



Florida in February seems like a good idea to me...

Register now for

“Interventions to
Promote Independence:
New Discoveries in
Physical Activity Programs,
Cognitive Training and
Gene Therapy”

2008 Preconference
of the International Conference
on Aging, Disability and Independence

Wednesday, February 20, 2008

Hilton St. Petersburg
St. Petersburg, FL

<http://www.icadi.php.ufl.edu/>



Overview

This is a pre-conference of the International Conference on Aging, Disability, and Independence (ICADI) and will bring together six nationally-known researchers and clinicians from multiple disciplines to focus on interventions that can promote independence in aging.

Recent advances in exercise interventions, cognitive training, and gene therapy have helped to delay age-related loss of functioning. An interdisciplinary group of researchers and health professionals will highlight how evidence-based research can be translated into practice to improve the healthcare of older adults. To illustrate strategies to improve healthy aging, experts conducting large national research studies will present their findings and provide practical recommendations for use in clinical practice.

The pre-conference will begin with a session presented by an expert in aging from the Veterans Affairs MOVE! program, a national initiative to reduce obesity among veterans. Other speakers will include leaders in the LIFE (Lifestyle Interventions and Independence for Elders) and ACTIVE (Advanced Cognitive Training for Independent and Vital Elderly) studies, as well as experts involved in Tai Chi research, mental exercise training, and gene therapy interventions.

Target audience: Nurses, physicians, occupational therapists, physical therapists, psychologists, social workers, researchers and clinicians.

Continuing Education Credits

Nursing Credit: This program has been approved by the Florida State Board of Nursing for 7.8 contact hours. Provider #2285 Gainesville Nursing Education Service, NF/SGVHS Medical Center, Gainesville, FL.

AMA Category I Credit:

Accreditation: The University of Florida College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide medical education for physicians.

Credit: The University of Florida College of Medicine designates this educational activity for a maximum of 6.5 AMA PRA Category I Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Please see the **ICADI website** (<http://www.icadi.phhp.ufl.edu/>) for information on CEUs for **physical therapists** and **occupational therapists**.

Schedule

8:00-8:15	Welcome and Overview
8:15-9:15	Charlene Weir, PhD, RN, Associate Director of Education, VA GRECC, Salt Lake City – <i>The VA MOVE! program and the aging adult: Is it a good fit?</i>
9:15-10:15	Michael Marsiske, PhD, Associate Professor & Associate Chair of Research, Department of Clinical and Health Psychology, University of Florida – <i>Cognitive interventions with older adults</i>
10:15-10:45	BREAK
10:45-11:45	Phillip Scarpace, PhD, Professor of Pharmacology and Therapeutics, University of Florida – <i>Application of preclinical studies to the development of gene therapy interventions to reduce body fat and increase physical activity</i>
11:45-12:45	Robin West, PhD, Professor and Training Director of Development Area, Department of Psychology, University of Florida – <i>A practical guide to memory training for older adults</i>
12:45-1:45	LUNCH
1:45-2:45	Beverly Roberts, PhD, RN, Annabel Davis Jerks Professor of Nursing, University of Florida – <i>Tai Chi and health in older adults</i>
2:45-3:00	BREAK
3:00-4:00	Marco Pahor, MD, Director, University of Florida Institute on Aging, and Chair, Department of Aging & Geriatrics – <i>Putting LIFE back into exercise programs for the elderly</i>
4:00-4:30	Panel of Above Speakers - Ronald Shorr, MD, MS, Director, Gainesville VA GRECC and Professor, Department of Aging and Geriatrics, University of Florida (moderator)
4:30-5:00	Closing and Evaluations

Learning Objectives

1. Discuss the objectives of VA MOVE! Program and how this national program can be integrated into the care of the older adult to improve independence.
2. Describe recent advances in exercise interventions, cognitive training, and gene therapy that have the potential to delay age-related loss in functioning.
3. Discuss how research findings from interventions studies can be translated into practice to improve independence of older adults



Supporters

1. University of Florida Institute on Aging
2. Gainesville Veterans Affairs Geriatric Research, Education & Clinical Center (GRECC)
3. University of Florida College of Public Health & Health Professions
4. University of Florida College of Nursing
5. University of Florida College of Medicine
6. Division of Biology of Aging, UF Department of Aging & Geriatrics
7. Division of Career Development & Education, UF Department of Aging & Geriatrics
8. University of Florida Division of Sponsored Research
9. University of Florida Genetics Institute

Registration

Registration Fee:

- \$100.00 for Non-VA Employees and Non-UF Employees
- Free registration for VA and UF Employees (\$30.00 to cover cost of food)

Register through the ICADI website at:

<http://www.icadi.php.ufl.edu/registration>

Please register in advance -- attendance will be limited

Contact Information

Pre-Conference Planning Committee

Constance Uphold, PhD, and Rebecca Beyth, MD, Co-Chairs

Steve Borst, PhD

Christiaan Leeuwenburgh, PhD

Christy Carter, PhD

Crystal Quirin, Administrative Coordinator

For further information regarding this preconference, please contact Crystal Quirin at (352) 265-7227 or email cquirin@aging.ufl.edu.

Hotel Information



Conference Hotel

Hilton St. Petersburg
333 First Street South
St. Petersburg, FL USA
www.stpetehilton.com

For reservations, contact the Hilton - St. Petersburg, FL at (727) 894-5000 or (800) 445-8667 and let the reservation clerk know you are with ICADI in order to get the group rate of \$139.00 per night.