

Monday March 24th, 2014

3:00 PM - 6:00 PM **Ballroom** **Poster Session & Student Awards**

Tuesday March 25th, 2014

8:00 am - 8:30 am Sign In & Continental Breakfast

8:30 am - 8:45 am **Welcome by Executive Director, Mark A. Supiano, MD**

8:45 am - 9:45 am

Ballroom

Keynote Speaker: Diana Kuh, Ph.D.

“A life course approach to healthy ageing: what do life course studies tell us and what are the research gaps?”

Diana Kuh, Professor of Life Course Epidemiology at University College London, is the director of the MRC Unit for Lifelong Health and Ageing, and the MRC National Survey of Health and Development, the oldest of the British birth cohort studies that has followed up over 5000 individuals since their birth in March 1946. Diana is also the principal investigator of the Healthy Ageing across the Life Course network (HALCyon)

www.halcyon.ac.uk and co-Director of a new NIH-funded programme on the Integrative Analysis of Longitudinal Studies of Ageing (IALSA) that bring together cohort studies to investigate lifetime influences on ageing.



9:45 am - 10:00 am Break

Symposium Sessions Begin

10:00 am - 11:00 am
Choose 1 of 3

Ballroom

Whose death is it anyway: What is a “good death” and how is it realized?

College of Nursing, University of Utah

- 1) Patricia Berry, PhD, RN, ACHPN, FAAN, Associate Professor
- 2) Lee Ellington, PhD, Associate Professor
- 3) Maija Reblin, PhD, Assistant Research Professor
- 4) Katherine Supiano, PhD, LCSW, FT, FGSA, Associate Professor

Summary

The notion of good death eludes most of us and the patients and families we serve. What really is a good death? Approaching this health care topic from a social, political, and economic perspective, including social justice and population perspectives, we explore the elusive notion of a “good death” including care of marginalized persons and those without access, the role of personal and spouse/partner relationships, communication, and the particular situation of mental illness and suicide.

Alpine Room

Early life conditions and late life health

Pedigree and Population Resource (Utah Population Database), Population Sciences, at the Huntsman Cancer Institute and The University of Utah

- 1) Heidi A. Hanson, Population Sciences, Huntsman Cancer Institute and University of Utah
- 2) Michael S. Hollingshaus - Pedigree & Population Sciences Dept., University of Utah
- 3) Ken R. Smith, Ph.D., Director, Pedigree & Population Resource (Utah Population Database), Population Sciences, Huntsman Cancer Institute, Professor, Family And Consumer Studies, University of Utah

Summary

Enjoy the following three presentations:

Heritability of Longevity and the Role of Early and Mid-Life Environments - Heidi A. Hanson

Familial Suicide Susceptibility, Early-life parental death, and Later-life Depression and Substance Abuse - Michael S. Hollingshaus

The Role of Grandmaternal and Grandpaternal Age on Grandchild Survival - Ken R. Smith

	City Creek Room	<p><u>Predicting disability and promoting rehabilitation in older adults: Implications for maintaining cognitive and physical function</u></p> <p>1) Elizabeth Fauth, PhD - Department of Family, Consumer, & Human Development and the Center for Epidemiologic Studies in the College of Education and Human Services at Utah State University 2) Kara Dassel, PhD, Gerontology Interdisciplinary Program, College of Nursing at the University of Utah. 3) Lee Dibble, PT, PhD - Departments of Physical Therapy, Occupational Therapy, and Exercise and Sports Science in the College of Health at the University of Utah 4) Sydney Schaefer, PhD - Department of Health, Physical Education and Recreation in the College of Education and Human Services at Utah State University; Department of Physical Therapy in the College of Health at the University of Utah</p> <p><u>Summary</u> This symposium is strategically designed to merge 1) research methodologies; 2) behavioral processes; and 3) neural systems that are typically addressed dichotomously in aging research. We will present our findings from both large-scale (longitudinal, population-based studies/clinical trials) and small-scale (laboratory-based) studies to discuss both disabling and rehabilitative processes that target both cognitive and motor system changes in older adults. Understanding the trajectories of both disability and rehabilitation will allow us to promote successful aging among all older adults, regardless of current health condition or functional status.</p>
11:00 am - 11:15 am		Break
11:15 am - 12:15 PM Choose 1 of 3	Ballroom	<p><u>Managing Hearing and Balance Issues in the Elderly - a Multidisciplinary Approach</u></p> <p>1) Richard Gurgel, M.D., is an assistant professor of Otolaryngology, University of Utah, with a clinical subspecialty in Neuro-otology. His research interests focus on the impact of hearing loss on cognition. 2) Janene Holmberg, PT, DPT, NCS Coordinator of Balance Rehabilitation at the Intermountain Hearing and Balance Center. 3) Mitch Uddy, Master's degree in Audiology, clinical audiologist at the University of Utah who specializes in aural rehabilitation and hearing assistive devices.</p> <p><u>Summary</u> Problems with hearing and balance are highly prevalent among the elderly and can lead to depression, social isolation, morbidity associated from falls, and cognitive decline. In this presentation, we will identify many of the hearing and balance issues faced by the elderly and propose strategies on how to manage these issues and promote healthy aging.</p>
	Alpine Room	<p><u>Livability Beyond the Doorstep: Housing Options for Older Adults in Utah</u></p> <p>1) Anne E. Palmer, Ed.D., MPA Research Associate Division of Geriatrics, University of Utah and Executive Director, Utah Commission on Aging 2) Reid Ewing, Ph.D., Professor of City and Metropolitan Planning, University of Utah 3) Andrea Garfinkel-Castro, Ph.D. Student, Metropolitan Planning, Policy & Design, University of Utah</p> <p><u>Summary</u> Livable communities contribute to successful aging, but what exactly is livable? Using amenity proximity and transportation data, we model five examples of housing for older adults along the Wasatch Front with a newly developed livability index tool. We demonstrate that contextualizing housing within the neighborhood setting gets us closer to visualizing livability.</p>
	City Creek Room	<p><u>Tackling the Trilogy of Falls, Frailty, and Cognitive Impairment</u></p> <p>Theme: Identifying Potential Interventions to Promote Optimal Aging</p> <p>1) Kara Dassel, RN, PhD - Associate Professor; College of Nursing, University of Utah 2) Linda Edelman, RN, PhD - Assistant Professor; College of Nursing, University of Utah 3) Natalie Sanders, DO - Assistant Professor; School of Medicine, Internal Medicine/Geriatrics, Univ. of Utah</p> <p><u>Summary</u> Falls, frailty, and cognitive impairment are common conditions experienced by older adults. Among other outcomes, these conditions are independent predictors of higher mortality, nursing home placement, and functional decline. While falls, frailty, and cognitive impairment are distinct entities, their clinical phenotypes overlap considerably. As such, it is likely they contribute to the development of each other. This, in essence, causes a cycle of decline that is detrimental to successful aging. The University of Utah Faint Fall and Frailty Clinic performs standardized guideline based fall assessments and frailty assessments in adults. Recognizing the overlap of frailty, falls, and cognitive impairment, the clinic incorporates into the evaluation process a cognitive assessment that includes screening for dementia, depression, and delirium. This symposium will provide background data on the prevalence of falls, frailty, and cognitive impairment and highlight the impact that these conditions have on successful aging. The presenters will share with the audience baseline data from clinic patients. We will conclude with the anticipated future directions of the program and solicit feedback from audience members about the program's future goals.</p>

Thank you for attending!

Watch for more programs and info on our website: www.aging.utah.edu