

## CALL FOR PROPOSAL DIRECTIONS BREAKOUT SESSION



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## Institute on Aging

### **“We Rise Together: Seniors Rebound with Resilience and Hope”**

Since 2001, Phoebe Institute on Aging (PIA) conferences educate health professionals and caregivers about current day needs and front-line solutions for older adults. The PIA provides forums for discussion and learning, including educational programs, cooperative ventures, and outreach activities designed to promote improved quality of life and care for the aging and their families.

#### **Conference Description:**

Resiliency is defined as a means to “bounce back” from adversity and grow. Seniors, long term care providers, and the community have had their share of challenges with “normal aging” and the recent pandemic. Seniors are now transitioning back into life activities within a “new normal” environment. Caregivers of seniors are incorporating strategies and care techniques to promote resiliency and wellness among seniors. Communities are striving to create living environments that enable seniors to navigate with resilience and hope.

This conference will examine resiliency in older adults from “normal” aging processes to environmental stresses; clinician and practitioner strategies and techniques to promote resiliency in seniors; and community supports to strengthen the resiliency of senior citizens.

#### **Conference Objectives:**

- Discuss wellness strategies that promote the development of resiliency as applied to older adults.
- Discuss ways in which long term care providers can promote residents’ resiliency through the use of clinician care techniques and senior activity programming.
- Discuss supports that promote resiliency of seniors from diverse cultures within the community environment.

**The audience** for this conference will include aging services and healthcare professionals from multiple disciplines, including nursing, social work, activities, nursing home administration, personal care administration, and pastoral care. Students, local community members, older

adults, and family caregivers will also benefit from attending this conference. **Presentations must consider appropriateness to address a diverse audience.**

**The conference will consider proposals that demonstrate resiliency-building in individuals:**

Mental/Behavioral Health

Social Support Systems and Connections

Wellness/Lifestyle-Strategies and Programs (Mind, Body, Spirit, Food)

Compassion Strategies: key factors in rebounding from fatigue, burnout.

Caregivers Support: at home, in system; changing role; cultural implications; how make sure loved one gets all he/she needs to have in equitable, compassionate ways. Caregivers providing strategies for resiliency. Generational impact and issues.

Science of Happiness, Positivity

Supported Autonomy and Empowerment Strategies

Healthy Longevity

Intellectual Vitality

Comfortable, Safe, Secure Environments

Movement/Motion (e.g., "Rock Steady Boxing")

Therapies (group; music; poetry; the arts – healing)

Diversity, Equity, Cultural Inclusion: approaches to develop resilience in diverse populations and cultures

Peace & Fulfillment

Trauma: Overcoming Trauma, Complicated Grief, Generational Trauma

Age-Friendly Community Resources/Initiatives (finding help)

### **Submission Timeline and Approval Process**

***Please submit required information prior to the following deadlines.***

- **All call for proposal applications must be submitted online. Online submittal presentation information requested:** presenter information, short biography, breakout session summary/abstract, breakout session brief description, learning objectives, delivery format, audio/visual needs. This information may be used for continuing education applications, promotional brochure copy, and website descriptions.
- A submission of a proposal implies a commitment to present at the conference if the proposal is accepted.
- Submission of the Application Form is **due by June 27, 2022.**
- Proposals are selected to ensure the conference offers a comprehensive, objective and diverse program. Proposals will be reviewed by the Phoebe Institute on Aging Program Committee based upon the following criteria:

**Relevance of topic:** Content must be relevant to the conference topic and offer value and interest to the audience

**Proposed topic coverage:** Content must be related to the proposer's objectives. Presentation goals and objectives must correspond to the conference goals. The topic advances the knowledge and /or skills of services for the aging population and/or encourages innovation in effective approaches and solutions.

**Presenter knowledge:** Presenter must have sufficient knowledge, expertise, or authority to address this topic. Presenters' credentials are appropriate to present the subject matter.

**Engagement:** The presenter must include specific engaging strategies relevant to event size, audience, and maturity of topic in the session content.

- PIA notification of selection approval will be sent via email by **August 8, 2022**.
- Upon proposal acceptance, you will receive further directions, including for the submission of Power Points, confirmation of A/V needs, and conference registration.
- **Honorarium Policy:** Speaker benefits for breakout session presenters include waiver of conference fee, breakfast and lunch, recognition in promotional materials, professional development, and opportunity for eligible CEUs. The Phoebe Institute on Aging does not offer financial honorariums to breakout session presenters at this time.

Thank you for your interest in presenting at the upcoming Phoebe Institute on Aging Conference!

Please complete the Breakout Session – Call for Proposal Application Form and email it to [events@phoebe.org](mailto:events@phoebe.org). Call 610-794-5132 with any questions.