications**

Kari Benson, MPA, Minnesota Board on Aging

Most falls occur in the elderly, especially those ages 85 and older. In Minnesota, falls are the leading cause of hospitalization and ER-treated injuries. Our fall death rate is fourth highest in the country and is increasing at twice the national average. In response to this serious public health concern the Minnesota Board on Aging, in partnership with the Minnesota Departments of Health and Human Services, is convening a broad range of public and private partners

at the state, regional, and local levels to implement a statewide coordinated evidence-based falls prevention initiative. This session will highlight the epidemiology of falls in older adults, the policy goals and strategies being implemented through the Minnesota Falls Prevention Initiative, and strategic opportunities for partner involvement.

[Topic D: Physical Activity for Better Cognitive and Physical Health](#)

10:30 AM

Session D1: The Impact of Physical Activities on Cognition in Older Adults

Fu Yang, PhD, U of M Center for Gerontological Nursing

Alzheimer's Disease (AD), the most common type of dementia, is a progressive and irreversible neurodegenerative disorder characterized by decline in three or more cognitive domains. AD currently affects 4 million Americans who are 65 years of age or older, and is projected to afflict 14 million Americans by 2050. Despite decades of research, no curable treatments are yet available for delaying or halting the progression of AD. At present, the established non-modifiable risk factors for AD are old age, family history or dementia, and the presence of the apolipoprotein E genotype e4 (APOE*4). Several potentially modifiable risk factors for AD have been suggested and physical activities show great promise for improving cognition and delaying the onset of AD. The purpose of this session is to share with the audience the current state of science on the impact of physical activities and exercise on cognition in older adults and their potential promise for older adults with dementia.

11:20 AM

Session D2: Keep Active Minnesota: Maintaining Physical Activity in Adults 50-70

Brian Martinson, MS, PhD, Health Partners Research Foundation

In this session, I will describe an ongoing study of a two-year long phone and mail-based intervention being conducted in one Minnesota health plan, designed to help adults ages 50-70 in maintaining their physical activity. I will present results through the first six months of the study, and will use this study as an example of one type of population-based strategy that can be applied to facilitate healthy aging. I will also discuss some of the limitations of

such an approach, the need for increase efforts to develop environments that are conducive to increasing population levels of physical activity.

[Track 3: Home and Community Design for Safe Mobility](#)

10:30 AM [Topic E: Home Design for Independence and Safety](#)

Session E1: Moving Freely in LTC Settings: The Physical Environment as Restraint or Enabler

Lois Cutler, PhD, School of Public Health, University of Minnesota

As the aging process continues and the gap between demands of environment and the older person's competence widens, there is a loss of mastery over necessary environmental characteristics that can lead to the older person living limited lives. This presentation will focus on characteristics of physical environments in assisted living and nursing home facilities that support a higher level of functioning and those that are barriers. The session will present findings from three research projects assessing the private and shared spaces of 600 assisted living residents, and 1988 nursing home residents. Extensive use of photographs will give the audience a visual account of examples of supportive and non-supportive characteristics found in long-term care settings.

11:20 AM **Session E2: Transform 2010 Policy Options for Housing Design in the Future**

LaRhae Knatterud, MAPA, Director, Aging Transformation, Continuing Care Administration, MN Department of Human Services

The Transform 2010 project is a state initiative that is identifying the impacts of the permanent shift in Minnesota's age composition, and transforming policies, infrastructures and services in ways that respond to the age shifts in our population. One of the major themes for action in this project is to foster "Communities for a Lifetime." Within that theme, the role of home and community design is key to the continued independence and engagement of growing numbers of older residents in communities across the state. This session will describe the elements of design that are necessary within communities, and present examples of what state agencies and local communities are doing to make these available to older persons to enhance their safety and quality of life, and how the

participants can become involved in continuing this work in their own communities.

Topic F: Designing Senior Friendly Communities

10:30 AM **Session F1: Building Healthy Communities for a Lifetime: State Strategies**

Hal Freshley, PhD, MN Board on Aging and Linda Norlander, RN, Office of Rural Health and Primary Care, MDH

The baby boomers are coming and communities need to look at their readiness for an aging population that will want to be active, engaged and living in their own homes. This session will focus on both state level activities and how communities can look at their own strengths and challenges to build age friendly communities for a lifetime.

11:20 AM **Session F2: Carver County Health Partnership: Creating a Community for a Lifetime through Integrated Planning**

Renee Wixon, Bob Roepke, & Maureen Melgaard-Schneider, Carver County Health Partnership

Come and find out how the Carver County Health Partnership partnered with local communities and Carver County to develop a county-wide plan to become a "Community for a Lifetime." Learn about their process, their mistakes, lessons learned, and best practices in transforming a community into a great place for older adults.

12:00 PM Lunch, including Kastenbaum Gerontologist of the Year and Bloedow Scholarship

1:00 PM **Concurrent poster and exchange session and exhibits**

2:00 PM Concurrent paper sessions continue

Track 1: Community Mobility

2:00 PM **Session A3: Senior Drivers: Resources and Strategies for**

Driving Safer Longer

Elin Schold-Davis, OTR, CDRS, Coordinator AOTA Older Driver Initiative

Driving is a highly valued activity of daily living in our culture and survey after survey identifies the personal vehicle as the preferred mode of transportation. Seniors report self-restricting their own driving patterns in response to changes in skills and abilities. For some, particularly with conditions of impaired cognition, the family and caregivers face identifying driving risk and intervening. Many tools and resources have been developed over the past 5 years to educate seniors, families and caregivers about self-limiting strategies, transitioning, and, for some, beginning the often difficult conversation about driving cessation. This session will describe several of the tools available for use with clients and families.

2:00 PM

Session B3: Flexible Transit Solutions for Rural and Urban Seniors

Micky Gutzman, Transportation Services, American Red Cross and Jeanette Aguirre, Western Community Action

Where you live should not be a barrier to transportation. Transportation is a vital necessity for independence and quality of life and is often times limited because of residence location, be it urban or rural. Seamless transit services should be available in either urban or rural areas. Yet many care facilities, family members, and individuals, as well as transit services, are faced with challenges when it comes to booking a ride or providing the ride. This workshop will look at solutions that are working to help service the elderly, people with disabilities, and the general public, obtain transportation from both an urban and rural perspective.

Track 2: Personal Mobility

2:00 PM

Session C3: Tai Chi: Increase Mobility, Improve Fitness, and Prevent Falls

Russ Smiley, PhD, Normandale Community College

Tai Chi encompasses a wide range of styles and forms, each with

their own characteristics, strengths, and principles. The Sun Style, is particularly suited for the older adult. Its basics are easy to learn, and it soon delivers health benefits such as reduced pain and stiffness, increased muscle strength, and joint flexibility. This session will provide an overview of Sun Style Tai Chi and why the slow and gentle movements are adaptable to a wide variations of abilities. Be prepared to do some simple and gentle physical movements during the session.

2:00 PM **Session D3: Moving Matters: Exercise and Aging**

Sims McMahon, SilverSneakers Fitness Program

In this session participants will hear from individuals whose lives have been improved through exercise, see a variety of exercises that improve Activities of Daily Living, and discover the benefits of exercise for older adults.

Track 3: Home and Community Design for Safe Mobility

2:00 PM **Session E3: Safe Mobility at Home: Enhanced with Universal Design**

Margaret Christianson, OTR President, Life-ease

The session will discuss the importance of the selection of design solutions based on the functional capabilities of the older person. An array of solutions to enhance safe mobility in the home setting will be described and illustrated. How Universal Design can play an important role in enhancing safe mobility at home will be discussed.

2:00 PM **Session F3: Dakota County Aging Initiative**

Carol Zierman, Dakota County Office of Planning, Evaluation and Development

Many local communities throughout Minnesota are facing major changes due to a growing aging population. In an effort to plan ahead, Dakota, Dakota County's Board of Commissioners approved three interrelated efforts to address livability for seniors. The first effort is a comprehensive strategic planning effort, The Dakota

County Aging Initiative: 1) reviewed data to assess the implications of the aging population on the county, 2) conducted a countywide visioning session, 3) conducted detailed planning sessions in six topic areas (finance, health, housing, services, transportation, and work and community engagement), and 4) developed recommended strategies to address key issues. The second effort is the Comprehensive Land Use Planning process. In an effort to ensure that the changes in our population are taken into account in our land use strategies, the Dakota County Physical Development Division took a more community engagement approach to developing the County Comprehensive Plan.

3:00 PM

Endnote Lecture

Strategies for Safe Mobility in the Home and Community: What We Have Learned

Jane Hardin, JD, Community Transportation Association of America

Jane Hardin is the Senior Transportation Specialist at the Community Transportation Association of America (CTAA) where she consults with providers and social service agencies nationwide on the development of transportation services for seniors, and serves as liaison between the transportation and aging communities. Before coming to CTAA, Dr. Hardin worked at AARP and was involved in preparing the organization's five-year strategic plan for transportation. Jane Hardin is a dynamic speaker, passionate about senior transportation issues and livable communities. This endnote address will include a look at next steps and strategies for safety, independence and participation that emerged from the day's workshops. Utilizing the framework of the conference objectives, attendees will end their day with a better understanding of the challenges to maintaining personal mobility at home and in community from the perspectives of scientific research, public policy, and applied practice.