Syllabus for GEY 6220 (Spring 2020) Overview of Geriatric Care Management

Course Overview

This course will provide the student with the basic elements and procedures for conducting a comprehensive geriatric assessment and care plan report. The content of the course will cover the fundamentals of a psychosocial assessment, presenting problem, general background and history information, diagnosis and medications, and functional abilities. Emphasis is placed on analyzing a provided case study, determining needed additional information, and incorporating that information into a cohesive written report. Additionally, the students will be required to write an initial care plan based on the assessment and information-gathering process that logically follows potential concerns discovered during the analysis and discussion of the provided case study.

Course Objectives

1. Understand ethical dilemmas, confidentiality, and protected health information facing geriatric care managers;
2. Recognize psychosocial and functional deficits;
3. Evaluate and administer screening tools, assessments, and the need for clarification and additional resources;
4. Identify the steps associated with the geriatric assessment process;
5. Describe various interventions appropriate for care planning with geriatric clients;
6. Discuss how GCM’s can improve holistic quality of life for the clients they serve;
7. Summarize methods for analyzing assessment results and prioritizing client needs;
8. Understand the elements of an initial care plan and the need for changes and modifications as an ongoing process.

Required Textbooks


COURSE ORGANIZATION

Discussion Forums  (Three Discussions - 10 points each and Three Discussions – 15 points each)  75 Points

The course Discussion Forum provides a venue to increase interaction and is used to replicate a traditional class (face to face) discussion. Students are expected to participate in six graded (asynchronous) Discussion Forums for which there will be an initial question(s), topic, or assignment posted on the Discussion Forum by the course instructor for assigned weeks. Students are required to review all six Discussion Forums as they are
presented throughout the semester. Students then should post their initial response to the forum discussion topic for the assigned week by the dates and times indicated for each Discussion Forum (they will be different for each Discussion Forum). Your Important Dates has all relevant dates for this course and they can be found on your course calendar, syllabus, and within the course itself. Once you have posted your initial response to the opening question, you should then proceed to review the postings of your classmates and to respond to the postings of your classmates, just as you would in a traditional (face to face) class discussion. During the remaining open posting session, you should monitor the Discussion Forum to respond to the postings of the course instructor and your classmates. All responses to the discussion question among students will close on the dates indicated in Important Dates, your syllabus, your calendar, and within the course itself. Weeks – 2, 5 and 7 Discussion Forums are worth 10 points each and Weeks – 10, 12, and 15 Discussion Forums are worth 15 points each. Discussion responses will be based on content, creativity, flow of ideas, personal or professional experiences (if any), and responses relative to the topic.

**Note:** Assessment of full participation will entail your instructor’s evaluation of both quality (subjective) and quantity (objective):

**Quality:** Posts must reflect thoughtful consideration of the material assigned as well as thoughtful responses to others’ postings that extend or expand on the conversation.

**Quantity:** Credit for full participation will be awarded to those who post both an individual response and subsequently respond to others’ postings in a timely manner. The quantity of responses and comments responded to does reflect in the consideration of your overall score for the forum. While more is not always better, a reasonable amount of quality responses is to be expected for the best possible grade.

**Zoom Conferences Sessions**

Conferences will be available as scheduled on the syllabus and Important Dates. Conferences are offered throughout the course and are only required by you for your Individual Conference Reports associated with the Weeks of 10, 12 and 15 in the course if you choose that option. Conferences are available to you in a “real time” venue and provides additional resources as part of your weekly educational materials. It is recommended that you check the Announcements frequently for changes, guest speakers, or topics of interest to the Conferences schedule. Conferences provide the individual the occasion to interact with colleagues to, pursue points of views, present ideas, ask questions, comment on weekly topic, discuss current events, and generally participate in a live, interactive group discussion. Conferences use both audio and video formats and may be recorded for future reference and viewing during this course.

**Individual Conference Reports**

Individual Conference Reports are in conjunction with your Week 10 (optional), 12 (required), and 15 (optional) Fourth, Fifth and Sixth Discussion Forums. For Weeks 10 and 15, you have the option to do a recorded presentation for upload or a live Individual Conference Report. For Week 12 – Livable Communities Assignment – we will do that only as an Individual Conference Report. Conference Reports sign-up days are available in the Discussions Section in the course. Additional information is provided on the course website. Attendance in these Conference Reports is necessary for the day of your individual presentation and for full credit and participation for your grade. It is encouraged that you attend on the days that your classmates will present their information as part of the informative learning process. Conference Report dates can be found in Important Dates, your calendar, and the course website.
For the purpose of this assignment, students will analyze one of three case studies and develop a client assessment and care plan narrative report. The Case Studies and a detailed description and guidelines for what is to be included in your assessment report is available on the course website Home/Course Materials Page. The finished, written report is to be attached to an email to the instructor and should adhere to the guidelines associated with this assignment. This assignment is due on the date listed in Important Dates, calendar, and the course homepage. An example PowerPoint presentation is provided for you on the Home/Course Materials Page on the website.

One Midterm and One Final Open Book Quiz 5 Points Each – 10 Points Total

There will be two open book quizzes. The Midterm Quiz will be all the material covered in Assigned Reading only through week five of the course. The Final Quiz will cover all the material starting with week six and continuing through week 12. Each Quiz consists of 10 multiple choice questions and you will have one hour to complete the quiz. You will have one opportunity to complete each quiz and you should use your textbooks as references and resources. The Quiz open dates are listed in Important Dates, syllabus, calendar, and the course website.

Grading Scale

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Student Support Services
As a student in a distance learning course or program, you have access to the same student support services that on-campus students have.
- For course content questions, please consult your instructor.
- For any technical issues you encounter with your course, please contact the UF Computing Help Desk at (352) 392-4357 (392-HELP). Be prepared to give your name, Gatorlink ID and student number as well as the course number and section (1001).
- For Help Desk hours, visit http://helpdesk.ufl.edu
- For a list of additional student support services, links, and information, please visit: http://www.distance.ufl.edu/student-services.
**Special Accommodations**

Students requesting disability related academic accommodations must first register with the Disability Resource Office. Contact information for this office may be found at [http://www.dso.ufl.edu/drc](http://www.dso.ufl.edu/drc). The Disability Resource Center office will provide documentation to the student, who must then provide this documentation to the instructor when requesting accommodation. Students should plan on contacting the DRC prior to any perceived need for accommodation—i.e., at or before the beginning of the term.

**Complaints**

Should you have any complaints with your experience in this course, please visit [http://www.distance.ufl.edu/student-complaints](http://www.distance.ufl.edu/student-complaints) to submit a complaint.

**Academic Integrity**

Please review the University’s honor code at the following website: [http://www.dso.ufl.edu/judicial/honorcode.php](http://www.dso.ufl.edu/judicial/honorcode.php)

**Copyright Information**

Please also review the use of copyrighted materials, which can be found on the Health Science Center Library’s web page: [http://www.library.health.ufl.edu/services/copyright.htm](http://www.library.health.ufl.edu/services/copyright.htm)

**Make-up Exams or Other Work Policy**

Students are expected to submit a written request to the instructor for any work not completed.

**Accommodation Policy**

Students requesting classroom accommodation must first register with the Dean of Students’ Office, 202 Peabody Hall, and 392-1261. The DSO will provide documentation to the student who must then provide this documentation to the instructor.

**NOTE:** The videos and information obtained from outside sources, i.e. internet, does not in any way reflect the opinion of this University or with any person associated with this course. The University does not endorse or promote any products or services as related to the information provided in external videos. Discretion is advised, and caution suggested when engaging in any activity or inquiries beyond viewing the videos. Should you have questions, please email the instructor for the course.
Course Schedule

**Week 1  *Jan 6 - Jan 12***

Topics

- History of Geriatric Care Management
- The Birth of Geriatric Care Management Organizations
- Academic Programs in Geriatric Care Management
- What is an Ethical Dilemma?
- Ethical Conflict Regarding Client Exploitation
- Ethical Conflicts Between the Client's Needs and the Client's Wants
- Conflicts around Confidentiality and Disclosure
- Analyzing Ethical Dilemmas
- How to Resolve Ethical Dilemmas
- Biological Theories of Aging
- Psychological Theories of Aging
- Sociological Theories of Aging

Assigned Reading

*Handbook of GCM - Chapters 1 & 2*

*Functional Performance – Chapters 1 & 2*

Additional Reading

Modern Biological Theories of Aging - Kunlin Jin - Aging and Disease - Many theories, which fall into two main categories: programmed and error theories, have been proposed to explain the process of aging, but neither of them appears to be fully satisfactory.

Standards of Practice and Code of Ethics - Aging Life Care Association

Ethics of Care: Guiding the Treatment of Dementia in the 21st Century - Elijah Wolfson - Huff Post Healthy Living

Social Theories of Aging - (https://www.webpages.uidaho.edu/gbabcock/PDFs/hooyman_Ch8.pdf)

A Framework for Making Ethical Decisions - Brown University - This document is designed as an introduction to making ethical decisions. It recognizes that decisions about “right” and “wrong” can be difficult and may be related to individual context. It first provides a summary of the major sources for ethical thinking, and then presents a framework for decision-making. - This framework for thinking ethically is the product of dialogue and debate in the seminar Making Choices: Ethical Decisions at the Frontier of Global Science held at Brown
University in the spring semester 2011. It relies on the Ethical Framework developed at the Ethical Framework developed by the Center for Ethical Deliberation at the University of Northern Colorado as well as the Ethical Frameworks for Academic Decision-Making on the Faculty Focus website - which in turn relies upon Understanding Ethical Frameworks for E-Learning Decision-Making, December 1, 2008, *Distance Education Report*.

Five Reasons to Hire a Geriatric Care Manager (Links to an external site.) - Attorney Maria Baler - As an elder law attorney, I often refer clients to geriatric care managers to assist them with the non-legal aspects of planning for current or future care needs. When I discuss the role of a geriatric care manager (GCM) with my clients, many of them are unfamiliar with this profession. GCMs are an important member of the team of advisers that elders and their family members should call upon when an elder begins to need care or assistance.

Ethics Conflicts in Rural Communities: Privacy and Confidentiality (Links to an external site.) - Townsend, T. 2009. Ethics Conflicts in Rural Communities: Privacy and Confidentiality. In W. A. Nelson (Ed.), *Handbook for Rural Health Care Ethics* (pp.128-141). Lebanon NH: University Press of New England - An ethical relationship with strangers is different from the ethics of close knit relationships. The ethics issues within the patient-provider relationship change when strangers, rather than friends, neighbors, or acquaintances, are involved. This distinction is key to many of the differences between urban and rural health care ethics.

Presentations

Ethics & Aging GERO 543 (Links to an external site.) I believe this was part of an Ethics class at USC

The Art of Aging Well (Links to an external site.)

Harvard Medical School - Published on Mar 20, 2018 (1 hr 27 min) - Is age just a number? How will medical and technology advances redefine biological aging? In this seminar, learn more about research led by scientists at Harvard Medical School about what healthy aging means, and explore discoveries that could help to improve the experience of aging.

Epigenetics Of Aging & Longevity (Links to an external site.)

Wholistic Matters - Published on Aug 30, 2018 - Dr. Frank Hu, MD, PhD, professor at the Harvard T.H Chan School of Public Health, discusses the epidemiology of aging and how lifestyle factors—such as diet— influence the aging process via epigenetic mechanisms.

UTHSC: Conversations About Ethics: Ethical Issues in Palliative Care (Links to an external site.) NOWCastSA - Streamed live on Oct 18, 2016 - Live webcast of a lecture by Dr. Diane Meier on Ethical Issues in Palliative Care: Transforming Health Care for an Aging Society (1 hr 33 min)

Welcome Discussion Forum

Please click on Week - 1 Discussion Forum "Welcome" provide a brief summary as to how you became interested and involved in aging and adult services and a good chance to say hello to friends new and old. This is not a graded discussion.

Conference Session

Welcome and Orientation Conference - *Thursday, January 9, from 7 to 8 pm ET*. We will review the syllabus, course content, assignments, due dates, required participation, Canvas navigation, Shared Files and any
questions or issues regarding the course. Please click the Zoom Conferences button and proceed to Week 1 - Welcome Conference and follow the directions to join.

Online Content

End of Life Care: Debate Video (Links to an external site.)

FORA.tv

CARE MANAGERS AS CHALLENGERS: Adapting to a Changing Economic Landscape (Links to an external site.) - Steven Barlam, MSW, LCSW, CMC - ALCA - In the last few years, all businesses have felt the sting of the recession. No one has been left untouched. While many care management businesses have maintained and even grown during this period, the general sentiment is that everyone is working a lot harder for their revenue.

5 Reasons to Hire a Geriatric Care Manager, and One Perhaps Not To (Links to an external site.) - Martha Stettinius - Looking back, I wish I had hired a GCM, even before Mom moved into my home. A GCM would likely have had a real impact on the choices I made and the quality of my mother’s life, my life, and that of my husband and children. Below I’ll outline some of the ways we could have benefited and discuss the main reason people decide not to hire a GCM.

Next Week: Reading, Presentations, Online Content, First Discussion Forum

Week 2    Jan 13 - Jan 19

Topics

Our Ethnogeriatric Imperative

Acculturation and Assimilation

Cohort History

Family Value Systems in Ethnic Communities

Ethnicity, Aging, and Health

Barriers to Services and Programs

Introduction to Assessment and Plan of Care Forms

Culture and Aging

Aging, Culture, and Function

Ethical Issues in Later Life

Elder Abuse

Assigned Reading

Handbook of GCM - Chapter 6

Functional Performance – Chapter 6

Diverse Aging and Health Inequality by Race and Ethnicity (Links to an external site.) - Kenneth F Ferraro, Blakelee R Kemp, Monica M Williams, Diverse Aging and Health Inequality by Race and Ethnicity, Innovation in Aging, Volume 1, Issue 1, 1 March 2017, igx002, https://doi.org/10.1093/geroni/igx002 (Links to an external site.) - The Gerontological Society of America - Although gerontologists have long embraced the concept of heterogeneity in theories and models of aging, recent research reveals the importance of racial and ethnic diversity on life course processes leading to health inequality. This article examines research on health inequality by race and ethnicity and identifies theoretical and methodological innovations that are transforming the study of health disparities. Drawing from cumulative inequality theory, we propose greater use of life course analysis, more attention to variability within racial and ethnic groups, and better integration of environmental context into the study of accumulation processes leading to health disparities.

Race, Ethnicity, Culture, and Disparities in Health care (Links to an external site.) - Leonard E Egede, MD, MS - Society of General Internal Medicine - In spite of significant advances in the diagnosis and treatment of most chronic diseases, there is evidence that racial and ethnic minorities tend to receive lower quality of care than nonminorities and that, patients of minority ethnicity experience greater morbidity and mortality from various chronic diseases than nonminorities.

Equity and Social Determinants of Health Among Older Adults (Links to an external site.) - Steven P. Wallace, Ph.D - American Society on Aging - Health inequities are the result of avoidable differences between populations that affect less powerful groups in society.

Understanding Culture and Diversity in Building Communities (Links to an external site.) - Community Tool Box (I think this is a great site to explore. Lots of things to do here)

2018 Home and Community Preferences: A National Survey of Adults Age 18-Plus (Links to an external site.) - Joanne Binette, AARP Research. - Adults have a strong desire and likelihood to stay in their home and community as they age and are making plans to do so, including consideration of alternative housing options. Both the desire and likelihood to stay in their home and community is even greater among adults age 50 and older. Most adults drive to get around their community. Nearly all adults have heard of ride share services; however, far fewer are using them on a regular basis and current usage and willingness to use ride share in the future is especially low among adults age 50 and older.

Elder Abuse (Links to an external site.) - Mary Twomey, MSW, Co-Director and Elaine Chen, MSG, Manager, Center of Excellence on Elder Abuse and Neglect, Division of Geriatric Medicine and Gerontology, University of California, Irvine - Grantmakers in Aging - Not only is elder abuse more common than most people think, its consequences are dire. Older adults who experience mistreatment and self-neglect face a 3x greater risk (Links to an external site.) of dying sooner. Elders who had experienced psychological abuse, physical abuse,
caregiver neglect and/or financial exploitation were twice as likely (Links to an external site.) as non-abused elders to be hospitalized.

Presentations

Audio PowerPoint Lecture - Cultural Competence  Lecture Slide Notes

Demographic Structure of Society - Race and Ethnicity  (Links to an external site.)

AAMC and Khan University

Race and Ethnicity (Links to an external site.)

Nora Shingledecker - Exploring Society: Introduction to Sociology

Elderhood: Podcast with Louise Aronson (Links to an external site.) - June 06, 2019 - In this week's podcast we talk with Louise Aronson MD, MFA, Professor of Geriatrics at UCSF about her new book Elderhood (Links to an external site.) -This book is tremendously rich, covering a history of aging/geriatrics, Louise's own journey as a geriatrician facing burnout, aging and death of family of Louise's members, insightful stories of patients, and more.

First Discussion Forum

Please click Week 2 - First Discussion Forum. Read and respond to the topic or questions provided. Initial responses are due by Friday, January 17 at 11:00 pm ET. Comments to other posts continue through Sunday, January 26 evening. Please refer to your Discussions Forum section in your syllabus for suggestions for appropriate responses. This is a graded Discussion Forum. Email your instructor should you have any questions about this Discussion Forum.

Online Content

Cultural Differences (Links to an external site.) - National Geographic

The Effects Of Family Culture On Family Foundations (Links to an external site.) - Council on Foundations

Centenarians and Boomers Reflect on Life and Longevity - Report on UnitedHealthcare’s Eighth Annual 100@100 Survey - Image result for united healthcare logo - UnitedHealthcare’s 100@100 survey provides a snapshot into the lives of centenarians. This year, in addition to 100 100-year-olds, we polled baby boomers ages 60-65 to examine how the attitudes and lifestyles of Americans entering their retirement years compare to those who have held the title of “senior citizen” for 35 years or more. The U.S. Census Bureau estimates there are 53,000 centenarians nationwide today and projects the centenarian population will swell to more than 600,000 by 2050.

Next Week: Reading, Presentations, Online Content

Week 3       Jan 20 - Jan 26

Topics

Basis of Cognitive Aging

Foundations of Cognition Aging: Basic and Higher Order Cognitive Processes
Theories of Cognitive Aging

Etiology and Types of Dementia

Stroke

Mental Health Conditions

Assigned Reading

Functional Performance – Chapters 7 & 12

Additional Reading

The Pathophysiology Of Dementia: What Causes It? (Links to an external site.) - Reviewer Wendy Boring-Bray, DBH, LPC - BetterHelp logo medium - Dementia is a symptom of many different possible conditions and not a disease in its own right. There are several ways it can materialize, and each illness has varying ways that can affect the body physiologically. This process is known as the pathophysiology and its goal is to explain the changes that happen in the body when a disease is present. This article will outline the pathophysiology of dementia from some of the most common ailments that lead to it and provide general treatment advice for the condition.

The Impact of Age on Cognition (Links to an external site.) - Daniel L. Murman, M.D., M.S. - Department of Neurological Sciences, University of Nebraska Medical Center, Omaha, Nebraska - Thieme Medical Publishers - This article reviews the cognitive changes that occur with normal aging, the structural and functional correlates of these cognitive changes, and the prevalence and cognitive effects of age-associated diseases. Understanding these age-related changes in cognition is important given our growing elderly population and the importance of cognition in maintaining functional independence and effective communication with others.

Cognitive assessment in the elderly: a review of clinical methods (Links to an external site.) - H.J. Woodford, J. George - QJM. A very good summary of the different types of cognitive screening instruments. This article goes into more detail about individual tests and the strengths and weaknesses of each cognitive assessment.

Cognitive Changes With Aging (Links to an external site.) - Boston University School of Public Health - click on the next page for more reading.

Clinical Dementia Rating Orientation Score as an Excellent Predictor of the Progression to Alzheimer’s Disease in Mild Cognitive Impairment (Links to an external site.) - Kim, J. W., Byun, M. S., Sohn, B. K., Yi, D., Seo, E. H., Choe, Y. M., ... Lee, D. Y. (2017). Clinical Dementia Rating Orientation Score as an Excellent Predictor of the Progression to Alzheimer’s Disease in Mild Cognitive Impairment. Psychiatry Investigation, 14(4), 420–426. - This study aimed to examine the usefulness of each subscale score of the Clinical Dementia Rating (CDR) for predicting Alzheimer's disease (AD) dementia progression in amnestic mild cognitive impairment (MCI) elderly subjects.


Development of a Dementia-Focused End-of-Life Planning Tool: The LEAD Guide (Life-Planning in Early Alzheimer’s and Dementia) (Links to an external site.) - Kara Dassel, Rebecca Utz, Katherine Supiano, Sara
Bybee, Eli Iacob, Development of a Dementia-Focused End-of-Life Planning Tool: The LEAD Guide (Life-Planning in Early Alzheimer’s and Dementia), Innovation in Aging, Volume 3, Issue 3, July 2019, igz024, https://doi.org/10.1093/geroni/igz024 (Links to an external site.) - Innovation in Aging - To address the unique characteristics of Alzheimer’s disease and related dementias (ADRD) that complicate end-of-life (EOL), we created, refined, and validated a dementia-focused EOL planning instrument for use by healthy adults, those with early-stage dementia, family caregivers, and clinicians to document EOL care preferences and values within the current or future context of cognitive impairment.

Presentations

What is normal cognitive aging? (Links to an external site.)

Dr. Louis Bherer - 49 minutes. Somewhat clinical information

Cognitive Rehabilitation and Older Adults (Links to an external site.)

Anne-Marie Kimbell, PhD - The goals of cognitive rehabilitation will vary with the individual reason for the need for rehab, and with the age of the rehabilitation patient. This webinar will provide an overview of cognitive rehabilitation with older adults, and will also discuss the relationship between cognitive deficits and functional abilities, often heavily implicated in decisions related to independent living.

Online Content

Theory Suggests Learning Strategies for Cognitive Aging (Links to an external site.) - By Rick Nauert PhD - Psych Central - New research challenges the belief that we can’t learn new skills, or take in certain information such as language, past a certain age. University of California, Riverside psychology professor Dr. Rachel Wu asserts that if adults embrace the learning methods used in childhood, learning can continue throughout a lifespan.

Health Care Professionals and Alzheimer's (Links to an external site.) - Alz.org

Mental health of older adult (Links to an external site.)s (Links to an external site.) - Image result for World Health Organization Logo- WHO - Older adults, those aged 60 or above, make important contributions to society as family members, volunteers and as active participants in the workforce. While most have good mental health, many older adults are at risk of developing mental disorders, neurological disorders or substance use problems as well as other health conditions such as diabetes, hearing loss, and osteoarthritis. Furthermore, as people age, they are more likely to experience several conditions at the same time.

Mild Cognitive Impairment - Ten Years Later (Links to an external site.)

- Mayo Clinic

Depression and Alzheimer's (Links to an external site.)

- First author Laura B. Zahodne, PhD - Columbia Medical

Next Week: Reading, Presentations, Conference, Online Content.
Week 4      Jan 27 - Feb 2

Topics

Depression and the Older Adult
Screening Instruments
Diagnosing Depression
Depression, Dementia, and Delirium
Depression and the Role of the Care Manager
Functional Performance
Evaluating Functional Performance
What to Assess When Focusing on Function in Older Adults
Concepts Related to Health and Wellness
Factors Associated with Health and Wellness in Older Adults
Common Medical Conditions in Later Life
Medication

Assigned Reading

Handbook of GCM - Chapter 21
Functional Performance – Chapters 17, 27 & 28

Additional Reading

Depression (Major Depressive Disorder) - Mayo Clinic (Links to an external site.)- Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

Physical Functioning, Perceived Disability, and Depressive Symptoms in Adults with Arthritis (Links to an external site.) - Copyright © 2013 Katie Becofsky et al. - As the US population grows in number and the baby boomers continue to enter older adulthood, arthritis is projected to affect 67 million Americans by 2030.

Mental health of older adults (Links to an external site.) - WHO - Fact Sheet - Between 2015 and 2050, the proportion of the world's older adults is estimated to almost double from about 12% to 22%. In absolute terms, this is an expected increase from 900 million to 2 billion people over the age of 60.

Betrayed By Our Bodies — Sensory Loss in Aging (Links to an external site.) - By Dan Orzech - Social Work Today -And according to researchers, sensory loss plays a much larger role in how seniors function in the world than we may realize.
Social Work Today - Vol. 12 No. 1 P. 8 - A surprising number of baby boomers are abusing drugs and alcohol into their older adult years. Asking about substance use is a necessary part of elder mental health assessment.

Medication management in older adults - CLEVELAND CLINIC JOURNAL OF MEDICINE VOLUME 85 • NUMBER 2 FEBRUARY 2018 - Managing medications is a major part of providing care to older adults. Polypharmacy is common in the elderly and is fraught with risks. A careful and systematic approach is needed for managing drug therapy in these patients, recognizing the patient’s specific goals.

Screening Older Adults for Depression: Barriers Across Clinical Discipline Training - Ronald Smith, Suzanne Meeks, Screening Older Adults for Depression: Barriers Across Clinical Discipline Training, Innovation in Aging, Volume 3, Issue 2, May 2019, igz011, https://doi.org/10.1093/geroni/igz011 (Links to an external site.) - Innovation in Aging - Depressed older adults are more likely to be seen in primary care than in specialty mental health settings, but research shows that physicians may not routinely screen for depression. Other clinical disciplines are also in a position to screen for depression, but have not been studied. This study examined barriers to screening older adults for depression, and disciplinary differences in clinical trainees’ likelihood of screening.

Alzheimer’s Disease and Healthy Aging Data Portal - cdc.gov (Links to an external site.) Image result for CDC Logo - The Alzheimer’s Disease and Healthy Aging Data Portal provides easy access to national and state level CDC data on a range of key indicators of health and well-being for older adults, including: Subjective Cognitive Decline, Screenings and vaccinations, Mental health, Caregiving

Presentations

Substance Abuse & Older Adults (Links to an external site.)

Sarah Collins

How to Tell if It’s Depression or Dementia (Links to an external site.)

Dr. Kenneth Robbins, MD - Psychiatrist - University of Wisconsin

Sexuality and Aging - Research on Aging (Links to an external site.)

Dan Sewell, MD - University of California Television

Healthy Aging: Promoting Well-being in Older Adults (Links to an external site.)

- CDC - The population of older Americans is growing and living longer than ever.

Online Content

Rethinking How We Understand and Treat Depression: Charles Raison at TEDxTucsonSalon (Links to an external site.)

Dr. Charles Raison - TEDX Talks

Elderly Substance Abuse PSA (Links to an external site.)

Anthony Diaz
What Are the Stages of Dementia? (Links to an external site.)

- dignityfirstdoctors - Dr. Leatherman and Dr. Goethe discuss the answer to one of the most common questions they are asked by caregivers who provide services to those with dementia. Are the stages a reliable prediction for every person with dementia? Will the stage of dementia dictate what kind of care you must provide? How are they used by professional facilities that care for our loved ones?

Next Week: Reading, Presentations, Online Content, Second Discussion Forum

Week 5  Feb 3 - Feb 9

Topics

Cognitive Assessment

Psychosocial Assessment

Psychological Assessment

Social Support

Elder Mistreatment

Economic and Legal Assessment

Substance Abuse

Aging and Functional Performance

The Built Environment and Functional Performance

Assessing the Need for Assistive Technology

Assistive Technology for Older Adults

Defining Spirituality

Assigned Reading

Handbook of GCM – Chapters 3 & 8

Functional Performance – Chapters 21 & 26

Additional Reading

Comprehensive geriatric assessment (Links to an external site.) - Katherine T Ward, MDDavid B Reuben, MD - - Comprehensive geriatric assessment (CGA) is defined as a multidisciplinary diagnostic and treatment process that identifies medical, psychosocial, and functional limitations of a frail older person in order to develop a coordinated plan to maximize overall health with aging. The health care of an older adult extends beyond the
traditional medical management of illness. It requires evaluation of multiple issues, including physical, cognitive, affective, social, financial, environmental, and spiritual components that influence an older adult's health. CGA is based on the premise that a systematic evaluation of frail, older persons by a team of health professionals may identify a variety of treatable health problems and lead to better health outcomes.

Psychosocial Interview - A Guide - Dr. Leesa Morrow - 10 very good points to consider when doing client interviews. - This is from a physician's perspective but some observations and things to consider when interviewing a client.

Seniors Who Live Alone Least Likely to Undergo Dementia Assessment (Links to an external site.) - Janice Wood - PsychCentral - A new study has found that two-thirds of people 65 and older who screened positive for cognitive impairment refused subsequent evaluation.

What is Psychological Assessment? (Links to an external site.) - Jane Framingham, Ph. D. - PsychCentral - Psychological assessment is a process of testing that uses a combination of techniques to help arrive at some hypotheses about a person and their behavior, personality and capabilities.

Financial Capacity in an Aging Society (Links to an external site.) - Daniel C. Marson and Charles P. Sabatino - Journal of the American Society on Aging - The capacity to manage one’s financial affairs, known as financial capacity, comprises a broad range of conceptual, pragmatic, and judgment abilities, used across a range of everyday settings, that are critical to the independent functioning of adults in our society.

Religion and Spirituality in the Elderly (Links to an external site.) - Daniel B. Kaplan, PhD, MSW, Barbara J. Berkman, DSW, PhD - Merckmanuals.com - Religion is often viewed as more institutionally based, more structured, and involving more traditional activities, rituals and practices. Spirituality refers to the intangible and immaterial and thus may be considered a more general term, not associated with a particular group or organization.

The Spiritual Assessment (Links to an external site.) - Aaron Saguil, MD, MPH, Karen Phelps, MD - American Family Physician www.aafp.org/afp Volume 86, Number 6 - September 15, 2012 - More than 80 percent of Americans perceive religion as important. Issues of belief can affect the health care encounter, and patients may wish to discuss spirituality with their physician. Many physicians report barriers to broaching the subject of spirituality, including lack of time and experience, difficulty identifying patients who want to discuss spirituality, and the belief that addressing spiritual concerns is not a physician's responsibility.

Bridging cognitive screening tests in neurologic disorders: A crosswalk between the short Montreal Cognitive Assessment and Mini-Mental State Examination - David R. Roalfa, Tyler M. Moorea, Dawn Mechanic-Hamiltonb, David A. Wolkb, Steven E. Arnoldd, Daniel A. Weintrauba, Paul J. Moberga - Alzheimer's & Dementia 13 (2017) 947-952 - most current memory and cognitive screening measures remain too lengthy for regular use in community and primary care settings. Consequently, despite widespread attention given to the growing economic costs of treating and caring for people with AD and other neurodegenerative diseases, the availability of time- and cost-effective cognitive screening tests are limited.

Assistive Technology (Links to an external site.) (AT) - Family Caregiver Alliance in cooperation with California's Caregiver Resource Centers and reviewed by Dory Sabata, OTD, OTR/L - - This fact sheet describes different types of AT that may be helpful to you and your loved one. In addition, it addresses how to find AT, how to pay for devices, and how to decide what devices or home modifications you might need.

Comprehensive geriatric assessment (CGA) is a core and an essential part of the comprehensive care of the aging population. CGA uses specific tools to summarize elderly status in several domains that may influence the general health and outcomes of diseases of elderly patients, including assessment of medical, physical, psychological, mental, nutritional, cognitive, social, economic, and environmental status.

Presentations

Mental Capacity Assessment (Links to an external site.)

Healthy North Coast - I think this is a good, straight-forward presentation on understanding capacity

Geriatrics-Competent Care: Geriatric Assessment (Links to an external site.)

- ResourcesforIntegratedCare - Good overview of the assessment process - 1hr, 15 minutes

Care is there, geriatric management. Assistive devices for the elderly.

Assistive Devices for the Elderly

Assistive Devices for the Elderly

Appropriate Use of Assistive Devices - Physical Therapy Department (Links to an external site.)

Second Discussion Forum

Please click Week 5 - Second Discussion Forum. Read and respond to the topic or questions provided. Initial responses are due by Friday, February 7 at 11:00 pm ET. Comments to other posts continue through Sunday, February 16 evening. Please refer to your Discussions Forum section in your syllabus for suggestions for appropriate responses. This is a graded Discussion Forum. Email your instructor should you have any questions about this Discussion Forum.

Online Content

Issues of Faith: Spirituality of Aging Pt. 1 (Links to an external site.)

NewsChannel 5

Issues of Faith: Spirituality of Aging Pt. 2 (Links to an external site.)

NewsChannel 5

Smartwatches Can Detect Walker and Cane Use in Older Adults (Links to an external site.) - Stephen A Antos, Margaret K Danilovich, Amy R Eisenstein, Keith E Gordon, Konrad P Kording, Smartwatches Can Detect Walker and Cane Use in Older Adults, Innovation in Aging, Volume 3, Issue 1, January 2019, igz008, https://doi.org/10.1093/geroni/igz008 (Links to an external site.) - Innovation in Aging - Clinicians commonly prescribe assistive devices such as walkers or canes to reduce older adults’ fall risk. However, older adults may not consistently use their assistive device, and measuring adherence can be challenging due to self-report bias or cognitive deficits. Because walking patterns can change while using an assistive device, we hypothesized that smartphones and smartwatches, combined with machine-learning algorithms, could detect whether an older adult was walking with an assistive device.
There are more than 43 million people aged 65 and up living in the United States. Accepting help for substance abuse and addiction is fraught with stigma for many people, especially for the large population of seniors. Being in addiction treatment with younger generations often is not an optimal recovery situation.

Next Week: Reading, Presentations, Online Content.

**Week 6  Feb 10 - Feb 16**

**Topics**

Measuring Activities of Daily Living

Ambulation and Mobility

Measuring Instrumental Activities of Daily Living

Sensory Loss

Sleep

Home Environment Assessment

Defining Self-Care

Effects of Medical Conditions on Self-Care

Measuring Self-Care Performance

Activities of Daily Living Intervention

**Assigned Reading**

Handbook of GCM - Chapter 4

Functional Performance – Chapter 18

**Additional Reading**

Cognitive Function as a Predictor of Major Mobility Disability in Older Adults: Results From the LIFE Study (Links to an external site.) - Elizabeth P Handing, Haiying Chen, W Jack Rejeski, Andrea L Rosso, Anoop T Balachandran, Abby C King, Stephen B Kritchevsky, Cognitive Function as a Predictor of Major Mobility Disability in Older Adults: Results From the LIFE Study, Innovation in Aging, Volume 3, Issue 2, May 2019, gz010, https://doi.org/10.1093/geroni/igz010 (Links to an external site.) - Innovation in Aging - Many cross-sectional studies have confirmed a link between gait speed and cognitive function. However, it is unknown whether cognitive function plays a role in the onset of major mobility disability (MMD) and if the effects are independent of physical function. This study examined cognitive and physical function as predictors of MMD across an average of 2.6 years of follow-up in community-dwelling older adults with compromised mobility.
The Patients Capacity for Self-Care. Advocating for a Predischarge Assessment (Links to an external site.) - JoAnn Grif Alspach, RN, MSN, Ed.D - CriticalCareNurse.

Taking Action to Prevent Falls: A Home Environmental Assessment (Links to an external site.) - stopfalls.org - Taking Action: Identifying Problems and Potential Solutions Within the Home - Another good home safety assessment tool.

GEM Environmental Assessment (Links to an external site.) - Rosemary Bakker, MS, ASID - cornellEG.org - This comprehensive home assessment tool identifies both problems and possible solutions for each room of the dwelling unit and the immediate outdoor area. The assessment covers a broad range of environmental features, including accessibility, furniture, flooring, lighting, etc. You can use it as a basic resource for specific problems or certain areas within the environment, or to conduct a full assessment.

Assessment of Activities of Daily Living, Self-Care, and Independence (Links to an external site.) - Michelle E. Mlinac, Michelle C. Feng - Archives of Clinical Neuropsychology, Volume 31, Issue 6, 1 - Activities of daily living (ADL) comprise the basic actions that involve caring for one's self and body, including personal care, mobility, and eating. In this review article, we (1) review useful clinical tools including a discussion on ways to approach ADL assessment across settings, (2) highlight relevant literature evaluating the relationship between cognitive functioning and ADLs, (3) discuss other biopsychosocial factors affecting ADL performance, (4) provide clinical recommendations for enhancing ADL capacity with an emphasis on self-care tasks (eating, grooming, dressing, bathing and toileting), and (5) identify interventions that treatment providers can implement to reduce the burden of ADL care.

Sleep Problems in the Elderly (Links to an external site.) - Juan Carlos Rodriguez, MD, Joseph M. Dzierzewski, PhD, and Cathy A. Alessi, MD - Medical Clinics of North America, 2015-03-01, Volume 99, Issue 2, Pages 431-439, Copyright © 2015 Elsevier Inc. - Epidemiologic studies have shown that approximately 50% of older adults have sleep problems, many of which carry deleterious consequences that affect physical and mental health and also social functioning. However, sleep problems in late life are often unrecognized, and are inadequately treated in clinical practice. This article focuses on the diagnosis and treatment of the 2 most common sleep problems in older patients: sleep apnea and insomnia.

Presentations

The Lawton Instrumental Activities of Daily Living Scale [IADL] (Links to an external site.)

Hartford Institute for Geriatric Nursing - very good presentation and much in the interest for a GCM

Functional Assessment - long, about one hour and 15 min. - Lecture Slide Notes

KATZ Index of Independence in Activities of Daily Living [ADL] (Links to an external site.)

Hartford Institute for Geriatric Nursing

A Healthy Brain for the Ages (Links to an external site.)
- FamilyCenterWeb Videos - Learn preventative strategies to promote mental, emotional, and cognitive well being. We will look at memory, how to recognize signs of cognitive impairment, depression, anxiety, and dementia. We will provide tips to promote brain health, and help sustain and improve quality of life as we age.

Online Content

Taking Steps to Prevent Falling Head Over Heels - AARP

Sleep and Sleep Disorders in the Older Adult - Research on Aging (Links to an external site.)

Jose S. Loredo, MD - University of California Television

Video: Preventing Falls in the Elderly (Links to an external site.)

Lee Memorial Health System

Next Week: Reading, Presentations, Online Content - Third Discussion Forum

Week 7    Feb 17 - Feb 23

Topics

Goals of a Geriatric Assessment

Care Plan

Interventions in the Care Plan

Care Monitoring: Updating Your Care Plan

Writing a Geriatric Assessment and Care Plan

Evaluating the Geriatric Assessment

Community Mobility

Losing the Ability to Drive: A Psychosocial Perspective

Community Mobility: Some Alternative Solutions

Assigned Reading

Handbook of GCM - Chapter 5

Functional Performance - Chapter 23

Additional Reading

Comprehensive geriatric assessment (Links to an external site.) - Katherine T Ward, MD David B Reuben, MD - Although the geriatric assessment is a diagnostic process, the term is often used to include both evaluation and management. Geriatric assessment is sometimes used to refer to evaluation by the individual clinician (usually a primary care clinician or a geriatrician) and at other times is used to refer to a more intensive multidisciplinary program, also known as a comprehensive geriatric assessment (CGA). This topic will review
the indications for CGA, as well as its major components and evidence of its efficacy. General issues of geriatric health maintenance and the assessment of specific geriatric populations are discussed elsewhere. (See "Geriatric health maintenance" (Links to an external site.) and "Comprehensive geriatric assessment for patients with cancer" (Links to an external site.) and "Failure to thrive in older adults: Evaluation" (Links to an external site.).)

Geriatric Assessment Tools (Links to an external site.) - Sonja L. Rosen, MD and David B. Reuben, MD - Mount Sinai Journal of Medicine - Patients often think that some problems, such as incontinence and falls, are a normal part of aging, and therefore are unlikely to report them as a problem to their physicians. - addresses many issues for the GCM in assessments

Home Safety Caregiver Checklist - AARP.org

Aging and Preventive Health (Links to an external site.) - Ronan Factora, MD - Cleveland Clinic - With normal aging and accumulation of chronic diseases, the risks for functional decline and loss of independence increase.

Current Development in Elderly Comprehensive Assessment and Research Methods (Links to an external site.) - Biomed Res Int. 2016; 2016: 3528248.Published online 2016 Mar 3. doi: 10.1155/2016/3528248 (Links to an external site.) - Comprehensive geriatric assessment (CGA) is a core and an essential part of the comprehensive care of the aging population. CGA uses specific tools to summarize elderly status in several domains that may influence the general health and outcomes of diseases of elderly patients, including assessment of medical, physical, psychological, mental, nutritional, cognitive, social, economic, and environmental status. Here, in this paper, we review different assessment tools used in elderly patients with chronic diseases. The development of comprehensive assessment tools and single assessment tools specially used in a dimension of CGA was discussed. CGA provides substantial insight into the comprehensive management of elderly patients.

How Seniors Are Driving Safer, Driving Longer (Links to an external site.) - Michael Tortorello - CR - Americans love to drive. More than 75 percent of adults carry a driver’s license, including 40 million who are 65 and older. But driving is more than just a passion or a pastime: It’s a lifeline. Studies show that giving up driving increases a person’s mortality risk and makes seniors more likely to land in nursing homes and suffer from depression. Yet the average American man outlives his ability to drive by six years; the average American woman, by 10 years.

Feeling Older and Driving Less: The Effect of Age Identity on Older Adults’ Transition from Driving (Links to an external site.) - Anne E Barrett, Clayton Gumber, Feeling Older and Driving Less: The Effect of Age Identity on Older Adults’ Transition from Driving, Innovation in Aging, Volume 3, Issue 1, January 2019, igz004, https://doi.org/10.1093/geroni/igz004 (Links to an external site.) - The Gerontological Society of America - Prior research examining predictors of older adults’ transition from driving has not considered age-related perceptions, such as age identity, that could shape decisions to limit, or self-regulate, one’s driving. Our study examines this possibility, testing the hypothesis that older (or less youthful) identities predict greater self-regulated driving.

Presentations

MNA Mini Nutritional Assessment (Links to an external site.)

Nestle Nutritional Institute
Guide to MNA Mini Nutritional Assessment (Links to an external site.) - Nestle Nutritional Institute

MNA Form (Links to an external site.) - Nestle Nutritional Institute

How to Create a Care Plan 1 What is a Care Plan? (Links to an external site.)

Cathy Cress - Series of YouTube videos regarding care plans - Geriatric Care Managers and Aging Professionals create care plans to solve elderly client and aging families problems or a crisis. What is a care plan?

Understanding the Relationship between Fear of Falling and Mobility in Older Adults (Links to an external site.)

Fear of falling is an important psychological factor that has been associated with an array of adverse outcomes in older adults including decreased muscle strength and physical capacity, social isolation, falls, greater frailty, decline in mobility, higher risk of disability in daily living activities, and increased mortality. Fall Prevention Community of Practice (Links to an external site.) - Published on Apr 8, 2019.

Creating Inclusive Communities for LGBT Older Adults (Links to an external site.)

PHCA Cares - Published on Jan 29, 2019 - Tim Johnston, Director of National Projects for SAGE, presented training on how residential providers can create welcoming spaces for LGBT older adults. He discussed LGBT cultural competency, best practices, as well as other opportunities to bring training and professional coaching to your community.

Third Discussion Forum

Please click Week 7 - Third Discussion Forum. Read and respond to the topic or questions provided. Initial responses are due by Friday, February 22 at 11:00 pm ET. Comments to other posts continue through Sunday, March 3 evening. Please refer to your Discussions Forum section in your syllabus for suggestions for appropriate responses. This is a graded Discussion Forum. Email your instructor should you have any questions about this Discussion Forum.

Online Content

Productive Aging (Links to an external site.) - AOTA American Occupational Therapy Association - AOTA has identified Productive Aging as a key practice area in the 21st century. Our society's rapidly aging population, increased longevity, the changing world of work, and baby boomers' focus on quality-of-life issues are some of the factors that will increase the need for services in this area.

Life-Space Mobility and Aging in Place (Links to an external site.) - García, Ivis; DeLaTorre, Alan; Kim, Ja Young; Reno, Julianne; Diaz Moore, Keith; Pieper, Jordan; Wheeler, Jason; Zinnanti, Nicole; and Brenda, Jose. Life Space Mobility and Aging in Place. NITC-RR-1109. Portland, OR: Transportation Research and Education Center (TREC), 2019. - NATIONAL INSTITUTE FOR TRANSPORTATION AND COMMUNITIES nitc-utc.net - This study seeks to better understand lower-income older adults' ability to age in place, as well as their home and community mobility, after their homes have been modified for increased physical accessibility. - I think this would be an excellent resource for your Livable Communities Project. They define a lot of terms and give factual data; it is well-written and very current.

Transportation Options for Older Adults (Links to an external site.) - n4a - Thinking ahead to alternative transportation options can give you peace of mind should your current means of getting around in your community change in the future. This brochure will assist you to learn about various alternative transportation options and some things to consider helping you make confident decisions about which option would be best for you.

Older Drivers (Links to an external site.) - National Highway Traffic Safety Administration - If you are an older driver or a caregiver, NHTSA encourages you to talk about driving safety. We offer material to help you understand how aging can affect driving and what you can do to continue driving safely as you age, such as adapting a vehicle to meet specific needs.

Older Drivers (Links to an external site.) - Home - Have you been worried about your driving? Have your family or friends expressed concern? Changes in your health may affect your driving skills over time. Don't risk hurting yourself or others. Talk with your doctor (Links to an external site.) about any concerns you have about your health and driving.

Next Week: Reading, Presentations, Online Content - Midterm Quiz

**Week 8      Feb 24 - March 1**

**Topics**

The Meaning of Home

Push to Move, Pull to Move

Involving Families in the Decision to Move the Elderly Person

Living in the Community at Large

Moving a Person with Memory Loss

Assessing the Caregiver

Service Utilization

History of Home Health Care in the United States

Home Health-Care Agencies and Medicare

Disability in Older Adulthood

Aging With a Preexisting Disability

What Makes Older Adult Rehabilitation Unique?

The Rehabilitation Team

Delivery Systems
Assigned Reading

Handbook of GCM - Chapters 7 & 9

Functional Performance – Chapters 29, 31 & 32

Additional Reading

Prevent Elder Transfer Trauma: Tips to Ease Relocation Stress (Links to an external site.) - Kate Jackson - Social Work Today - When an older adult must move or be transferred, the experience is stressful, but trauma can be minimized with expertise to guide the transition and reduce the disruption caused by change.

On the Environmental Factors that Alleviate Relocation Stress Syndrome in Residents of Long term Care Facilities (Links to an external site.) - Amber Lois Williams - Eastern Michigan University

Moving Elderly Parents Into Your Home (Links to an external site.) - Mard Naman - Caring.com If you decide to move a parent or other relative in with you, you won't be alone: One out of every four caregivers lives with the elderly or disabled relative he or she cares for.

Family Caregiving: Looking to the Future (Links to an external site.) - Lynn Friss Feinberg and Carol Levine - Home- Three trends illustrate the increasing complexity of caregiving today: more family caregivers are in the labor force; are providing complex care in the home; and, are coordinating care between the fragmented healthcare and long-term services and supports (LTSS) systems.

Community-Based Supports and Services for Older Adults: A Primer for Clinicians (Links to an external site.) - Eugenia L. Siegler, Sonam D. Lama, Michael G. Knight, Evelyn Laureano, and M. Carrington Reid, “Community-Based Supports and Services for Older Adults: A Primer for Clinicians,” Journal of Geriatrics, vol. 2015, Article ID 678625, 6 pages, 2015. https://doi.org/10.1155/2015/678625 (Links to an external site.). - Although 20% of adults 60 years and older receive community-based supports and services (CBSS), clinicians may have little more than a vague awareness of what is available and which services may benefit their patients. As health care shifts toward more creative and holistic models of care, there are opportunities for CBSS staff and primary care clinicians to collaborate toward the goal of maintaining patients’ health and enabling them to remain safely in the community. This primer reviews the half-century history of these organizations in the United States, describes the most commonly used services, and explains how to access them.

Midterm Open Book Quiz

The Quiz will be available starting Monday, February 24 and conclude on Sunday, February 28 at midnight. You will have 60 minutes to answer 5 multiple choice questions. The Quiz will only cover the chapters in the Handbook of Geriatric Care Management (Cress) from Week 1 through Week 7. Please click on Midterm Quiz or the Quizzes button to access the quiz.

Presentations

Home Health Care - Current Trends (Links to an external site.)

Richard H. Fortinsky, MD - detailed presentation on Home Health Care operations

Friday, October 09, 2015: Home and Community-Based Services (Links to an external site.)
In my opinion, this could be the future of health care for older adults.

Aging in Place | Aging Matters | NPT Reports (Links to an external site.)

- It’s what most of us say we want, to age in our own home until the end of our lives. But aging in place is no guarantee of a high quality of life. And as we age, our needs may change. Will we be able to climb the stairs, reach those upper cabinets, and manage the upkeep any home requires? In the documentary you will hear from Americans facing decisions now.

- Season 7 Episode 8 | 56m 52s - Image result for pbs logo - There are roughly 46 million adults age 65 and older in the U.S. Yet while life expectancy has increased and the aging population has grown, nursing home use has been on the decline. What does it mean to age in place? What care options are available? How do you make a home elder-friendly? Our guests provide answers to these questions and more.

Online Content

State-by-State Help for Family Caregivers (Links to an external site.) - Image result for family caregiver alliance pics - Our Family Care Navigator helps family caregivers locate public, nonprofit, and private programs and services nearest their loved one—living at home or in a residential facility. Resources include government health and disability programs, legal resources, disease-specific organizations and more. Caregiving is challenging, but there are resources to help. Click on a state below for those available to you. View national resources and organizations here (Links to an external site.)

The Eden Alternative (Links to an external site.) - The Eden Alternative® is an international, non-profit 501(c)3 organization dedicated to creating quality of life for Elders and their care partners, wherever they may live. Through education, consultation, and outreach, we offer person-directed principles and practices that support the unique needs of different living environments, ranging from the nursing home to the neighborhood street.

The Green House Project (Links to an external site.) - We envision homes in every community where elders and others enjoy excellent quality of life and quality of care; where they, their families, and the staff engage in meaningful relationships built on equality, empowerment, and mutual respect; where people want to live and work; and where all are protected, sustained, and nurtured without regard to the ability to pay.

SASH Services - Independent vs. Assisted Living (Links to an external site.)

SASH Program (Links to an external site.) - Support and Services at Home - SASH coordinates the resources of social-service agencies, community health providers and nonprofit housing organizations to support Vermonters who choose to live independently at home. Individualized, on-site support is provided by a Wellness Nurse and a SASH Care Coordinator. - I thought this was a very good concept and very definitely a great, aging in place model.

Learn About Home Health Care (Links to an external site.) - homehealthcareagencies.com

What Can Families Do When Dementia Patients Are Kicked Out of Care Facilities? (Links to an external site.) - Judith Graham - Logo - Evictions top the list of grievances about assisted living received by long-term care ombudsmen across the U.S. In 2016, the most recent year for which data are available, 2,867 complaints of this kind were recorded—a number that experts believe is almost surely an undercount.
Aging in Place: Growing Older at Home - Home - You may share the often-heard wish—"I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place." This article contains suggestions to help you find the help you need to continue to live independently.

Next Week: Reading, Presentations, Online Content - Spring Break

Week 9 March 2 - March 8

Topics

Health and Wellness Technologies

Safety, Security, and Environmental Sensors

Communication and Social Engage mentality of Life

Care Manager in Recommending Technology

Assigned Reading

Handbook of GCM - Chapters 10 & 11

Additional Reading

2019 Technology Survey Older Adults, Age 55-100 - A 2019 Study Sponsored by Link·age in cooperation with the Link·age Stakeholders - The 2019 Link·age Technology Survey provides guidance to vendors and stakeholders about where seniors are today in terms of their varied utilization of technologies, their interest in having technologies they don’t currently own, and what they expect to pay for them. Comments included in this document were free-form entries provided by the responders. Their complete comments were also used to generate the word cloud presented on the cover of the document.

Older adults and technology: in telehealth, they may not be who you think they are - Peter Greenwald, Michael Ethan Stern, Sunday Clark and Rahul Sharma - International Journal of Emergency Medicine 2018 11:2 - Historically, older adults have been considered slower to use new technology than their younger compatriots. A common misconception is that, as consumers, older adults have either no interest in the use of technology or cannot use technology [1 (Links to an external site.), 2 (Links to an external site.), 3 (Links to an external site.)]. Data released by the Pew Research Center in 2017 suggests that this may not be accurate for an increasingly large number of older individuals.


Rehabilitation - Pamela W. Duncan, PhD, Stephanie Studenski, MD, MPH, Barbara deLateur, MD - hopkinsmedicine.org - Rehabilitation is a critical component of geriatric health care, because disabling conditions, which are common among older adults, profoundly affect their quality of life and are amenable to treatment.
Universal Design: A Step toward Successful Aging (Links to an external site.) - Kelly Carr, Patricia L. Weir, Dory Azar, and Nadia R. Azar - Journal of Aging Research - A key concept of universal design is to provide accessibility without stigmatization, by integrating accessibility features such that they benefit all users while going essentially unnoticed.

Report to Congress: Aging Services Technology Study (Links to an external site.) - Office of Disability, Aging, and Long-Term Care Policy in the Office of the Assistant Secretary for Planning and Evaluation - The potential benefits offered by these technologies are of great interest because of the aging of the U.S. population and the accompanying increase in caregiving responsibilities among family and friends, and because of the stresses being placed on the health-care system as a result of the increase in the number and complexity of chronically ill and disabled adults.

The New Era of Connected Aging: A Framework for Understanding Technologies that Support Older Adults in Aging in Place (Links to an external site.) - Rajib Ghosh, David Lindeman, Suneel Ratan, Valerie Steinmetz - Center for Technology and Aging - A collision of factors threatens to undermine the health and independence of older Americans – at a time when that independence needs to be reinforced. AARP surveys consistently reflect that seniors prefer to age in place at home.

Useful Statistics on Age and Technology (Links to an external site.) - 2018 ElderTech.Org - Many people will say that most of the considerations for designing technology for seniors are good for any age group. In fact, much of the information presented here resembles what you would expect to find in a beginner course in user interface design. But the points presented here are especially important for older people, and should be used in conjunction with other more generalized and accepted user interface design principles.

Presentations

Gerontechnology (Links to an external site.)

GERO 543 - Dr. Benton - Fall 2015

Gerontechnology For Aging in Place N O A T March 9, 2017 (Links to an external site.)

Sheena Jaffer CAPS, CAST

Online Content

Older Americans’ Technology Usage Keeps Climbing (Links to an external site.) - Brittnie Nelson Kakulla, AARP Research, January 2019 - Image result for aarp logo - Today, 91 percent of those age 50+ report using a computer and 94 percent say technology helps them keep in touch with friends and family.

Technology Use and Attitudes Among Mid-Life and Older Americans (Links to an external site.) - G. Oscar Anderson, Senior Research Communications Advisor, AARP Research - December 2017 - Image result for aarp logo - A very comprehensive report on the 50+ US population and their technology use.

Center for Aging Services Technologies (Links to an external site.) - CAST - The LeadingAge Center for Aging Services Technologies (CAST) is leading the charge to expedite the development, evaluation, and adoption of emerging technologies that can improve the aging experience.

How Technology Benefits Senior Citizens (Links to an external site.) - ATT - For the elderly, advanced technology and high-tech devices make daily tasks easier and can enhance quality of life. With technology, seniors have the tools and assistance to be more independent.
Health Monitoring Technologies (Links to an external site.) - Majd Alwan, Ph.D. - Grantmakers in Aging - The cost and burden of caring for older adults is steadily increasing, yet 92% of these older adults live alone. The trend of the desire to remain at home for as long as possible remains strong with 88% of adults age 65+ expressing this desire, according to an AARP survey.

Assistive Devices for the Elderly (Links to an external site.)

Care is There Geriatric Care Management - practical recommendations for DME and assistive devices

Next Week: Reading, Presentations, Online Content, Fall Prevention Project Conferences

Week 10        March 9 - March 15

Topics

Cardiovascular and Pulmonary Function

Age-Related Changes in the Cardiopulmonary System and It's Function

Functional Consequences of Fitness in Older People

Osteoarthritis

Osteoporosis

Amputation in Older Adults

Parkinson's Disease

Stroke

Assigned Reading

Functional Performance – Chapters 8 & 15

Additional Reading

Benefits of Cardiac Rehabilitation in Older Adults (Links to an external site.) - David W. Schopfer, MD; Daniel E. Forman, MD, FACC - American College of Cardiology - Cardiac rehabilitation is also particularly useful in addressing idiosyncrasies of advanced age, including atypical symptoms, multimorbidity, polypharmacy, falling risks, learning impairments, and other intricacies of care.

Clinical Implications of Physiologic Aging (Links to an external site.) - Sharee A. Wiggins, NP, Post-MS(N), BC-GNP, BC-ANP, APRN (2008; Updated 2015) - Landon Center on Aging - A very good overview of what happens to our bodily systems as an older adult.

Treatment of Diabetes in Older Adults: An Endocrine Society Clinical Practice Guideline (Links to an external site.) - Derek LeRoith, Geert Jan Biessels, Susan S Braithwaite, Felipe F Casanueva, Boris Draznin, Jeffrey B Halter, Irl B Hirsch, Marie E McDonnell, Mark E Molitch, M Hassan Murad, Alan J Sinclair, Treatment of Diabetes in Older Adults: An Endocrine Society Clinical Practice Guideline, The Journal of Clinical Endocrinology
Emotional and Psychological Reactions to Amputation - https://www.physio-pedia.com/Emotional_and_Psychological_Reactions_to_Amputation Date retrieved: 22 August 2019 20:30 UTC - Amputation presents multi-directional challenges. It affects function, sensation and body image. The psychological reactions vary greatly and depend on many factors and variable. In most cases, the predominant experience of the amputee is one of loss: not only the obvious loss of the limb, but also resulting losses in function, self-image, career and relationships.

Amputation - https://www.physio-pedia.com/index.php?title=Amputations&oldid=218950 Date retrieved: 22 August 2019 20:35 UTC - Amputation is the removal of an extremity by trauma, prolonged constriction, medical illness or surgery. As a surgical measure, it is used to control pain or a disease process in the affected limb, such as malignancy or gangrene. In some cases, it is carried out on individuals as a preventative surgery for such problems. A special case is that of congenital amputation, a congenital disorder, where fetal limbs have been cut off by constrictive bands. In some countries, amputation of the hands, feet or other body parts is, or was used as a form of punishment for people who committed crimes. Amputation has also been used as a tactic in war and acts of terrorism; it may also occur as a war injury.

Stroke Prevention and Management in Older Adults - Michael, Kathleen M. PhD, RN, CRRN, Shaughnessy, Marianne PhD, ARNP - Journal of Cardiovascular Nursing September/October 2006, Volume:21 Number 5 - Supplement, page S21 - S26. - Stroke is the third leading cause of death and a foremost cause of serious, long-term disability in the United States. As cardiovascular and metabolic disease incidence rises with age, older people are more likely to experience strokes. Age is the single most important risk factor for stroke. For each successive 10 years after age 55, the stroke rate more than doubles in both men and women. However, stroke is not an inevitable consequence of aging.

Parkinson’s Disease: Hope Through Research - National Institute of Neurological Disorders and Stroke - Parkinson’s disease (PD) is a degenerative disorder of the central nervous system that belongs to a group of conditions called movement disorders. It is both chronic, meaning it persists over a long period of time, and progressive, meaning its symptoms grow worse over time. As nerve cells (neurons) in parts of the brain become impaired or die, people may begin to notice problems with movement, tremor, stiffness in the limbs or the trunk of the body, or impaired balance. As these symptoms become more pronounced, people may have difficulty walking, talking, or completing other simple tasks. Not everyone with one or more of these symptoms has PD, as the symptoms appear in other diseases as well. A ton of resources at the bottom of the page.

Fourth Discussion Forum - The Falls Prevention Project

The purpose of this project is to research and report on elderly fall prevention strategies. The Falls Prevention Project is a series of investigations by you on a state and local level focused on strategies used for fall prevention, awareness, or risk within the elderly population. Guidelines and instructions are provided for you on the Home - Course Materials page or here - The Prevention Project.
Once you have gathered your information from a variety of sources in a variety of ways, you are to assemble a PowerPoint presentation of your findings. You then have a choice as to how you want to present your information.

1) As a recorded presentation and uploaded to the Shared Folder with an audio commentary for each slide explaining your points in more detail and clarity.

2) As a Individual Conference report whereby you will present your information in a live webinar format. As with option 1, your presentation should be to explain, , and educate us on the information you are presenting in such a way to add more detail and clarity.

Please note that your presentation is designed to replicate a written report. Information contained in your presentation should represent the information contained in a written, narrative report. You are to supplement your presentation with additional audio information to inform and educate the viewer of a complete assignment. Simple reading your information on the slide will result in a less than maximum score for this assignment.

Once you have presented your Conference Report, please post a response to the Week 10 - Fourth Discussion Forum stating that your presentation is ready for review. Posting your comment to the Discussion Forum informs the Grade Book that you have met that part of the requirement. Failure to post some statement as an opening post will be flagged as late or missing. Use the remaining time to comment on and review other presentations.

Presentations

Impact of Arthritis on Meaningful Activity Involvement and Strategies for Health Promotion (Links to an external site.)

Osteoarthritis (OA) Action Alliance (Links to an external site.) - Lunch and Learn webinar: Impact of Arthritis on Meaningful Activity Involvement and Strategies for Health Promotion Dr. Janke discusses meaningful activities adults with arthritis can do to help ease their pain. She also explains how practitioners can provide resources and educate clients on beneficial activities. Presenter: Megan Janke, PhD, LRT/CTRS Assistant Professor East Carolina University Recreation and Leisure Studies College of Health and Human Performance.

Osteoarthritis (Links to an external site.) - Dr. Shreyasee Amin - Image result for Mayo Clinic Logo - On the Mayo Clinic Radio podcast, Dr. Shreyasee Amin, a rheumatologist at Mayo Clinic, covers osteoarthritis diagnosis, treatment and prevention. Q & A on various aspects of osteoarthritis.

Diagnosis And Treatment Of Parkinson’s Disease (Links to an external site.) - Webinar - Home - This webinar emphasizes the recognition of PD, the treatment options, the importance of an interdisciplinary care team, and the impact of the illness on affected older adults and their caregivers.

TV Special: "Stroke, Every Second Counts" as seen on PIX11 TV (Links to an external site.)

OverlookMedicalNJ - Published on May 24, 2016 - In a stroke emergency, every second counts and can be the difference between life and death. This TV special, which aired on PIX11, features Overlook Medical Center stroke specialists Dr. Robert Felberg, Dr. Gary Belt and Dr. Paul Saphier, and two of their patients, a young mother and a golfer. Learn about the new technologies that saved their lives, the Apollo device and TeleStroke technology. Learn the warning signs and symptoms of stroke, who's at risk, prevention and the latest advancements in treatment.
Evaluation of the Pulmonary Patient - Rebecca Dezube, MD, MHS, Johns Hopkins University - Key components in the evaluation of patients with pulmonary symptoms are the history, physical examination, and, in most cases, a chest x-ray. These components establish the need for subsequent testing, which may include pulmonary function testing and arterial blood gas (ABG) analysis, computed tomography (CT) or other chest imaging tests, and bronchoscopy.

What to know about osteoporosis - Markus MacGill, Reviewed by Brenda B. Spriggs, M.D. FACP - Osteoporosis develops when bone density decreases. The body reabsorbs more bone tissue and produces less to replace it.

Seniors Amputee Coalition - Serving the Limb Loss Community for over 30 years - As you experience aging and limb loss, you have power and control over what you choose to focus on. You can have images of self-respect, dignity and compassion and fill your surroundings with people who care about you, or you can get stuck negatively focusing on how your body looks and allowing this small part of you to define your whole life. What images will you choose to focus on?

Parkinson's Foundation - The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community.

The Michael J. Fox Parkinson's Foundation for Research - Image result for the Michael J. Fox foundation logo - The experience of living with Parkinson's over the course of a lifetime is unique to each person. As symptoms and progression vary from person to person, neither you nor your doctor can predict which symptoms you will get, when you will get them or how severe they will be. Even though broad paths of similarity are observed among individuals with PD as the disease progresses, there is no guarantee you will experience what you see in others.

Stroke - The American Stroke Association (ASA) notes that stroke is the fourth leading cause of death in the U.S. Stroke mortality rates among women are slightly higher (60%) than among men (40%). Despite its position as one of the leading causes of death, stroke mortality rates have actually declined since the year 2000, falling from 60 per every 100,000 instances of stroke in 2000 to a mortality rate of 40 for every 100,000 stroke victims in 2010.

About Stroke - American Stroke Association - Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 5 cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

Next Week: Readings, Presentations, Online Content
Week 11 March 16 - March 22

Topics

Interactions, Relationships, and Sexuality

Social Relationships in Later Life

Sexuality and Aging

Assigned Reading

Functional Performance – Chapter 24

Additional Reading

Friendship in Later Life: A Research Agenda (Links to an external site.) - Rosemary Blieszner, Aaron M Ogletree, Rebecca G Adams, Friendship in Later Life: A Research Agenda, Innovation in Aging, Volume 3, Issue 1, January 2019, igz005, https://doi.org/10.1093/geroni/igz005 (Links to an external site.) - Innovation in Aging - Friendship is a relationship that can endure across the entire lifespan, serving a vital role for sustaining social connectedness in late life when other relationships may become unavailable. This article begins with a description of the importance of studying friendship in late life and the benefits of friendship for older adults, pointing to the value of additional research for enhancing knowledge about this crucial bond. Next is discussion of theoretical approaches for conceptualizing friendship research, followed by identification of emerging areas of late-life friendship research and novel questions that investigators could explore fruitfully. We include a presentation of innovative research methods and existing national and international data sets that can advance late-life friendship research using large samples and cross-national comparisons. The final section advocates for development and assessment of interventions aimed at improving friendship and reducing social isolation among older adults.

A Profile of Social Connectedness in Older Adults (Links to an external site.) - Academic Research Centers NORC @ the University of Chicago - Louise C. Hawkley, Ph.D. Michael Kozloski, Ph.D. Jaclyn Wong, M.A. - This report examines the social connectedness of older adults in the United States. Social connectedness is here defined as satisfaction and contentment with one’s social life. Its opposite, loneliness, is defined as dissatisfaction with the quantity or quality of one’s social relationships. Social isolation, or being alone, is related to loneliness but is not the same as feeling alone, which we call loneliness. - This looks very interesting. I cannot find a publish date but found a reference for 2015.

(Links to an external site.)Sexuality in Later Life (Links to an external site.) - NIH/NIA - Many people want and need to be close to others as they grow older. For some, this includes the desire to continue an active, satisfying sex life. With aging, that may mean adapting sexual activity to accommodate physical, health, and other changes.

Later-life sex (Links to an external site.) - Rebecca A. Clay - APA - Psychologists are working as part of healthcare teams to help older adults keep their sex lives going strong.

Social isolation, loneliness in older people pose health risks (Links to an external site.) - Home - NIA-supported researchers are studying the differences between social isolation and loneliness, their mechanisms and risk factors, and how to help people affected by these conditions. “NIA is interested in exploring potential
interventions to address social isolation and loneliness, which are both risk factors for poor aging outcomes,” said Lisbeth Nielsen, Ph.D., of NIA’s Division of Behavioral and Social Research.

Defining Moments: Sexuality and Care of Older Adults (Links to an external site.) - Marilyn R. Gugliucci, MA, PhD, AGSF, GSAF, AGHEF, Shirley A. Weaver, MT (ASCP), MA, PhD, GCG - Image result for journal of aging life care logo - Health care providers are reticent to discuss intimacy and sexual issues with their older adult patients or the patients’ adult children. This article is written with the provider in mind and presents foundational information on older adult sexual health and intimacy issues that affect both heterosexual and homosexual older adults.

Presentations

Sex and Seniors (Links to an external site.) - Sexuality Educator Melanie Davis and Terri Clark, Prevention Services Coordinator - Only Seniors - Princeton Community Television.

Palliative Care: Let’s talk about sex: intimacy, barriers, + ethical considerations (Links to an external site.)

Danielle Rosen, MD - MassGeneralHospital May 8, 2019

Radio Interview Seniors and Sex Intimacy (Links to an external site.)

Heidi Crockett Published on Jul 3, 2016 - An AASECT-certified social worker discusses her recent experiences providing sex education to older adults. For more information, please visit: www.HeidiCrockett.com.

Nursing Standard of Practice Protocol: (Links to an external site.)Sexuality in the Older Adult (Links to an external site.) - Meredith Wallace, PhD, APRN, A/GNP-BC - Evidence-Based Geriatric Nursing Protocols for Best Practice, 4th Edition, © Springer Publishing Company, LLC.

Older Adult Sexuality: A Continuing Human Need (Links to an external site.)

Hartford Institute for Geriatric Nursing Published on Sep 24, 2013

Online Content

Sexual Activity Among Older Populations (Links to an external site.) - By Mark Stibich, PhD - VeryWellHealth - Roughly 40 percent of men and women ages 65 to 80 are sexually active, according to a 2017 survey, and women in their 70s often express more satisfaction with sex than women in their 40s.

Lesbian, Gay, Bisexual and Transgender Aging (Links to an external site.) - APA Monitor on Psychology®, November 2014 - This page represents an ongoing effort by the APA's Office on Sexual Orientation and Gender Diversity (Links to an external site.) to help address the needs LGBT older adults and those who provide services and care by highlighting APA resources as well as other helpful resources and organizations. There are many additional resources on this page.

Sex and aging: How boomers are changing the conversation (Links to an external site.) - Image result for today show logo - The generation behind the sexual revolution of the 1960s is changing the way people perceive sex and aging. To discuss the changing times, a group of people aged 50 and older sit down with TODAY’s Maria Shriver. Jan. 22, 2019
Many older Americans have active sex lives, survey shows (Links to an external site.) - Amy Norton May 3, 2018 / 2:29 PM / HealthDay - Image result for cbs news logo- If you think seniors abandon their sex lives as the physical woes of aging descend upon them, a new survey suggests otherwise. The reality is that 40 percent of older Americans still have sex, while 54 percent of older couples still do it, according to a new poll from the University of Michigan.

Let’s Talk About Sex (Links to an external site.) - Solway E, Clark S, Singer D, Kirch M, Malani P. Let’s Talk about Sex. University of Michigan National Poll on Healthy Aging. May 2018. Available at: http://hdl.handle.net/2027.42/143212 (Links to an external site.) - National Poll on Healthy Aging home - Romantic relationships are important to well-being and quality of life at any age. While sex is an integral part of the lives of many older adults, this topic remains understudied and infrequently discussed. In October 2017, the University of Michigan National Poll on Healthy Aging asked a national sample of adults age 65–80 about their perspectives on relationships and sex and their experiences related to sexual health.

Next Week: Reading, Presentations, Online Content, Livable Communities Individual Conference Reports

Week 12 March 23 - March 29

Topics

Neuromusculoskeletal and Movement Function in Older Adults

Age-Related Changes in Postural Alignment

Age-Related Changes in Coordination

Age-Related Changes in Balance and Gait

Definition of Fall and Near-Fall

Where and When Do Older Adults Fall?

Risk Factors for Falls

Assigned Reading

Functional Performance - Chapters 10, 11, & 16

Additional Reading

Understanding Gait in Aging - Part 1 (Links to an external site.) - Richard Camicioli, MSc MD and Caterina Rosano, MD - The International Parkinson and Movement Disorder Society - Gait disorders are common both with aging and in the setting of specific neurological disorders and are a risk factor for dependence, cognitive decline, falls and death. After age 70 years, 35% of people have abnormal gait (1); after the age 85 years gait changes are found in the majority of people.

Understanding Gait in Aging - Part 2 (Links to an external site.) - Richard Camicioli, MSc MD and Caterina Rosano, MD - The International Parkinson and Movement Disorder Society.
In the United States, an estimated 28.7% of adults aged 65 years or older fell in 2014. Falls result in increased morbidity, mortality, and health care costs. Risk factors for falls include age, medication use, poor balance, and chronic conditions (i.e., depression, diabetes). Fall prevention strategies are typically recommended for adults older than 65 years.

PREVENTING FALLS IN OLDER ADULTS (Links to an external site.) - Aging.com - Falls are the single largest cause of death and injuries in older Americans (Links to an external site.). Around 33% of the elderly fall at least once per year, and these falls result in over 2 million visits to the emergency room. Falls are the most common cause of traumatic brain injuries in older adults, and they may also cause other severe injuries, such as fractures of the hip, that can have extremely negative impacts on quality of life—and on our economy in general. The direct cost of falls to society was around $30 billion in 2010.

Physical Activity, Diet Quality, and Mortality among Community-Dwelling Prefrail and Frail Older Adults (Links to an external site.) - Brown, J. C., Harhay, M. O., & Harhay, M. N. (2016). Physical Activity, Diet Quality, and Mortality among Community-Dwelling Prefrail and Frail Older Adults. Journal of nutrition in gerontology and geriatrics, 35(4), 253–266. doi:10.1080/21551197.2016.1247022 - The major findings of this study are that prefrail and frail older adults who participated in physical activity and consumed a healthy diet had a lower risk of mortality than their counterparts. Compared to sedentary participants with a poor diet quality, physically active participants with a good diet quality had the lowest risk of mortality during the follow-up period. Furthermore, our finding of an interaction between physical activity and diet on mortality risk are consistent with the hypothesis that older adults cannot compensate for poor adherence to one healthy behavior with more favorable adherence to another healthy behavior (i.e., “you cannot outrun a bad diet”).

Tai Chi Intervention Reduces Fear of Falling (Links to an external site.) - Abby Bennett, RN, BSN, and Nancy Bredenkamp, PhD, APRN - Today's Geriatric Medicine Vol. 9 No. 2 P. 24 - The purpose of a recent pilot project was to decrease the fear of falling in the elderly population residing in an assisted living facility in a rural Midwestern region through the use of a tai chi program. The assisted living facility utilized for this project had completed one fall risk assessment on residents' admission to the facility, but no further assessments related to falling were performed throughout the residents' time in the facility.

Learn about Evidence-Based Falls Prevention Programs (Links to an external site.) - NCOA - Explore the evidence-based programs on this page that are proven to help older adults reduce their risk of falling. Visit this webpage to find a program near you!

Presentations

Falls in Older Adults (Links to an external site.)

University of California Television

Falls in the elderly video (Links to an external site.)

Courtney Odom Published on Oct 4, 2018
Play media comment.- As we age, the risk of falling increases and becomes increasingly perilous. A fall can be a real health setback for a frail, elderly person. And, more older adults are dying from falls today than 20 years ago.

Falls and Home Safety in Alzheimer’s disease (Links to an external site.)

Alzheimer's Foundation of America AFA (Links to an external site.) - Published on Sep 12, 2019

Livable Communities Survey - Individual Conference Reports

The intention for this Assignment is for the student to present the results of their surveys in a live, conference-style format. These informal presentations serve as an exercise in expressing your thoughts and ideas to friends and colleagues within a dynamic and interactive conference setting. The assignment is to review with the class your PowerPoint summary of your Livable Communities Survey in a Conference on the night of your choosing. Please visit the Livable Communities Conference Sign-up and decide on an evening to present your findings. An example and instructions of the Livable Communities Survey PowerPoint is located on the Home - Course Materials page.

Livable Communities Survey - Individual Conference Reports will begin on Wednesday, March 25, Thursday, March 26 and Friday, March 27. All Conference Report start times begin at 7 pm ET. To join a Conference, click on Zoom Conferences tab then click on the corresponding day for your presentation.

Once you have presented your Conference Report, please post a response to the Week 10 - Fourth Discussion Forum stating that your presentation is ready for review. Posting your comment to the Discussion Forum informs the Grade Book that you have met that part of the requirement. Failure to post some statement as an opening post will be flagged as late or missing. Use the remaining time to comment on and review other presentations. This project is part of the Week 12 - Fifth Discussion Forum.

Online Content

STEADI - Older Adult Fall Prevention - STEADI - Stopping Elderly Accidents, Deaths & Injuries - Falls are not an inevitable part of aging. There are specific things that you, as their healthcare provider, can do to reduce their chances of falling. STEADI’s tools and educational materials will help you to: 1) Identify patients at low, moderate, and high risk for a fall; 2) Identify modifiable risk factors; and 3) Offer effective interventions.

Video: Wheelchair to Car Instructional Video (Links to an external site.)

Debunking the Myths of Older Adult Falls (Links to an external site.)

National Center for Health in Public Housing and the National Council on Aging (Links to an external site.)

8 Simple Ways to Improve Your Balance (Links to an external site.) - Sarah Mahoney Dec 20, 2018 - Prevention - How well we keep our balance in midlife can protect us from what lies ahead: One in three adults over age 65 takes a serious tumble each year. Avoiding falls means a longer life: About 20% of women who fracture a hip become permanently disabled, and another 20% die within a year. In fact, health problems linked to hip fractures result in more women's deaths each year than breast cancer does.
Important Facts about Falls (Links to an external site.) - Home and Recreational Safety- Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

The Joint Commission launches educational campaign on preventing falls (Links to an external site.) - The Joint Commission - The Joint Commission today debuted its new Speak Up™ to Prevent Falls campaign (Links to an external site.) — featuring free, downloadable educational materials in English and Spanish to help educate patients and their health care providers on how to avoid unnecessary falls.

Next Week: Reading, Presentations, Online Content, Practical Case Analysis Reports

Week 13  March 30 - April 5

Topics

Leisure and Aging

Elements of Leisure

A Model of Leisure Engagement

Driving as an Occupation

Client Factors

Age-Related Physiological and Disease-Related Changes

Driving Clinical Assessment and Intervention

Assigned Reading

Functional Performance – Chapters 19 & 22

Additional Reading

How to Understand & Influence Older Drivers (Links to an external site.)- National Highway Traffic Safety Administration - Our ability to drive safely is affected by changes in our physical and mental conditions. Many of these changes take place as we get older, though in different ways and at different times. Click ENTER then click NEXT to advance the pages.

Module 1: Functional Abilities and Safe Driving (Links to an external site.)- Kathy Lococo; Renee Tyree, PharmD - Medscape Education - Broadly speaking, the 3 human factors required for safe driving are vision, cognition, and motor function.

Exercise Behavior in Older Adults: A Test of the Transtheoretical ModelPreview the document - Corjena Cheung, Jean Wyman, Cynthia Gross, Jennifer Peters, Mary Findorff, and Holly Stock - Journal of Aging and Physical Activity

Healthy Aging Summit - Summary of Proceedings - healthypeople.gov
Older Adults' Perceptions of Physical Activity within the Process of Aging - Urska Arnautovska, MA Clin Psy; Frances O'Callaghan, PhD; Kyra Hamilton, PhD - Health Behav Policy Rev.'™ 2017;4(1):76-86 - This study explored older adults’ perceptions of PA (Physical Activity), as experienced within the process of aging. PA was conceptualized as both structured exercise-type behaviors and unstructured lower-level (leisure) activities.

Meaningful, Enjoyable, and Doable: Optimizing Older Adults’ Activity Engagement at Home (Links to an external site.) - Susan L. Hutchinson, PhD and Grace Warner, PhD - Image result for journal of aging life care logo - This article reviews some of the benefits associated with home-based leisure pursuits for community dwelling older adults living with chronic health conditions.

The Importance of Leisure for Subjective Well-BeingLinks to an external site. - This chapter reviews what is known about how leisure contributes to subjective well-being (SWB). We review evidence documenting the importance of leisure for SWB and point to psychological need fulfillment as the main mechanism through which leisure promotes well-being. We discuss why individuals often do not fully experience the beneficial effects of leisure, focusing on intrapersonal, interpersonal, and structural constraints to leisure participation, and review differences in the degree and type of constraints experienced by different demographic groups. Finally, we review research on the cognitive and behavioral strategies individuals employ to overcome leisure constraints, and highlight the need to understand how societal and institutional policies influence leisure participation and quality. Throughout, we identify important questions for future research.

Presentations

Healthy Aging: Promoting Well-being in Older Adults (Links to an external site.)
Dr. Phoebe Thorpe MD MPH - Matthew Baumgart - Beyond the Data

Healthy Aging Webinar: Physical Activity and Quality of Life  (Links to an external site.)
Association of State and Territorial Health Officials and the National Physical Activity Society - time: 56.51

Removing Barriers to Transportation and Expanding Senior Mobility (Links to an external site.)
NADTC -This webinar features the experience of two NADTC grantees in a year-long grant program designed to develop and implement an innovation to increase accessible transportation options for older adults and people with disabilities living in the community. One hour and twenty three minutes.

Driving Safety for Older Adults - Professional Caregiver Webinar (Links to an external site.)
Lakelyn Hogan - ASA - Families slowly transition their teenagers into driving, but most likely don’t think about transitioning their older adult loved ones out of driving. As a result, the decision to give up the car keys often is the result of a crisis – a crash or another unfortunate incident. One hour

Older Adult Driving Safety Assessment and Counseling-20161212 1700-1 (Links to an external site.) - American Geriatrics Society - Clinician's Guide to Assessing and Counseling Older Drivers.

Practical Case Study Analysis Assignment

Your Practical Case Study Analysis Assessment Report is due by Tuesday, March 31 by 11:00 pm ET. Please attach your assignment report to an email to the instructor. Click Practical Case Study Analysis for an outline of the information and design of your assignment. Please email the instructor should you encounter difficulties.
Online Content

Key Provisions of State Laws Pertaining to Older Driver Licensing Requirements - NHTSA - (Current as of October 2014)

National Center on Senior Transportation (Links to an external site.) - seeniortransportation.net

Physical Activity Promotion among the Elderly (Links to an external site.)

Clemson University - a funny skit put on by students

National Prevention Strategy (Links to an external site.) - CDC - lots of good resources

Clearinghouse for Older Road User Safety (Links to an external site.) - ChORUS serves as a centralized, user-friendly, and dynamic source of information pertaining to highway safety for aging drivers, passengers, pedestrians, and cyclists. Built as a comprehensive resource, it covers all three major components of highway safety: safe roadways, safe road users, and safe vehicles. Lots to look at here.

What Is a Formal Driving Assessment? (Links to an external site.) - Image result for aarp logo - A comprehensive driving evaluation by a trained professional can determine whether you have the skills and abilities to drive safely

Next Week: Reading, Presentations, Online Content

Week 14 April 6 - April 12

Topics

Vision System and Functional Performance

Auditory System and Functional Performance

Taste and Smell: Physical Changes and Functional Performance

Evolution of the Nursing Home

Legislation and Regulation

Models of Care

Profile of Nursing Home Residents

Assigned Reading

Functional Performance – Chapters 9 & 33

Additional Reading

Vision and Eye Care in Older Adults (Links to an external site.) - Ehrlich J, Singer D, Solway E, Kirch M, Clark S, Malani, P. Vision and eye care in older adults. University of Michigan National Poll on Healthy Aging. September 2018. Available at: http://hdl.handle.net/2027.42/145685 (Links to an external site.) - National Poll on Healthy Aging home - Maintaining good vision is an important aspect of overall health. Older adults are at
increased risk for age-related eye conditions like cataracts, glaucoma, macular degeneration, and diabetic eye disease. Those with poor vision are also more likely to experience falls, social isolation, and decreased independence.

Olfactory Dysfunction Predicts 5-Year Mortality in Older Adults (Links to an external site.) - Pinto JM, Wroblewski KE, Kern DW, Schumm LP, McClintock MK (2014) Olfactory Dysfunction Predicts 5-Year Mortality in Older Adults. PLoS ONE 9(10): e107541. doi:10.1371/journal.pone.0107541 - We included olfactory function in the National Social Life, Health, and Aging Project (NSHAP), a nationally representative study of community-dwelling older adults. NSHAP is the first population-based survey to objectively measure olfaction and generated a rich array of health and social information as well as a five year follow-up that determined mortality.

Overview of Quality of Life Research in Older People with Visual Impairment (Links to an external site.) - Wang, C.-W., et al. (2014) Overview of Quality of Life Research in Older People with Visual Impairment. Advances in Aging Research, 3, 79-94. http://dx.doi.org/10.4236/aar.2014.32014 - In this review, findings of HRQOL (Health-Related Quality-Of-Live) studies in older adults with different types of age-related ocular disorders or conditions are summarized. Apart from medical treatment and vision rehabilitation, factors that may influence the HRQOL of visually impaired older adults are also examined, including age, gender, socioeconomic status, mobility, comorbidity, family support, social support, use of eye care services, and psychological and spiritual factors. Finally, existing problems are discussed and recommendations for future research are provided. Given the high prevalence of visual impairment among older adults and their unmet needs for eye care and vision rehabilitation, multidisciplinary interventions that may enhance visually impaired older people’s HRQOL are warranted.


The Evolution of the Nursing Home (Links to an external site.) - Muriel R. Gillick - American Scientist - From Old and Sick in America: The Journey Through the Health Care System, by Muriel R. Gillick, copyright © 2017 by the University of North Carolina Press. - The nature of long-term nursing care in the United States has as much to do with policy and the culture of medicine as it does medicine itself.

Long-term Care: Investing in Models That Work (Links to an external site.) - Mason DJ. Long-term Care: Investing in Models That Work. JAMA. 2017;318(16):1529–1530. doi:10.1001/jama.2017.15230 - Several mature demonstration projects have been shown to prevent nursing home admission, but scaling them up will require start-up funding in communities nationwide, removing regulatory barriers, and embracing a social model of health (Links to an external site.).

Presentations

Federal Nursing Home Regulations (Links to an external site.) - Newly Released Regulations (July, 2019). The Centers for Medicare and Medicaid Services (CMS) has officially published its proposed revisions to the current regulations (also known as the Requirements of Participation) for nursing homes participating in the Medicare and/or Medicaid programs. This proposed rule is available to view in full at the Federal Register website here (Links to an external site.).

Skilled Nursing Facility Benefits Training (Links to an external site.)

- The following presentation provides an overview of the Medicare SNF benefit. This includes what is covered under the SNF benefit, the coverage requirements and when and how long Medicare covers care in a SNF.

Online Content

Elderly Falls Prevention Legislation and Statutes (Links to an external site.) - Each year in the United States, one in four adults over 65 years of age falls. Long-term physical injuries, such as hip fractures and traumatic brain injuries, are merely the tip of the iceberg in terms of consequences and costs of older adult falls.

The Green House Model of Nursing Home Care in Design and Implementation (Links to an external site.) - Cohen, L. W., Zimmerman, S., Reed, D., Brown, P., Bowers, B. J., Nolet, K., ... THRIVE Research Collaborative (2016). The Green House Model of Nursing Home Care in Design and Implementation. Health services research, 51(Suppl Suppl 1), 352–377. doi:10.1111/1475-6773.12418 - Objective: To describe the Green House (GH) model of nursing home (NH) care, and examine how GH homes vary from the model, one another, and their founding (or legacy) NH.

The Green House Project (Links to an external site.) - For more than 15 years, healthcare providers have trusted The Green House Project experts to help envision, create, and optimize caring homes for meaningful lives. As a result, the Green House model of long-term and post-acute care has garnered higher measurable quality outcomes, consumer demand, and greater caregiver satisfaction.

Next Week: Readings, Presentations, Online Content, Review of Practical Case Analysis

Week 15 April 13 - April 19

Topics

Dementia Risk Factors in Veterans
Supporting Veterans and Their Families
VA Disability Benefits
The Claims Process
End of Life, Palliative Care and Hospice Philosophy

Assigned Reading

Handbook of GCM - Chapter 12
Additional Reading

Alzheimer's Disease prevalence, costs, and prevention for military personnel and veterans (Links to an external site.) - Leslie Sibener, Ibrahim Zaganjor, Heather M. Snyder, Lisa J. Bain, Robert Egge, and Maria C. Carrillo - ScienceDirect - The rapidly climbing number of those affected with AD includes a growing population of aging military veterans affected who may have an added risk for the disease as a consequence of traumatic brain injury, posttraumatic stress disorder, and/or service-related injuries.

Lifestyle and health-related risk factors and risk of cognitive aging among older veterans (Links to an external site.) - Kristine Yaffee, Tina D. Hoang, Amy L. Byers, Deborah E. Barnes, and Karl E. Friedl - ScienceDirect - Evidence is emerging supporting an association between several health factors and behaviors with risk of cognitive impairment and dementia including cardiovascular risk factors, physical and cognitive activity, nutrition, sleep quality, and smoking and alcohol use.

Summary of VA Benefits (Links to an external site.) - benefits.va.gov

Seven Keys to a Good Death (Links to an external site.) - Charles Garfield - Greater Good - Charles Garfield draws on decades of experience to explore how to create the conditions for a good death.

End of Life: Helping With Comfort and Care (Links to an external site.) - National Institute on Aging - Today, most Americans are in hospitals or nursing homes at the end of their lives.

Critical End-of-Life Communication (Links to an external site.) - Mary Beth Happ, PhD, RN, FGSA, FAAN

Today's Geriatric Medicine - Vol. 7 No. 2 P. 22 - Today's Geriatric Medicine - Comprehensive, timely, and person-centered communication may be the most important intervention geriatric practitioners provide to older adults and their family caregivers, particularly as patients with life-limiting illness approach transitions to end-of-life care.

Presentations

Patient-Centered Alternatives to Institutional Extended Care (Links to an external site.) - va.gov

How to File for VA Disability Benefits (Links to an external site.)

Veterans Law Clinic

BJ Miller: What really matters at the end of life (Links to an external site.) - BJ Miller

Hospice Care (Links to an external site.)

University of California Television - Very good overview of Hospice services

Spiritual Comfort at the End of Life (Links to an external site.)

Hospice of Red River Valley

Good Death (Links to an external site.)
Joel Engardio

New guidelines may encourage end-of-life discussions (Links to an external site.)

Lynn Sherr - PBS NewsHour

Practical Case Analysis Individual Conference Reports or Recorded Presentations

For your Practical Case Analysis Assignment, you have the option of choosing an evening to present your analysis or to record your presentation and upload to the Practical Case Analysis Shared Folder (Links to an external site.). For Individual Conference Reports, we will hold Individual Conference Reports for the Practical Case Study Analysis Assignment starting Wednesday March 20, continue on Thursday, March 21, and Friday, March 22 if needed. All Conferences will start at 7 pm ET. You will open your presentation from your computer for the Individual Conference Reports.

For recorded presentations, your audio recording of your information should be of enough quality and clarity for help us better understand your point or position referenced on your slide. Simply stating or repeating what is already on the slide will earn you a less than optimum score for this assignment.

Once you have uploaded your recorded presentation or finished your Individual Conference Report, you then go to the Week 15 - Sixth Discussion Forum and post a short note stating that your presentation is ready for review as you have done in prior situations.

Once you have concluded your upload or conference report, use the remaining time in the semester to review and comment on other presentations. For this assignment, it is beneficial to review other presentations as it gives you other ideas and approaches to different situations. Should there be any questions about this assignment, please email your instructor.

Online Content

U.S. Senior Vets (Links to an external site.)

Veterans Support Foundation (Links to an external site.) - vsf-usa.org

Veterans Law Clinic (Links to an external site.) - veteranlawclinic.org

VA YouTube Page (Links to an external site.) - U.S. Department of Veterans Affairs - many YouTube video resources

Veterans Choice Program (Links to an external site.) - VA.gov

VA - Geriatrics and Extended Care (Links to an external site.) - Go to VA.gov - Many services offered here for older Veterans.

National Hospice and Palliative Care Organization (Links to an external site.) - The organization is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in America and their loved ones.

Hospice Tuscany House - Overview of a local Hospice House and their services
Week 16 April 20 - April 24

Topics
The Future of Aging
Meaning in Life
Aging and Environment
Trends in Health Care
LGBTQ Issues
Certification

Assigned Reading
Functional Performance – Chapter 35

Final Open Book Quiz
The Quiz will be available starting Monday, March 20 and conclude on Friday, March 24 at midnight. The Quiz will cover all the Chapters in Assigned Reading for Week 8 through Week 15 but only for the textbook Functional Performance in Older Adults. You will have 60 minutes to answer 5 multiple choice questions. Please click on Final Quiz to access the quiz.

Note that this Quiz ends on Friday, March 24 and only covers material in Functional Performance in Older Adults chapters 8 through 15.

Additional Reading
Maintaining Dignity: Understanding and Responding to the Challenges Facing Older LGBT Americans (Links to an external site.) - Angela Houghton, AARP Research, March 2018 - According to the survey, half (52%) of LGBTQ adults said they fear discrimination in health care as they age. A staggering 88% of LGBTQ older people want providers in long-term care facilities who are specifically trained to meet LGBT patient needs.

The State of Caregiving 2018 (Links to an external site.) - Angela Stringfellow - Caregiver Homes - This guide provides a comprehensive look at the state of caregiving in 2018, as well as information to help family caregivers move forward with practical tools they can use today.

The Growth of the US Aging Population (Links to an external site.) - SeniorCare.com - The U.S. has reached a new milestone - a population of over 50 million seniors for the first time in the history of the USA. A linear interpolation of the monthly population estimates published by the Census Bureau in 2015 estimates that we
will see over 50 million people in the U.S. aged 65 and older some time during November 2016. Even older annual estimates published by the Census Bureau in 2005 show us crossing the threshold in the spring of 2017. Regardless of the estimation method, it is clear that this milestone is upon us. Continue reading to explore the causes and the effects of the rise in the senior population in the United States. Take a look at this. Interesting interactive information.

Presentations

COMING OF AGE IN AGING AMERICA (Links to an external site.) - PBS - A new documentary by Christine Herbes-Sommers, F71, takes on the challenges America faces as more people live longer. - one hour - I have run into streaming problems with this Vimeo Service. If you have few or no issues with the streaming, then it is worth the viewing. You will need to use the password "Aging".

Wrap-up and Look Ahead Conference

We will have a Wrap-up Conference to review course content and materials covered, ease of use and quality of information, and any other aspect to the course you wish to share. All suggestions are welcome and attendance in this Conference is not mandatory and does not count in your overall grade, but I do hope you get a chance to stop in. Conference will be held on Thursday, March 23, from 7 to 8 pm ET. Click on the Zoom Conference button on the left to join.

Online Content

Lesbian, Gay, Bisexual and Transgender Aging (Links to an external site.) - 2016 APA - More than 39 million people in the U.S. are age 65 years or older including 2.4 million people who identify as lesbian, gay, bisexual or transgender (LGBT).

On LGBT (Links to an external site.) - National Resource Center - Numerous resources available

LGBT Aging (Links to an external site.) - ASA - Resources available

LGBT Advocate Sees Hurdles Ahead (Links to an external site.) - Michael Adams - AARP - Unless policies change, older gays and lesbians will face unique challenges as they age.

Aging Life Care Association (Links to an external site.) - Aging Life Care™, also known as geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges.

International Commission on Health Care Certification (Links to an external site.) - The Agency offers multiple certifications representing the primary health care delivery systems offered by allied health care providers in various health care provider settings and physicians of varying specialties.

National Academy of Certified Care Managers (Links to an external site.) - NACCM assures that Care Managers are qualified to perform the full range of care management tasks through a validated, standardized examination.

Commission for Case Manager Certification (Links to an external site.) - We are committed to the evolution of case management, promoting quality practice, ethical standards and behavior, science-based knowledge development, and a heightened understanding of the role and function of today's professional case manager.
Social workers are trained to look at situations in a holistic way. They help people increase their ability to solve problems, to cope with stressors and to get needed resources.