



# Inaugural Age-Friendly Summit: The Future of Aging

Presented in Partnership with



**Thursday, May 23, 2024 - 8 a.m.- 4 p.m.**

**DoubleTree by Hilton, 115 Hendersonville Rd, Asheville, NC**

**\$20.00 per attendee**

**8:00 – 9:00 Registration/Visit Vendors/Continental Breakfast**

**9:00 – 9:10 Welcome**

Buncombe County Commissioner, Amanda Edwards

**9:10 – 9:50 Presentation/Keynote**

**Deerfield Community Engagement Needs Assessment Survey**

Deerfield Charitable Foundation recently conducted a Community Engagement Needs Assessment, surveying about the most pressing issues facing older adults in Buncombe County. The presenters will share the results and some initial thoughts to address issues. *Presented by Libby Bush, President & CEO and Michelle Wooley, Director of Philanthropy.*

**10:00 – 10:50 Two Breakout Sessions**

**Local Innovative Practices: Making a Difference in the Community!**

What is age-friendly healthcare? Age-friendly healthcare is an evidence-based framework which focuses on four core elements in providing high quality care to older adults: what matter most, medication, mentation, and mobility. Learn how AdventHealth provides high quality care. *Presented by Anna Hicks, MD, Administrative Director of Age-Friendly Services at AdventHealth Hendersonville.*

**Aging in Place: Simple Home Modifications**

Small improvements can make a big difference in older adults' ability to continue doing their daily activities in a safe manner. Review a myriad of products, less expensive installations, and view product displays. *Presented by Sheila M. O'Connor, MA, OTR, Principal & Founder of No Place Like Home WNC, PLLC and Richard Duncan, Executive Director of the RL Mace Universal Design Institute.*

**10:50 – 11:10 Break**

**11:10 – 12:00 Two Breakout Sessions**

**North Carolina Institute of Medicine (NCIOM) Healthy Aging Taskforce: Recommendations for Aging Service Professionals**

The North Carolina Institute of Medicine (NCIOM) convened The Taskforce on Healthy Aging in 2022-23 to produce recommendations to support aging in place and opportunities for older adults to thrive. The recommendations support topics related to aging - social connections, falls prevention, food and nutrition security, and mobility. *Presented by Brienne Lyda-McDonald, MSPH, Project Director, North Carolina Institute of Medicine.*

**Caregiving Across the Lifespan: Tips for New Caregivers & Managing Stress**

While family caregiving can be a rewarding experience, it requires one to fill a variety of roles and comes with many challenges that can make the caregiver overwhelmed and sometimes intimidated by their duties and responsibilities. This talk will identify the roles a caregiver plays, address and discuss ways to deal with caregiving challenges, and more. *Presented by Jim Smeaton, Owner/Director of Client Care of Always Best Care Senior Services.*

Caregiving can be overwhelming with so many demands. This talk will give an overview of the Land of Sky Area Agency on Aging's Family Caregiver Program and its work with local providers.

*Presented by Edward Jones, MSW, Family Caregiver Specialist at Land of Sky Area Agency on Aging and Steffie Duginske, Family Caregiver Support Specialist at Council on Aging of Buncombe County.*

**12:00 – 1:00 Lunch/Networking/Visiting Vendors**

**1:00 – 1:45 Platinum Sponsors Presentations (6 minutes each)**

**2:00 – 2:50 Two Breakout Sessions**

**NC Multi Sector Aging Plan, All Ages All Stages NC: What You Need to Know!**

All Ages, All Stages NC (AAAS-NC), initiated by Governor Cooper's Executive Order 280, brings together diverse stakeholders to advance solutions that address the challenges faced by an aging population. We will spotlight efforts of the workgroups established to help identify priorities for the AAAS-NC plan. *Presented by Rebecca Freeman, MPH, Human Services Planner/Evaluator III, Division of Aging, NC Department of Health and Human Services.*

## Planning As We Age: The Four Important Documents You Need Now and Long-Term Care Planning and Asset Protection

Advanced Directives: Creating a Will, Power of Attorney, Health Care Power of Attorney, and MOST. What are these documents, how to draft good ones, and what to do with them once you have them. Presented by Casey Steen, JD, Elder Law Program Director at Pisgah Legal Services.

Paying for long-term care doesn't mean you have to go broke or sell everything you have, but you do need to make a plan and be prepared. Dispel myths surrounding paying for long-term care and provide concrete methods to protect your hard-earned assets while still accessing needed care for you or your loved ones. Presented by Brian T. Lawler, Attorney, The Forest Law Group.

### 3:00 – 4:00 What's Next in Aging Services Presentations

#### Aging Alliance

Elizabeth Williams, Executive Director of MountainCare and Council on Aging of Henderson County, will discuss the Aging Alliance, a collaboration of five non-profit organizations, and the potential to expand.

#### Age-Friendly Buncombe County

Billie Breeden, MS, Age-Friendly Coordinator, BCHHS, Buncombe County Aging and Adult Services, will discuss the current work of Age-Friendly Buncombe County and what is planned next.

#### WISH Collaborative

Paul Moon, Regional Coordinator, Land of Sky Regional Council will discuss the WNC Initiative for Supportive Housing (WISH) Collaborative and its work to support individuals with high support needs.

The capacity for the Age-Friendly Summit is 100 people. Registration will close once capacity is reached. To register for the conference and find out about payment information, please visit: [forms.office.com/g/bZx7d9sdX0](https://forms.office.com/g/bZx7d9sdX0).

Much gratitude to our Age-Friendly Summit Sponsors for their support of older adults!

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