



2009 Strategies and suggested workshop topics

Given the condition of the economy at the state and national level, the 2009 Minnesota Age & Disabilities Odyssey invites your participation in jointly exploring how we can meet the basic foundational needs of older Minnesotan's and individuals with disabilities. Building on a strong foundation is critical for the demands of the times we are facing.

The Odyssey will focus on dynamic, practical strategies to address **CHOICES**. We invite submissions for workshops that address the following:

- **C**ommunity connections
- **H**ealth, wellness and long term support
- **O**wn place to live
- **I**mportant long-term relationships
- **C**ontrol over supports
- **E**mployment earnings and stable income
- **S**afety

(Examples of suggested strategies listed under the Topics)

Community connections

- ⇒ Evidence-based caregiver support programs
- ⇒ Activating “good neighbors” through faith-based and community-based programs
- ⇒ Balancing informal and formal supports in today's economy
- ⇒ Information & Assistance
- ⇒ Caregiver coaching and respite

Health Care, Wellness & Long Term Supports

- ⇒ Legislative Update: outlook for public LTC funding in 2010
- ⇒ Strategies to promote targeting and triage to use scarce dollars effectively
- ⇒ Innovations in service design
- ⇒ From angels to heroes—creative ways to maximize personnel effectiveness
- ⇒ “Green” approaches to better nutrition
- ⇒ Consumer-focused/customized nutrition interventions
- ⇒ Unique strategies for the needs and demands of Alzheimer's
- ⇒ Introducing new technology

Own place to live

- ⇒ Meeting the challenge of basic housing
- ⇒ When is “doubling up” a good or a bad thing?
- ⇒ Accessible housing: opportunities and best practices
- ⇒ To remodel or to build new? Lessons from the field
- ⇒ Where to live and who provides support in their home
- ⇒ Turning “housing” into “home”

Important long-term relationships

- ⇒ Building partnerships
- ⇒ Providing feedback to policymakers, administrators and providers
- ⇒ Attracting and retaining volunteers
- ⇒ Engaging communities in planning and being more responsive to community needs
- ⇒ Building and maintaining social support networks
- ⇒ Adult “orphans” – advocacy for persons who lack personal support networks

Control over supports

- ⇒ Fiscal support entities
- ⇒ Balancing autonomy and accountability
- ⇒ Consumer directed service models
- ⇒ Maximizing individual choice and control
- ⇒ Consumer rights

Employment earnings and stable income

- ⇒ Strategies for stretching personal budgets
- ⇒ Finding work for all in today’s labor market
- ⇒ Self-employment
- ⇒ Stable income from public and private sources
- ⇒ Community approaches to addressing the challenges of poverty
- ⇒ Shifting values of savings and assets

Safety

- ⇒ Evidence-based falls prevention
- ⇒ Ensuring safety and security for vulnerable persons
- ⇒ Incentives for safety—innovative strategies to reduce risk and promote health
- ⇒ Community/volunteer models to detect and report abuse/neglect
- ⇒ Quality Assurance