Stroke Survivors and Caregivers Conference

Friday, May 6, 2016
Registration 7:30 a.m. – 8:00 a.m.
Conference 8:00 a.m. – 3:30 p.m.

J.J. Pickle Research Campus
University of Texas Commons Learning Center
Commons Building
10100 Burnet Road, Austin, Texas 78758

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## Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:30 a.m. – 8:00 a.m.</td>
<td>Registration</td>
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<tr>
<td>8:00 a.m. – 8:10 a.m.</td>
<td>Welcome</td>
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| Speaker: J. Neal Rutledge, MD, FACR  
Chair, Texas Council on Cardiovascular Disease and Stroke |
| 8:10 a.m. – 8:30 a.m. | Keynote: Connecting Family and Professional Caregivers to Resources |
| Speaker: Robert K. Lee, MD  
Medical Director of Stroke and Neurological Recovery  
St. David’s Rehabilitation Hospital |
| 8:30 a.m. – 8:45 a.m. | Texas Stroke Data                                                  |
| Speaker: Erin Wu, MPH  
Epidemiologist Team Lead  
Texas Department of State Health Services |
| 8:45 a.m. – 9:45 a.m. | Let’s Not Do This Again! How to Avoid Another Stroke               |
| Speaker: Amanda ‘Mandy’ Dirickson, MS, ANP-C, APRN, SCRN  
Stroke Outreach Coordinator  
University of Texas Southwestern Medical Center |
| 9:45 a.m. – 9:55 a.m. | Break and Network                                                 |
| 9:55 a.m. – 10:35 a.m. | Stroke Recovery In Children                                      |
| Speaker: Michael Dowling, MD, PhD, MSCS, FAHA, FAAN  
Medical Director/Associate Professor, Pediatric Stroke Program  
University of Texas Southwestern Medical Center |
**Agenda (continued)**

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<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/Presenter</th>
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<td>10:35 a.m. – 11:35 a.m.</td>
<td><em>Stroke Survivor and Caregiver Panel</em></td>
<td>Moderator: Floristene Johnson, MS, RDN, LD</td>
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<td>11:35 a.m. – 12:05 p.m.</td>
<td><em>Lifespan Respite Care in Texas</em></td>
<td>Wendy Francik, PhD&lt;br&gt;Grant Coordinator&lt;br&gt;Texas Department of Aging and Disabilities Services</td>
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<td>12:05 p.m. – 12:50 p.m.</td>
<td>Lunch and Network</td>
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<td>12:50 p.m. – 1:45 p.m.</td>
<td><em>Benefits Counseling – Navigating Healthcare Costs and Supportive Services</em></td>
<td>Michael Aguirre, LMSW-AP, CTCM&lt;br&gt;Area Agency on Aging Program Developer&lt;br&gt;Texas Department on Aging and Disabilities Services</td>
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<td>1:45 p.m. – 2:25 p.m.</td>
<td><em>Home Modifications to Improve Safety and Mobility</em></td>
<td>Alison Sinsky, PT&lt;br&gt;Director of Rehabilitation Services&lt;br&gt;Co-Presenters: Rachel Ramsby, OTR and Kim Grebla, PT, DPT&lt;br&gt;Central Texas Rehabilitation Hospital</td>
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<td>2:25 p.m. – 2:35 p.m.</td>
<td>Break and Network</td>
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<td>2:35 p.m. – 3:15 p.m.</td>
<td><em>The Tell Tale Signs of Caregiver Stress</em></td>
<td>Joye McQueen, LBSW, Program Manager&lt;br&gt;WellMed Charitable Foundation, Inc.</td>
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<td>3:15 p.m. – 3:30 p.m.</td>
<td>Closing Remarks</td>
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**Notes**

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### Speakers

**J. Neal Rutledge, MD, FACP**
J. Neal Rutledge is Medical Director of Imaging Research Center at the University of Texas at Austin. Dr. Rutledge currently serves as the Chairman for the Texas Council on Cardiovascular Disease and Stroke and the Governor’s EMS and Trauma Advisory Council Stroke Committee. Dr. Rutledge received his Medical Degree from the University of Oklahoma Health Sciences Center and completed his residency in Diagnostic Radiology at Baptist Medical Center in Oklahoma City, Oklahoma. He completed his fellowship at The Neurologic Institute in Columbia Presbyterian Hospital in New York City, New York.

**Robert K. Lee, MD**
Dr. Robert K. Lee is the Medical Director of Stroke Rehabilitation at St David’s Rehabilitation Hospital. He is a board certified Physical Medicine and Rehabilitation physician who specializes in stroke and neurological recovery. Prior to medical school, he studied neuroplasticity at the National Institute of Neurological Disorders and Stroke. He earned his Medical Degree from the University of Chicago Pritzker School of Medicine. Dr. Lee completed his residency at the Rehabilitation Institute of Chicago Northwestern and was an attending physician at Schwab Rehabilitation Hospital in Chicago before relocating to Austin in 2013. His research and clinical interests include maximizing recovery after neurological injuries. Dr. Lee’s outpatient practice, Austin Rehabilitation Specialists, assists stroke survivors’ recovery and management of spasticity, weakness, dysphagia, aphasia, arm/hand weakness, and discoordination. He helped develop St. David’s Active Adult Stroke, 6000 Steps, wheelchair yoga, stroke educational series, and music therapy programs. Dr. Lee is a member of the CARE network at UT Austin studying robotic devices for upper limb recovery and gait training and serves on the advisory board of Austin Speech Labs.

**Erin Wu, MPH**
Erin Wu is the Epidemiologist Team Lead for the Office of Surveillance, Evaluation and Research within the Health Promotion and Chronic Disease Prevention Section at Texas Department of State Health Services. She received her Master of Public Health from University of Michigan in Ann Arbor, Michigan. Ms. Wu’s work focuses, in part, on surveillance and epidemiological analysis of chronic conditions, including heart disease and stroke. She also responds to requests for data analysis products from stakeholders and partners. Ms. Wu has presented research on various topics at the Council of State and Territorial Epidemiologists Annual Conference.

**Amanda ‘Mandy’ Dirickson, MS, ANP-C, APRN, SCRN**
Mandy Dirickson is the Stroke Outreach Coordinator, APN Supervisor, and a Senior Clinical Provider for the University of Texas Southwestern Medical Center (UT Southwestern), Department of Neurology and Neurotherapeutics, Stroke Division. She received both her Bachelor and Master of Science in Nursing from Texas Woman’s University. In 2008, Ms. Dirickson joined UT Southwestern and began work with the institutional leadership on building the University’s Comprehensive Stroke Center. It remains the only Joint Commission-certified Comprehensive Stroke Center in North Texas. Ms. Dirickson is also the co-director of the annual UT Southwestern Stroke Symposium, and an instructor for the UT Southwestern Allied Health School’s Paramedic Stroke course and Careflite’s Certified EMT Critical Care Neurology course. She has chaired the North Central Texas Trauma Regional Advisory Council’s Stroke Sub-Committee and is an active member of the American Association of Neuroscience Nurses. Ms. Dirickson presented a podium abstract at the American Association of Nurse Practitioners annual 2015 convention and is the principal investigator for the currently-enrolling HER STROKE study, supported by the St. Paul Foundation.

**Michael Dowling, MD, PhD, MSCS, FAHA**
Michael Dowling is an Associate Professor of Pediatric Neurology in the Department of Neurology and Neurotherapeutics at the University of Texas Southwestern Medical Center, where he has been a faculty member since 2000. He completed his doctoral work in molecular biology and has a Master of Clinical Investigation. Dr. Dowling holds a weekly pediatric stroke clinic, as well as a weekly clinic for children with neurologic complications of sickle cell disease (SCD). He is a founding member of the newly formed “Center for Cerebrovascular Disorders in Children” at Children’s Medical Center Dallas. Dr. Dowling is a recipient of the Doris Duke Innovations in Clinical Research Award and Principal Investigator of PFAST, an international multicenter study to investigate the role of paradoxical embolization in stroke in children with SCD. He also serves on the Publications Committees for both the Vasculopathy and Infection in Pediatric Stroke (VIPS) study and the International Pediatric Stroke Study.
Floristene Johnson, MS, RDN, LD
Floristene Johnson is an Adjunct Instructor of Dietary Management at Tarrant County College and retired Deputy Director of the U.S. Department of Health and Human Services’ Administration on Aging. She is a member of the Texas Academy of Nutrition and Dietetics, and is alumnus of the Phi Upsilon Omicron Honor Society. Ms. Johnson received a Bachelor Degree from Southern University at Baton Rouge and a Master of Food Science and Nutrition from Colorado State University, completing her dietetic internship at the Good Samaritan Hospital. Ms. Johnson is also a member of the Texas Council on Cardiovascular Disease and Stroke.

Wendy Francik, PhD
Wendy Francik works for the Texas Department of Aging and Disability Services as a Grant Coordinator in the Community Access and Grants Unit within the Strategic Operations and Grants Section, which oversees the Aging and Disability Resource Center and lifespan respite care. Dr. Francik earned her Doctor of Philosophy in Education-Focused Adult Learning from Texas State University San Marcos and has worked for state health and human services agencies for over 25 years.

Michael Aguirre, LMSW-AP, CTCM
Michael Aguirre is the Area Agency on Aging Program Developer at Texas Department of Aging and Disabilities Services (DADS). He received his Master of Social Work from the University of Michigan-Ann Arbor and is a Licensed Master Social Worker-Advanced Practitioner. His expertise and experience has centered around topics related to aging and his graduate degree focused on this population. Mr. Aguirre’s scope of knowledge touches on many issues, from end-of-life and Medicare to caregiving and mental health. In recent years, he has worked within the Aging Network for area agencies on aging in Detroit, Michigan and in Minneapolis-St. Paul, Minnesota. In 2014, Mr. Aguirre returned to Texas to work with DADS where he provides support to the 28 area agencies on aging serving Texans statewide.

Alison Sinsky, PT
Alison Sinsky is Director of Rehabilitation Services of Central Texas Rehabilitation Hospital in Austin, Texas. She received her Bachelor of Science in Health Policy and Administration from Pennsylvania State University and her Master of Physical Therapy from Hahnemann University in Philadelphia, Pennsylvania. Ms. Sinsky has been a practicing physical therapist in the Austin area for 20 years. Her focus has been on the treatment of neurological injury and disease.

Joye McQueen, LBSW
Joye McQueen is Program Manager for the Caregiver SOS Program by WellMed Charitable Foundation. She is a Licensed Social Worker who earned her Bachelor Degree from Texas State University. Ms. McQueen helps family caregivers by providing information, support, education and resources. Her background includes more than 30 years of extensive work in psychiatric hospitals and outpatient clinics, non-profit organization management, fundraising, and senior center executive management. She provides presentations in the San Antonio area on a variety of topics concerning caregiver stress and helping those over the age of 60 prepare for their transition to the “golden years.” She enjoys presenting to other professionals, especially on the topic of Compassion Fatigue.

**DIRECTIONS**
The meeting will take place at the Commons Building. All visitors must use the Burnet Road entrance. Parking fees are already paid.

**Traveling south on IH 35** - Exit for Braker Lane, turn right onto Braker Lane, travel 3 miles, and turn left on Burnet Road. Center entrance will be on your right.

**Traveling north on IH 35** - Exit for Braker Lane, turn left onto Braker Lane, travel 3 miles, and turn left on Burnet Road. Center entrance will be on your right.

**Traveling north on MOPAC (1)** - Exit for Braker Lane, turn right onto Braker Lane, turn right on Burnet Road. Center entrance will be on your right.