



Care of the Older Adult

Anaheim, CA and Livestream | November 12-14, 2026

Thursday, November 12, 2026	
6:45 a.m.	Registration, Breakfast and Exhibitors
7:20 a.m.	Welcome and Conference Overview
Cognitive and Mental Health	
7:30 a.m.	Dementia Differentiation Made Practical: Tools, Tests, and Treatment Updates Ryan P. Coburn, M.D.
8:10 a.m.	Living Well With Mild Cognitive Impairment: Applying Principles of the HABIT® Program Anni L. Shandera-Ochsner, Ph.D.; Melanie J. Chandler, Ph.D.
8:50 a.m.	Difficult-To-Treat Agitation in Dementia: Beyond the Antipsychotics Maureen Shelton, M.D.
9:30 a.m.	Managing Delirium Across the Care Continuum: From Hospital to Home Richard W. Stephens, D.O.
10:10 a.m.	Refreshment Break and Exhibitors Richard Henry Dana Ballroom Foyer
Functional and Physical Health	
10:30 a.m.	Assessing the At-Risk Driver: Safety, Evaluation, and Communication Strategies Larisa J. Hill, M.D.
11:10 a.m.	Aging in Place - Reducing Transitions, Preserving Safety and Independence Maria D. Mendoza De la Garza, M.D.
11:50 a.m.	Rehabilitation and Functional Recovery in the Debilitated Older Adult Joshua D. Militzer, P.T., D.P.T., GCS
12:30 p.m.	Adjourn for the Day
12:45 – 4:45 p.m.	ABFM-Developed KSA - Heart Disease Facilitators: Sara Shu, D.O.; Jonathan M. Wong, M.D. <i>Optional, Lunch provided. In-person only, additional fee to attend.</i> <i>The new Heart Disease ABFM-developed KSA activity focuses on diagnosis and management of acute coronary syndrome and other manifestations of ischemic heart disease, as well as stable and acute decompensated heart failure. Topics include pathophysiology, EKG interpretation, pharmacologic and non-pharmacologic treatment, and disease progression and outcomes.</i>



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6:45 a.m.	Registration, Breakfast and Exhibitors
7:25 a.m.	Overview of the Day
Chronic Disease Management and Geriatric Syndromes	
7:30 a.m.	Pancreatic Disorders in Aging: What the Primary Care Clinician Should Know Motaz H. Ashkar, M.B.B.S., M.S.
8:10 a.m.	Updates in Congestive Heart Failure Management in Older Adults Jonathan M. Wong, M.D.
8:50 a.m.	Osteoporosis Management in the Oldest Old Jad G. Sfeir, M.D., M.S.
9:30 a.m.	Management of Dry Eye Syndrome in the Older Adult: Beyond the Artificial Tears Mark Eltis, OD, FAAO, Dipl. ABO
10:10 a.m.	Refreshment Break and Exhibitors Richard Henry Dana Ballroom Foyer
Special Topics and Case Studies in Geriatric Medicine	
10:30 a.m.	Men's Health in Aging: Addressing Common Prostate Questions and Testosterone Treatment Options Adam R. Miller, M.D.
11:10 a.m.	The Role of Vestibular Rehab in Dizziness and Vertigo Management in the Older Adult Colton T. Clayton, Au.D., Ph.D.
11:50 a.m.	Cases and Geriatric Pearls From the Fellow's Clinic Ikuko Mukai-Cheh, D.O., Ph.D.; Vania Remenik Zarauz, M.D.; Beatriz Ximenes Braz, M.D.
12:30 p.m.	Adjourn for the Day
12:45 – 2:45 p.m.	Strength and Lifestyle Coaching for Clinicians: How to Guide Aging Patients Toward Optimal Movement and Health Matthew Arnold, Certified Health Coach <i>Optional, In-person only, additional fee to attend. Lunch provided to attendees.</i> This seminar will review the evidence supporting strength training as a cornerstone of healthy aging and demonstrate how to tailor exercise prescriptions across functional levels—from individuals recovering from debility to those seeking performance or pain reduction. Participants will learn to design sustainable, goal-oriented plans that incorporate strength, balance, and mobility training; apply practical exercises for common musculoskeletal issues such as back and knee pain; and integrate lifestyle, nutritional, and behavioral strategies to enhance adherence, reduce injury risk, and support long-term functional independence in older adults. *The session will include live demonstrations, guided exercises, and an interactive program to help participants experience sustainable strength training techniques firsthand.



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Saturday, November 14, 2026	
6:45 a.m.	Registration, Breakfast and Exhibitors
7:25 a.m.	Overview of the Day
Geriatric Pharmacology & Medication Management Topics	
7:30 a.m.	Optimizing Pharmacologic Therapy for Insomnia in Older Adults Melissa H. Bogin, M.D.
8:10 a.m.	Deprescribing in Older Adults: Common Questions and Clinical Conundrums Bonnie C. Sohn, M.D.
8:50 a.m.	Pharmacology Management of Advanced Refractory Non-Pain Symptoms in Older Adults Dan K. Partain, M.D.
9:30 a.m.	GLP-1 Therapy in Older Adults: Risks and Prescribing Considerations Rozalina G. McCoy, M.D., M.S.
10:10 a.m.	Refreshment Break and Exhibitors Richard Henry Dana Ballroom Foyer
Communication and Palliative Care Topics	
10:30 a.m.	Prognosticating Dementia and Assessing Early Hospice Eligibility Cory Ingram, M.D.
11:10 a.m.	Communication Strategies to Engage Caregivers in Serious Illness Conversations Amanda K. Lorenz, M.D.
11:50 a.m.	Multimodal Analgesia Strategies Using Adjuvants to Optimize Pain Relief James C. Watson, M.D.
12:30 p.m.	Conference Wrap-Up
12:35 p.m.	Conference Adjourn Thank you for attending!