

Philadelphia Coordinated Health Care

Empowerment through
education, support and advocacy



A Core Program of
MHCC



Presenter:

Dr. Mary M. Stephens

Dr. Mary M. Stephens is an Associate Professor in the Department of Family and Community Medicine at Thomas Jefferson University in Philadelphia, PA and a diplomate in Developmental Medicine. She serves as the Medical Director of the Jefferson Continuing Care Program, a primary care medical home for teens and adults with IDD embedded in a primary care practice. She is also the co-founder and clinical leader of the Teen and Adult Down Syndrome Program at Christiana Care in Wilmington, Delaware. She is a board member of the Down Syndrome Medical Group-USA and actively involved in their adult guide lines workgroup.

She also served as a volunteer contributor to the Global Down Syndrome adult guidelines project. She has authored several book chapters and articles on care of adults with IDD, with emphasis on Down syndrome. Dr. Stephens has presented in national, state and local professional venues on topics related to IDD and led an initiative at Jefferson on improving education of medical students to care for patients with IDD.

LIVE WEBINAR

Date: June 09, 2021

Time: 10:00 am – 11:30 am

Promoting Healthy Aging in Individuals with Intellectual Disabilities

Aging is a universal experience that happens throughout life, not only in the final decades.

Research shows keys to successful aging which applies to all individuals including those with intellectual disabilities. In this session two members of the interprofessional team (an occupational therapist and a primary care physician) will share best practices related to healthy aging for individuals with intellectual disabilities. Participants will learn current information and explore strategies including the best ways to use telehealth to manage physical conditions and support full participation and engagement in life.

[“Click here to register”](#)



Presenter:

Dr. E. Adel Herge

Dr. E. Adel Herge is Professor and Director of the BSMS OT Program in the Department of Occupational Therapy at Thomas Jefferson University in Philadelphia, PA. As part of her work in the university

Dr. Herge provides direct occupational therapy services through Jefferson Elder Care. She also is certified to provide Skills2Care-ID, a program designed for caregivers to help them manage the challenge of supporting individuals with ID and dementia. Dr. Herge has been a member of the National Task Group since 2012 serving in various roles including Co-Chair of the Evaluation Committee, member of the Steering Committee and currently member of the Board of Directors.

Dr. Herge has presented in international, national, state and local professional venues on topics related to intellectual disability, aging, dementia and occupational therapy practice. She has also authored several book chapters on the role of occupational therapy with adults and aging adults with ID. She recently finished a grant funded project looking at the psychometrics of a new assessment to track functional changes in adults with intellectual disabilities and dementia.