Syllabus for GEY 6220 (Spring 2019) 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 * Two Discussions – 15 points each)  60 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 five 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 five 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 Discussion Forum 5). 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 in order 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, 4 and 7 Discussion Forums are worth 10 points each and Weeks – 9 and 11 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.

**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 Week 9 – Individual Conference Reports or the Week 11 – Practical Case Study Analysis posting. 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**

Conference Reports are in conjunction with your Week 9 - Fourth Discussion Forum and if you choose, the Week 11 Discussion Forum. Conference Reports are your verbal and interactive summary of your Livable Communities Survey Project. Based on your PowerPoint presentation of your Livable Communities Survey, your Conference Report is also used to submit to the Week 9 - Fourth Discussion Forum. In addition, you will send your final copy of your PowerPoint presentation to the instructor so that it can be available for the class for your individual Conference Report on the day of your choice (Conference Report 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. Participation in Conference Reports is part of the grade assigned to the Week 9 - Fourth Discussion Forum and the Week 11 option for your presentation. Conference Report dates can be found in Important Dates, syllabus, your calendar, and the course website.

**Practical Case Study Analysis (Three Options) Client Assessment and Care Plan** 20 Points

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, syllabus, calendar, and within the course itself.

You will have the option of presenting your case study material either live in an Individual Conference Report or as a recorded PowerPoint presentation of your assessment and care. If you choose the Individual Conference Report, you will need to select a day from the Livable Communities Sign-up page found on the Livable Communities Assignment page. plan will be presented in the Fourth Discussion Forum. 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** 10 Points Each – 20 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**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93 - 100</td>
</tr>
<tr>
<td>A-</td>
<td>90 - 92</td>
</tr>
<tr>
<td>B+</td>
<td>88 - 89</td>
</tr>
<tr>
<td>B</td>
<td>83 - 87</td>
</tr>
<tr>
<td>B-</td>
<td>80 - 82</td>
</tr>
<tr>
<td>C+</td>
<td>78 - 79</td>
</tr>
<tr>
<td>C</td>
<td>73 - 77</td>
</tr>
<tr>
<td>C-</td>
<td>70 - 72</td>
</tr>
<tr>
<td>D+</td>
<td>68 - 69</td>
</tr>
<tr>
<td>D</td>
<td>63 - 67</td>
</tr>
<tr>
<td>D-</td>
<td>60 - 62</td>
</tr>
</tbody>
</table>

**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. 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 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

**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

**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 7 - Jan 13**

**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

- Theories of Aging - Jean Lange - Shelia Grossman - A rather long and very broad overview of various biological and psychosocial theories of aging from a nursing perspective.

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 Markkula Center for Applied Ethics at Santa Clara University and 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.

**Presentations**

- Ethics & Aging GER0 543 - I believe this was part of an Ethics class at USC

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

Online Content

End of Life Care: Debate Video FORA.tv

Next Week: Reading, Presentations, Online Content - First graded Discussions Forum.

Week 2: Jan 14 - Jan 20

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

Additional Reading

Race, Ethnicity, Culture, and Disparities in Health care - 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.

2016 National Healthcare Quality and Disparities Report - Agency for Healthcare Research and Quality - The report assesses the performance of our health care system and identifies areas of strengths and weaknesses, as well as disparities, for access to health care and quality of health care.

Equity and Social Determinants of Health Among Older Adults - 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 - 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 - 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.

The most important community features for all adults’ center around the built environment specifically relating to outdoor spaces and buildings and streets and sidewalks.

Elder Abuse - 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 of dying sooner. Elders who had experienced psychological abuse, physical abuse, caregiver neglect and/or financial exploitation were twice as likely as non-abused elders to be hospitalized.

Presentations

Audio PowerPoint Lecture - Cultural Competence    Lecture Slide Notes
Demographic Structure of Society - Race and Ethnicity
AAMC and Khan University
Race and Ethnicity
Nora Shingledecker - Exploring Society: Introduction to Sociology

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 18 at 11:00 pm ET. Comments to other posts continue through Sunday, January 27 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 - National Geographic
The Effects Of Family Culture On Family Foundations - Council on Foundations

Next Week: Reading, Presentations, Online Content

Week 3:   Jan 21 - Jan 27

Topics

Assigned Reading

*Functional Performance – Chapters 7 & 12*

Additional Reading

Cognitive assessment in the elderly: a review of clinical methods - 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 - Boston University School of Public Health - click on the next page for more

Clinical Dementia Rating Orientation Score as an Excellent Predictor of the Progression to Alzheimer’s Disease in Mild Cognitive Impairment - 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. - The CDR


Presentations

What is normal cognitive aging?

Dr. Louis Bherer - 49 minutes. Somewhat clinical information

Online Content

Health Care Professionals and Alzheimer's - Alz.org

Mental health of older adults - 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 - Mayo Clinic

Depression and Alzheimer's - First author Laura B. Zahodne, PhD - Columbia Medical

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

**Week 4: Jan 28 - Feb 3**

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 - 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 - 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 - 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 - 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.

The Changing Face of Older Adult Substance Abuse - By Christina Reardon, MSW, LSW

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.

Presentations

Substance Abuse & Older Adults - Sarah Collins

How to Tell if It’s Depression or Dementia - Dr. Kenneth Robbins, MD - Psychiatrist - University of Wisconsin

Sexuality and Aging - Research on Aging - Dan Sewell, MD - University of California Television

Healthy Aging: Promoting Well-being in Older Adults - CDC - The population of older Americans is growing and living longer than ever.

Second Discussion Forum

Please click Week 4 - Second Discussion Forum. Read and respond to the topic or questions provided. Initial responses are due by Friday, February 1 at 11:00 pm ET. Comments to other posts continue through Sunday, February 10 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**

Rethinking How We Understand and Treat Depression: Charles Raison at TEDx Tucson Salon Dr. Charles Raison - TEDX Talks

Elderly Substance Abuse PSA - Anthony Diaz

Hot Topic - The Ethics of Sexuality and Aging  mmlearn.org

Next Week: Reading, Presentations, Online Content

**Week 5: Feb 4 - Feb 10**

**Topics**

Cognitive Assessment - Psychosocial Assessment - Psychological Assessment – Capacity - 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**

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 - 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? - 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 - 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 - 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.
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. Roalf, Tyler M. Moore, Dawn Mechanic-Hamilton, David A. Wolke, Steven E. Arnold, Daniel A. Weintraub, Paul J. Moberg - 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.

Presentations

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

Geriatrics-Competent Care: Geriatric Assessment - ResourcesforIntegratedCare - Good overview of the assessment process - 1hr, 15 minutes

Conference Session

Please check your Announcements for upcoming Conference Session. I will be scheduling a guest speaker for a discussion on topics relevant to course material.

Online Content

Issues of Faith: Spirituality of Aging Pt. 1   NewsChannel 5

Issues of Faith: Spirituality of Aging Pt. 2   NewsChannel 5

Next Week: Reading, Presentations, Online Content, - Open Book Quiz

Week 6:    Feb 11 - Feb 17

Topics

MidTerm Open Book Quiz

The Quiz will be available starting Monday, February 11 and conclude on Sunday, February 17 at midnight. You will have 60 minutes to answer 10 multiple choice questions. Please click on Mid-term Quiz or the Quizzes button to access the quiz.

Assigned Reading

*Handbook of GCM - Chapter 4*

*Functional Performance – Chapters 8, 15, 18 & 23*

Additional Reading


GEM Environmental Assessment - 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.

Immobility Ambulation - King and Bowers, 2011 - American Academy of Nursing - Don’t let older adults lay in bed or only get up to a chair during their hospital stay. Walking during the hospital stay is critical for maintaining functional ability in older adults.

Presentations

The Lawton Instrumental Activities of Daily Living Scale [IADL] - 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] - Hartford Institute for Geriatric Nursing

Removing Barriers to Transportation and Expanding Senior Mobility - 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 - 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

Online Content

Taking Steps to Prevent Falling Head Over Heels - AARP
Sleep and Sleep Disorders in the Older Adult - Research on Aging - Jose S. Loredo, MD - University of California Television

Video: Preventing Falls in the Elderly - Lee Memorial Health System

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

Week 7:  Feb 18 - Feb 24

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 - Vision System and Functional Performance - Auditory System and Functional Performance - Taste and Smell: Physical Changes and Functional Performance - 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 - Fall Facts - Where and When Do Older Adults Fall? - Risk Factors for Falls

Assigned Reading

Handbook of GCM - Chapter 5

Functional Performance Chapters 9, 10, 11 & 16

Additional Reading

Geriatric Assessment Tools - 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 - 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 - Shantong Jiang and Pingping Li - Published online 2016 Mar 3. doi: 10.1155/2016/3528248 - 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.

Understanding Gait in Aging - Part 1 - 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 - Richard Camicioli, MSc MD and Caterina Rosano, MD - The International Parkinson and Movement Disorder Society.

Presentations

MNA Mini Nutritional Assessment - Nestle Nutritional Institute

Guide to MNA Mini Nutritional Assessment - Nestle Nutritional Institute

MNA Form - Nestle Nutritional Institute

Falls in Older Adults - University of California Television

How to Create a Care Plan 1 What is a Care Plan? - 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?

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

Video: Wheelchair to Car Instructional Video

Debunking the Myths of Older Adult Falls - National Center for Health in Public Housing and the National Council on Aging

Next Week: Reading, Presentations, Online Content

Week 8: Feb 25 - March 3

Topics


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 - 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 - Amber Lois Williams - Eastern Michigan University

Moving Elderly Parents Into Your Home - 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.

How to Talk to Your Parents About Moving Out of Their Big, Beautiful House - Penelope Wang - Time.com - Nearly 70% of households age 85 and over live in homes that lack essential features that would let them live safely, a 2015 study by the Joint Center for Housing Studies at Harvard found. - Good article if you can skip past all the junk in between the story. November 18, 2016

Presentations

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

Friday, October 09, 2015: Home and Community-Based Services - In my opinion, this could be the future of health care for older adults.

Conference Session

I would like to hold a Conference Session on Wednesday, February 27 at 7 pm ET to discuss and review the assessment and care plan process. There is no grade assigned to this Conference but if you are new to the care planning process, you might find this information helpful to you.

Online Content

The Eden Alternative - 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 - 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

SASH Program - 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.
Week 9: March 4 - March 10

Topics

Health and Wellness Technologies - Safety, Security, and Environmental Sensors - Communication and Social -- Engagement - Care Manager in Recommending Technology - Social Relationships in Later Life - Sexuality and Aging

Assigned Reading

*Handbook of GCM - Chapters 10 & 11*

*Functional Performance -- Chapter 24*

Additional Reading

2016 Technology Survey Older Adults, Age 59-85+ - A 2016 Study Sponsored by Link-age In cooperation with the Link-age Stakeholders Prepared by Laurie M. Orlov, Founder and Principal Analyst Aging in Place Technology Watch - The 2016 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. - Another very good document. Chock-full of data. This is an interesting perspective. I believe they are saying where the potential market is now and will be in the future, especially this part, "their interest in having technologies they don't currently own, and what they expect to pay for them."

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. 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 - 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 - 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 - 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. 2 AARP surveys consistently reflect that seniors prefer to age in place at home.

A Profile of Social Connectedness in Older Adults - 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.

Useful Statistics on Age and Technology - 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. - Quite interesting. It appears to be many good and useful links to relevant information regarding older use of various technology devices.

Sexuality in Later Life - 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 - Rebecca A. Clay - APA - Psychologists are working as part of health-care teams to help older adults keep their sex lives going strong.

Presentations

Gerontotechnology - GERQ 543 - Dr. Benton - Fall 2015

Appropriate Use of Assistive Devices - Physical Therapy Department - Film and Media Club - University of Michigan

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 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 Monday, March 4, and continue on Tuesday, March 5, Wednesday, March 6 and if needed, Thursday, March 7. All Conference Report start times begin at 7 pm ET. To join a Conference, click on Conferences tab then click on the corresponding day for your presentation.

Fourth Discussion Forum

Week 9 - Fourth Discussion Forum - Initial posting of your PowerPoint presentation to this Discussion Forum will vary based on your Conference Report scheduled time. Your PowerPoint presentations should be posted to the Week 9 - Discussion Forum no later than Friday, March 8. Ongoing responses and comments continue through Sunday, March 17. Please refer to the Fourth Discussion Forum for additional information. This is a graded Discussion. Please contact your instructor for any questions or concerns regarding this Discussion Forum.

Online Content

Center for Aging Services Technologies - 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.

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

Sexual Activity Among Older Populations - 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 - APA Monitor on Psychology®, November 2014 - This page represents an ongoing effort by the APA's Office on Sexual Orientation and Gender Diversity 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.

Next Week: Reading, Presentations, Conference, Practical Case Study Assignment - Due March 11

**Week 10: March 11 - March 17**

**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
- Evolution of the Nursing Home - Legislation and Regulation - Models of Care - Profile of Nursing Home Residents

**Assigned Reading**

*Functional Performance – Chapters 19, 22 & 33*

**Additional Reading**

How to Understand & Influence Older - 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.

Module 1: Functional Abilities and Safe Driving - 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 Model - 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, as experienced within the process of aging. PA was conceptualized as both structured exercise-type behaviors and unstructured lower-level (leisure) activities.

**Presentations**

Staying Physically Active - Research on Aging - Jacqueline Kerr, PhD - University of California Television

Healthy Aging Webinar: Physical Activity and Quality of Life - Association of State and Territorial Health Officials and the National Physical Activity Society - time: 56.51

**Practical Case Study Analysis Assignment**

Your Practical Case Study Analysis Assessment Report is due by Monday, March 11 by 11:00 pm ET. Please attach your assignment 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 - seniortransportation.net

Physical Activity Promotion among the Elderly

Clemson University - a funny skit put on by students

National Prevention Strategy - CDC - lots of good resources
Clearinghouse for Older Road User Safety - 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.

Next Week: Reading, Presentations, Online Content

Week 11: March 18 - March 24

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*

*Functional Performance - Chapter 34*

Additional Reading

Alzheimer's Disease prevalence, costs, and prevention for military personnel and veterans - 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 - 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 - benefits.va.gov

Seven Keys to a Good Death - 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 - National Institute on Aging - Today, most Americans are in hospitals or nursing homes at the end of their lives.

Critical End-of-Life Communication - 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 - va.gov

How to File for VA Disability Benefits - Veterans Law Clinic

BJ Miller: What really matters at the end of life - BJ Miller

Hospice Care - University of California Television - Very good overview of Hospice services

Spiritual Comfort at the End of Life - Hospice of Red River Valley

Good Death - Joel Engardio

New guidelines may encourage end-of-life discussions - Lynn Sherr - PBS NewsHour

Practical Case Analysis Individual Conference Reports

For your Practical Case Analysis Assignment, you had the option of choosing an evening to present your analysis or to record a presentation and upload to the Week 11- Discussion Forum. We will hold Individual Conference Reports for the Practical Case Study Analysis Assignment starting Wednesday March 20, continue Thursday March 21, and Friday March 22. All Conferences will start at 7 pm ET. I will need a copy of your PowerPoint presentation prior to your conference report evening. Please post your presentation to the Week 11- Fifth Discussion Forum at the conclusion of your conference.

Fifth Discussion Forum

As discussed previously, you have two options for presenting your Case Study Analysis information by recording your presentation and posting it to the Fifth Discussion Forum or by your Individual Conference Report. Regardless of the method, your completed PowerPoint presentation of your Case Analysis should be posted to the Week II - Fifth Discussion Forum no later than Friday, March 22 by 11 pm ET. Questions or concerns regarding this Discussion Forum should be directed to the instructor. This is a graded Discussion. Please use the rest of the semester to respond and comment to other presentations.

Online Content

U.S. Senior Vets

Veterans Support Foundation - vsf-usa.org

Veterans Law Clinic - veteranslawclinic.org

VA YouTube Page - U.S. Department of Veterans Affairs - many YouTube video resources

Veterans Choice Program - VA.gov

National Hospice and Palliative Care Organization - 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
A Good Goodbye - Gail Ruben - TEDxABQ

Next Week: Reading, Presentations, Online Content, Final Quiz

**Week 12: March 25 - March 29**

**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 25 and conclude on Friday, March 29 at midnight. The Quiz will cover Chapters 6 through 12. You will have 60 minutes to answer 10 multiple choice questions. Please click on Final Quiz or the Quizzes button to access the quiz.

**Note that this Quiz ends on Friday, March 29.**

**Additional Reading**

The State of Caregiving 2018 - 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 - 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 - 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"

**End-of-Semester 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, April 5, from 7 to 8 pm ET. Click on the Conference button on the left to join.
Online Content

Lesbian, Gay, Bisexual and Transgender Aging - 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 - National Resource Center - Numerous resources available

LGBT Aging - ASA - Resources available

LGBT Advocate Sees Hurdles Ahead - Michael Adams - AARP - Unless policies change, older gays and lesbians will face unique challenges as they age.

Aging Life Care Association - 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 - 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 - 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 - 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.

National Association of Social Workers - 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.