



**FACING THE
CHALLENGES OF AN
AGING SOCIETY:
TODAY & TOMORROW**

Conference Program
2003 North Carolina Conference on Aging
September 10-12, 2003
Adam's Mark Hotel
Charlotte, North Carolina



The North Carolina Conference on Aging is a collaborative effort of: UNC Institute on Aging; AARP; NC Governor's Advisory Council on Aging; NC Association of Area Agencies on Aging; NC Association on Aging; and NC Division of Aging.



We Are Listening

Join us for a special event. The U.S. Administration on Aging will hold the last of its Town Hall Listening Sessions during the closing session of the North Carolina Conference on Aging.

The theme of these listening sessions is "*A Caring America: Choices for Independence.*" Other sessions have been held in Miami, Chicago, Los Angeles, and Baltimore. After the North Carolina session, the Administration on Aging will hold a National Summit on "Creating Caring Communities," in Orlando, Florida, from September 21-23, 2003.

The U.S. Assistant Secretary for Aging, Josefina Carbonell, is using these Town Hall Listening Sessions to hear from older people, their families and caregivers, along with members

of the Aging Services Network, on the following critical issues:

WHAT can the Aging Services Network do to empower older people and their families to make informed decisions about their care options?

HOW can we build upon the initial success of the National Family Caregiver Support Program and expand access to information, make services more consumer-friendly, and allow caregivers more choices?

WHAT innovations are occurring at the state and local level related to access and service delivery that could serve as models for other states and communities across the country?

Make your voice heard by joining us during the closing session of the NC Conference on Aging:

**Friday, September 12
11am-1pm**

2003 Conference on Aging

Welcome from the Chair

Welcome to the second annual North Carolina Conference on Aging! The Conference provides a forum for practitioners, educators, students, policy makers and citizens to come together to learn about emerging aging issues, best practices in the field, and research being conducted within our colleges and universities. Our conference theme this year is "Facing the Challenges of an Aging Society: Today and Tomorrow." In the next decade, North Carolina is expected to outpace the nation in the growth of our older adult population. This population explosion will place extraordinary demands on our institutional and community based services. At the same time, our communities will be enriched with the incredible life experiences and personal resources of our elders. The program committee has put together workshops, roundtables and posters that address both the challenges and opportunities to be considered by public policy makers, researchers, teachers, students and those working in the field of aging.

Many people have worked long hours to make this conference possible. First the **Executive Board** that provided overall guidance and made policy decisions during planning. Members included: Mary Altpeter, UNC Institute on Aging; Lorin Baumhover, Appalachian State University; Karen Gottovi, Division of Aging; Bob Jackson, AARP; Ann Johnson, Governor's Advisory Council on Aging; Ron Manheimer, UNC Asheville; Victor Marshall, UNC Institute on Aging; Mike Murphy, Cabarrus County Department of Aging; and Gayla Woody, Centralina Area Agency on Aging. The conference committees that worked on various aspects of the conference included:

The **Program Committee**: Mike Murphy, Cabarrus County Department of Aging; Julie Bell, Division of Aging; Mary Bethel, Division of Aging; Suzanne Cameron, AARP; Margie Dewoskin, Triangle J Area Agency on Aging; Steve Freedman, Division of Aging; Bob Jackson, AARP; Victor Marshall, UNC Institute on Aging; Greg Tanner, AARP; and Chris Urso, Division of Aging.

The **Plenary Sessions Committee** included Victor Marshall, UNC Institute on Aging and Ann Johnson, Governor's Advisory Council on Aging. The **Development Committee** included Mary Altpeter, UNC Institute on Aging and Karen Gottovi, Division of Aging. The **Local Arrangements Committee** included Dena Shenk, UNC-Charlotte; Jill Butler, Atria MerryWood; MaryAnn Daley, Better Business Bureau of Southern Piedmont; Ruth Huey, Neighborhood Outreach Program and Charlotte Mecklenburg Aging Coalition; Jennifer Torpey, Home Instead; and James Peacock, Appalachian State University.

Finally, I'd like to thank the person most instrumental in putting this conference together. This conference would not be the same without the dedication and many hours of work Diane Wurzinger put into making the arrangements, negotiating with the hotel, staffing the committees, responding to the presenters, reminding me of deadlines and the myriad of other tasks needing to be addressed to make a conference a successful venture.

With all that said, if you see any of these folks, thank them as well and by all means enjoy the conference!

Bill Lamb

2003 Conference Chair

Schedule-At-A-Glance

Wednesday, September 10

8:00am	Registration/Exhibits Open
10:00am-11:45am	Concurrent Sessions 1
12:00pm-2:15pm	Opening Plenary Luncheon
2:30pm-3:45pm	Concurrent Sessions 2
3:45pm-4:15pm	Break (Hotel check-in)
4:15pm-5:30pm	Concurrent Sessions 3
6:30pm-9:30pm	Swing Dance Party

Thursday, September 11

7:00am	Registration
7:30am-8:20am	Breakfast with Roundtables
8:00am	Exhibit Hall Open
8:30am-10:00am	Concurrent Sessions 4
10:15am-11:45am	Concurrent Sessions 5
12:00pm-2:15pm	AARP Luncheon
2:30pm-3:45pm	Concurrent Sessions 6
4:00pm-5:30pm	Concurrent Sessions 7
6:00pm - 8:00pm	Reception & Poster Session

Friday, September 12

8:00am-10:30am	Exhibit Hall Open
8:30am-10:00am	Concurrent Sessions 8
10:15am-1:00pm	Closing Lecture & Town Hall Listening Session

Conference Sessions

Wednesday, September 10

Concurrent Sessions 1

10am-11:45am

1a Dealing With PPAC (Don't Know What PPAC Is? Come To This Session To Find Out.)

Vickie Turner, Regional LTC Ombudsman, Northwest Piedmont Council of Governments, Area Agency on Aging

Aging programs attract participants with an array of personalities, preferences, abilities, and challenges (PPAC). Designed as professional development for aging program staff, this interactive session will offer insight into complex and sometimes difficult behaviors and explore creative ideas for managing the challenges that they present.

1b The National Family Caregiver Support Program: What's Happening In NC?

Chris Urso, NC Division of Aging; Michael L. Murphy, Chasity Stoker, and Cyndi Smart, Cabarrus County Department of Aging; and other regional and local program representatives will highlight their local caregiver programs

The National Family Caregiver Support Program, the newest component of the Older Americans Act, is entering its third year in North Carolina. Learn about the legislation, the planning process and implementation of the program in NC. Presenters from AAAs and local providers across the state will highlight exciting new initiatives including the extremely successful "Caregiver Camps." This session will highlight one local program's unique approach to establishing a Caregiver Support Program and delivering the necessary services to meet the diverse needs of both the caregivers and the care-receivers while working with a limited budget.

1c Developing Strategies For Bridging Cross-Cultural Communication In Your Organization

Todd Chester, National Training Consultant and Maria Carrasquillo, National Volunteer Consultant, AARP

Preconceptions and stereotypes are barriers to cross-culture communication. We tend to prejudge based on our life experiences. This blocks our ability to fully understand an individual who is different from us. Learn more about what you can do to educate yourself and others to bridge cross-culture communication. This session should particularly benefit conference attendees who want to make a difference in society.

1d Film Festival: Intergenerational Issues

See pages 22-23 for description.

Opening Plenary Luncheon & Awards 12-2:15pm

Challenges Presented By An Aging Society

Charles F. Longino, Jr., PhD, President of the Association for Gerontology in Higher Education, and Editor of the "Journal of Gerontology: Social Sciences"

Our aging population, normal and expected in developed nations, is

evidence of success in family planning and public health. The American baby boom only adds momentum to population aging. Challenges presented by an aging society include the new nexus of economic and population policy, redefining retirement and productive aging, anxiety over potential workforce decline, client-directed services, the impact of technological change, and finally, planning for a declining older population in the future.

The Margaret Hart Hardee Preeminence in Aging Award, Ewald W. Busse Award, George L. Maddox Award, and Ernest B. Messer Award will also be presented.

Concurrent Sessions 2

2:30pm-3:45pm

2a Merging Ethics Of Various Professions When Serving Older Adults: How To Play By The Rules Of Other Professions Without Breaking Your Own?

A. Frank Johns, JD, CELA, Booth Harrington & Johns, LLP; Michele Haber, MD, Geriatrics Consulting Services of Greensboro, PA; Kimberly J. Strom-Gottfried, PhD, School of Social Work, UNC Chapel Hill

Medicine, social work and law are three of the primary professions serving older adults and their families. Practitioners in these professions often address intergenerational conflicts. This presentation assesses the ethics of these professions in (1) case study (skit) and (2) lecture format with questions and answers. The presenters will produce and direct a role play that should promote dialogue among participants that addresses how they are able to work together to advocate the quality of life and the best interests of the older adults being served. The presenters will also invite participant dialogue on how professionals function within professional multidisciplinary teams, describing how they may be constrained by their profession's ethics to follow the team in one direction or another.

2b Senior Games - The Power Of Prevention & Healthy Aging

Beth Wilson, PhD, NCSU Parks, Recreation & Tourism Mgmt.; Luci Bearon, PhD, NC Cooperative Extension, NCSU; Margot Raynor, MRPA, NC Senior Games

Twenty years ago, North Carolina invested in "Healthy Aging" by developing the N.C. Senior Games statewide health promotion program of Local Games, State Finals, Silver Arts and SilverStriders. Today, we are reaping the dividends from this investment in physical activity, motivation and socialization. Recent research results reveal practical ways for professionals and communities to enhance their health promotion efforts. Senior Games is "Success...in action, motivation, and proven benefits." Cost efficiency and impact on healthy lifestyles are well-documented and transferrable to our local communities. Fun, fitness, fellowship and family...Let's do what works!

2c Grandparents And Other Relatives Raising Children: The "How To's" For Caregivers And The Professionals Who Assist Them

Sue Korenstein, Char-Meck Senior Center -The GrandCare Program

In NC there are over 174,000 children under 18 being raised by grandparents or other relatives! Separate from the foster

please refer to the insert for room assignments

system, relative caregivers - often seniors on limited incomes - do not get the same much needed assistance from social services and other providers as non-relative caregivers. This workshop will (1) detail how professionals can more effectively assist kin caregivers, (2) provide kin caregivers information on navigating "the system," and (3) outline development of support groups for kin caregivers in your community.

2d Staying At Home With Project C.A.R.E: Perspectives From The Field

Karisa Darence, MA, NC Division of Aging; Len Erker, MA, and Wilhelmenia Pledger, BA, Western Carolina Chapter, Alzheimer's Association; Marsha Ghent, MSW, Mecklenburg County DSS; Lisa Gwyther, MSW, Duke Family Support Program

The physical, emotional and financial demands on dementia caregivers in the home are relentless and exhausting. Project C.A.R.E. (Caregiver Alternatives to Running on Empty) responds to these multi-level demands with immediate practical support and respite care funding for home caregivers in two urban and four rural North Carolina counties. Join a panel of caregivers, family consultants, community respite providers, and demonstration staff for a frank, guided discussion of challenges, successes, and practice insights. The Project C.A.R.E. experience offers potential guidance for community-based, consumer-directed care in support of committed family caregivers.

2e Retirement & Leisure Services And Supports: Connecting Older Adults With Developmental Disabilities To The Community

Melinda Thompson, TRS/CTRS, and Allison Hubbard, MS, TRS/CTRS, Retirement & Leisure Services and Supports Program, Arc of Wake County

Retirement and Leisure Services is a therapeutic community-based service designed to enable older adults with developmental disabilities to improve their mastery of community living skills and their ability to utilize generic community resources for recreation, leisure and community participation. It is currently being funded by Wake County Human Services and coordinated through The Arc of Wake County. The goals of this program are to avoid forced retirement and functional decline for older adults with DD, establish a retirement culture for older adults with DD, improve quality of life by developing and strengthening skills, behaviors and responsibilities needed to successfully enjoy community life, and increase the community's capacity to meet the needs of older adults with developmental disabilities.



2f End Of Life Care Trends From A Consumer's Perspective

Gwynn Sullivan, RN, MSN, The Carolinas Center for Hospice and End of Life Care

This presentation will focus on the results of the North Carolina Statewide End of Life Care survey sponsored by NC-AARP and The Carolinas Center for Hospice and End of Life Care in 2002. Participants will learn ways to integrate data from the survey into community educational and outreach programs, as well as statewide and community resources to improve care at the end of life.

2g Telephone Access Is A Critical Component Of 'Facing The Challenge Of An Aging Society'

Joan and John Black, Relay North Carolina

By age 65 one out of three people has a significant hearing loss and experiences stress and difficulty using the telephone. How to find appropriate help is often not known or understood by seniors or their service providers. In our workshop we will discuss and demonstrate solutions through Relay North Carolina - Voice Carry Over (speak and read), Voice Mail Retrieval, Answering Machine Retrieval and Internet Relay Service. Information will be shared on the North Carolina Telecommunications Equipment Distribution Program which provides at 'no charge' specialized telephone equipment for qualifying individuals who are hard of hearing, deaf, deaf-blind, or speech impaired.

2h Film Festival: Cultural Diversity

See pages 22-23 for description.

Concurrent Sessions 3

4:15pm-5:30pm

3a Enhancing Undergraduate And Graduate Gerontologic/Geriatric Nursing Education

Beth E. Barba, PhD, RN, and Laurie Kennedy-Malone, PhD, RN, School of Nursing, UNC Greensboro

The University of North Carolina at Greensboro School of Nursing is the recipient of both the undergraduate and graduate American Association of Colleges of Nursing/John A. Hartford Foundation Geriatric Nursing Education: Enhancing Gerontology/Geriatric Nursing Education awards in 2001 for a period of three years. The purpose of this paper is to share the action plans that were developed for these initiatives and the implementation to date of the curricular activities. Lessons learned, as

well as strategies for facilitating change within this institution and the community, will be shared.

3b Alzheimer's Disease: The Hidden Public Health Challenge Of The Future

Barbara Hinshaw, MSW, and Beth Croom, MA, Western Carolina Chapter, Alzheimer's Association; Teepa Snow, MS, OTR/L, FAOTA, Eastern Carolina Chapter, Alzheimer's Association

This session will review the most recent findings about Alzheimer's disease and its impact on aging individuals, their families, their communities, and the systems that are available to support older adults. It will emphasize that Alzheimer's disease affects all aspects of a person's life: cognitive, physical, social, emotional, medical, financial, and legal. It will reveal that current systems and services are not prepared to meet the complex and growing needs of this rapidly expanding population. Both chapters of the Alzheimer's Association will share information about their efforts and programs to help agencies, families and individuals address this situation.

The UNC Institute on Aging is pleased to administer this 2nd Annual North Carolina Conference on Aging.

The UNC Institute on Aging is an inter-institutional program of the University of North Carolina, based at UNC Chapel Hill. Our mission is to enhance the well-being of older North Carolinians by fostering statewide collaboration in research, education and service. Some examples of how we do that are listed to the right. Learn more about what we do by visiting our exhibit booth and our web site at www.aging.unc.edu.

Carolina Program in Healthcare and Aging Research, offering NIA-funded post- and pre-doctoral training fellowships

North Carolina Gerontology Consortium, expanding educational opportunities through statewide partnership

Older Workers & Retirement Program, investigating the role of aging in the workplace and beyond

Senior Leadership in Aging Program, providing mentored leadership training in aging advocacy to seniors

Center on Minority Aging, supporting and conducting research and investigator development in aging and diversity

WIN-A-STEP-UP Project for Nurse Aides, improving the situation of front-line caregivers in long term care

Information Center, providing digital access to aging-related resources, databases, quick facts, and more



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Conference Sessions

Wednesday, September 10 (con't)

3c Communicating Effectively With Health Care Professionals

Carol McLimans, MA, Land-of-Sky Regional Council

Family caregivers will learn how to use effective communication techniques with health care professionals in order to better advocate for their loved ones and care for themselves. The workshop presents an empowering vision of a team approach to quality health care that is both effective and compassionate, and looks at the communication skills needed to make this happen. Participants will practice using the communication tools and techniques presented. This will prepare them to interact positively with health care professionals and be accepted as an important member of their loved ones' health care team.

3d Aging And Addiction: The Growing Challenge To Health And Vitality

Carol Colleran, C.A.P., I.C.A.D.C., Director of Older Adult Services, the Hazelden Foundation

Addiction to alcohol or medications is a growing problem that currently threatens the health and quality of life of over 3 million older adults. With quality treatment this age group has the most successful recovery rate, but too often their addictions go untreated and misdiagnosed. What can we do to prevent late onset addiction? Why is age specific treatment successful and how can service providers or caregivers successfully intervene? This session offers practical exercises, applicable information, treatment and referral information, and debunks myths to help identify the problem and initiate solutions.

3e The Effects Of Ethnicity And Discrimination On The Dying Process

Mary Shackelford, Graduate Student, School of Social Work, UNC Chapel Hill

Culture is a shared perception among a group of people that shapes their interpretation of life experiences. A life experience common to all people is death. However, until recently, only a modest showing of ethnically related articles about the end of life has appeared in the literature. Closely associated with culture is the influence of historical and contemporary issues of discrimination on the dying process. With significant changes in the context of dying related to advanced technologies, longevity, cause, and place of death, efforts to heighten awareness regarding culture and discrimination affecting the dying patient are essential in providing quality care.

3f Local Long Term Care Planning: Core Service Evaluations And Community Pilot Demonstrations

Steve Freedman, MPA, Dennis Streets, MAT, MPH, LNHA, and Harold Berdiansky, MA, NC Division of Aging; Jocelyn Fina, Department of Health Policy and Administration, UNC Chapel Hill
Building on last year's workshop, Division of Aging staff will

provide participants with a background in local long term care planning concepts and resources to assist communities interested in assessing core services and developing comprehensive LTC planning processes. DHHS has recently selected two local pilot communities to complete a "core LTC service evaluation" to examine the availability of existing services, and to determine the need for additional LTC services along with considering other service delivery issues for older adults, people with disabilities, and their families. This comprehensive approach to local LTC planning will be presented along with preliminary reports from the two pilot communities that could serve as models for future long term care planning.

3g Professional Women: Gender Differences In Preparing For Retirement

Janice I. Wassel, PhD, Director, Gerontology Program, UNC Greensboro

Distinct differences in financial well-being at retirement have been observed for men and women. This research examines the differences in knowledge, post-retirement employment plans and understanding of retirement benefits for a highly educated population of middle-aged workers. Important considerations are given to employment sector, education, and job tenure. Women are significantly less likely to have knowledge of their pension, expected income and consulting plans upon retirement. Women consulting in post-retirement employment consult fewer hours per week and command a lower hourly rate compared to men. The results suggest that education does not mediate gender differences for professionals.

3h Film Festival: Depression and Older Adults

See pages 22-23 for description.

Swing Dance Party

6:30pm-9:30pm



Hey all you swingin' guys and dolls, join us as we hearken back to the golden era of swing for a hoppin' evening at our very own "NCCOA Cotton Club" with music from the Big Band era. Eat, drink and dance the night away or come tap your feet and watch. Dust off your Zoot Suit or circle skirt and feel free to wear your favorite clothes from the forties. Prepare to have a root-tootin' good time!

Thursday, September 11

Breakfast Roundtables

7:30am-8:20am

Grab some breakfast and join a table to discuss a topic of interest with your colleagues.

A. The Art Of Grieving

Jane Armstrong, MSW, Center for Aging Research and Educational Services, UNC Chapel Hill

please refer to the insert for room assignments

B. Cary Supper Club And Midnight Wanderers: Evening And Night Group Respite

Michael Boles, Resources For Seniors, Inc.

C. Protecting The Older Adult From Consumer Fraud And Financial Exploitation

Maryanne Dailey, Better Business Bureau Consumer Foundation

D. Is North Carolina Ready For A 2 Year Degree In Gerontology?

Lyndall Hare, PhD, Program Chair, Gerontology, Central Piedmont Community College

E. A Technical Assistance Model For Family Councils In North Carolina

Bill Lamb, CMSW, MPA, UNC Institute on Aging; Kathryn Lanier, Ombudsman, NC Division Of Aging; Ruth Klemmer, Friends of Residents in Long Term Care

F. How Do You Spell Relief: Innovative Approaches To Caregiver Respite

Virginia Parrish, AB, MS, Western Piedmont Council of Governments; Beth Rummage, BA, MS, Northwestern Piedmont Area Agency on Aging; Barbara Jefferys, BA, MS, Jackson County Family Resource Center; Jane Banks, BS, Ashe County Services for the Aging; Lynn A. Doll, BA, Senior Corps Director, Western Carolina Center

G. Getting Rid Of The "Isms" In Aging

Valerie Radu, LCSW, Social Work Program, Southern Adventist University

H. The Impending Retirement Of The Baby Boom Cohort: A Financial And Work Perspective

Lois Norha Steichen, MS, Graduate of the School of Gerontology, UNC Greensboro

I. Innovative Ways To Cope With Stress For Health Providers And Caretakers

Patricia Suggs, M.Div., M.Ed., PhD, Wake Forest University Health Sciences

J. Aging Well/Life Planning Strategies For The "Young Old" Considering Retirement: Exploring Personal Mission Statements In Adult Education And Faith Community Settings

Richard von Stamwitz, MS, Ed, NCGC, LPC, Retiree, New Jersey Division of Employment Security, and UNC Senior Leadership Initiative

Social Work, Appalachian State University

The North Carolina Gerontology Consortium (NCGC), approved by the UNC Office of the President in Summer 2002, is an inter-campus, distance education-based initiative to produce higher quality and more cost-effective gerontology education and training across our state. NCGC courses, workshops, etc. involve service providers, state government officials, and higher education institutions as consumers and/or producers. This session provides a description of what the NCGC is currently offering and what it plans to offer in the coming year. Participants are encouraged to offer suggestions and make their education/training needs known.

4b Creating And Implementing A Wellness Screening Program

Myra Austin, CTRS, Wellness Coordinator, and Vicki Tilley, PT, GCS, ABC Wellness Specialist, Orange County Department of Aging

The Orange County Department of Aging (OCDOA) recognizes the importance of preserving the health and wellness of the seniors in its community. Assessing, promoting, and maintaining a healthy lifestyle has been included as a goal in the Orange County Master Aging Plan. As a step in achieving this goal, the OCDOA Wellness Coordinator has teamed up with a Physical Therapist in the community to develop the ABC Wellness Screening Program. The Program consists of a six part functional assessment followed by personal consultation to review the results and assist the clients in making modifications to their lifestyles to improve their overall physical function using available community resources.

4c Nonviolence Is Golden

Crystal Black, MA, CARE Center Family Violence Program/ Cumberland County Department of Social Services

Domestic violence is devastating for victims of any age, but especially devastating for victims in the "Golden Years" of life. They may face many barriers that younger victims do not encounter, such as failing health, financial dependence with little possibility of employment, and many years of demoralizing and abusive treatment from their spouse. All of these things make a victim feel helpless and trapped. This workshop will give you examples and the tools to identify a domestic violence situation versus an adult protective service situation. We will discuss how to overcome those barriers and what resources are available in the community.

4d Creating Occupationally Enriched Environments For Older Adults

Sue Coppola, MS, OTR/L, BGC, Division of Occupational Science, UNC Chapel Hill

Current research provides evidence for the relationship between engagement in meaningful occupations to health and wellbeing of older adults. Yet, environments to grow old often emphasize safety, healthcare and physical necessities. This session will focus on the meanings, benefits, challenges and opportunities for occupational engagement for older adults. Assumptions about activity and occupation in older adulthood will be contrasted with research findings to expand understanding of how environments can be occupationally enriched.

Concurrent Sessions 4

8:30am-10:00am

4a The North Carolina Gerontology Consortium: Fall 2002-Fall 2003

Ed Rosenberg, PhD, Appalachian State University; Mary Altpeter, PhD, UNC Institute on Aging; Jim Mitchell, PhD, Center on Aging, East Carolina University; Lorin Baumhover, PhD, Department of Sociology/

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Conference Sessions

Thursday, September 11 (con't)

4e Communication Of End Of Life Wishes Through Person Centered Planning With Adults With Developmental Disabilities

Leigh Ann Kingsbury, MPA, InLeadsS (Innovations in Leadership and Supports)

As more and more people with disabilities are living to old age, the need to think about end-of-life planning (living wills, advanced directives) increases. This session will address the issues that need to be tackled when one is communicating end-of-life wishes. End-of-life planning should be a part of everyone's life, whether one has a disability or not. Without communicating one's wishes, loved ones are left to make decisions that may be in conflict with what the individual would have desired. Self-determination includes one's whole life; and end-of-life planning needs to be a part of each individual's person-centered planning process.

4f Real Choice Grant: The Inside Track

Jan Moxley and Susan Harmuth, Office of Long-Term Care, Department of Health and Human Services

Direct care workforce initiatives of the Real Choice Grant have set a steady pace. The Public Education and Recruitment Strategies workgroup has built fact sheets, video ads, a multi-purpose display and other vehicles to drive home the importance of and need for direct care workers. The Direct Care Workers Association of North Carolina has emerged from a second workgroup with an overall mission to improve the quality of care through education, professional development and public awareness. Make a pit stop! Check the current status and projected course turns as the workgroups race toward their checkered flags.

4g Independent Living Services For Older Adults With Vision Loss

Cynthia Speight, MS, Department of Health and Human Services, Division of Services for the Blind

The North Carolina Division of Services for the Blind administers an Independent Living Services for Older Individuals who are Blind Program for residents of the state in all 100 counties who have significant vision loss and are age 55 and older. Services offered by this program are comprehensive and can be provided in the home and in small groups taught in community based learning centers called "Mini Centers". This workshop will provide information about the incidence of blindness in older adults, an overview of services available through the DSB and how to access them.

4h Film Festival: Spirituality and Aging

See pages 22-23 for description.

Concurrent Sessions 5 10:15am-11:45am

5a Service-Learning To Prepare A Workforce Serving The Aging Population

Michele A. Haber, MD, MS, MPH, and Janice I. Wassel, PhD, Director, Gerontology Program, UNC Greensboro

Applied experience working with the aging population brings depth

to the classroom educational process for students. Service-learning better prepares students for working with the elderly and understanding the needs of a growing population segment. However, the service-learning experience involves an additional commitment for faculty and students in terms of time, preparation, and emotional energy. This paper describes the experience of developing a multigenerational service-learning project bringing together high school students, graduate students and seniors. Benefits and rewards of service-learning, together with negative aspects, will be discussed by faculty and graduate students involved in this program.

5b Sleep Disorders In Stroke Patients: A New Risk Factor?

Ana Felix, MD, Department of Neurology, UNC Chapel Hill

Sleep Apnea is a known risk factor for Cardiovascular Disease, a major cause of death and disability in the United States. Many of the same risk factors are known to play an important role in Stroke. Understanding the connection between Sleep Apnea and stroke risk is important, given that Sleep Apnea is easy to screen and easy to manage. This workshop will focus on the links between Sleep Apnea and Stroke and discuss potential interaction between the two conditions.

5c Information Resources For Grandparents Raising Grandchildren And Other Kinship Caregivers

Luci Bearon, PhD, Family and Consumer Sciences, NC Cooperative Extension, NCSU; Sue Korenstein, Grandcare; Suzanne LaFollette Cameron, MASA, AARP of North Carolina; Lynne Bery, NC Division of Aging; Deborah Womack, MS, Forsyth County Cooperative Extension

When grandparents or other relatives take on the task of raising children, they face new and sometimes unexpected challenges. A critical need is getting information, answers or advice about legal issues, financial matters, strategies of parenting, coping with personal and family stresses, and other topics. In this session, we will share a variety of resources available for grandparent/relative caregivers and the professionals who assist them. Presenters will highlight: what's new on the national scene; resources available through AARP; the new North Carolina Resource Guide; and issues to consider in developing a local resource directory for grandparent/kinship caregivers.

5d Sexual Health And Behavior In Middle And Later Life

Diane Zablotzky, Department of Sociology, UNC Charlotte

This workshop will provide an overview of sexual behavior in the middle and later years. The cultural context of sexual identity among aging adults as well as the influence of sexual messages, including the marketing of Viagra and Avlimil, will be discussed. Recent sexual behavior survey results will be presented and an overview of sexual functioning and sexually transmitted infections, with a focus on HIV, will be provided. Implications for older persons, health care providers, and social service professionals will be discussed.

please refer to the insert for room assignments

5e Improving Intercultural Provider-Client Interactions: What Are The Dynamics?

Joyce Rasin, PhD, RN, School of Nursing, UNC Chapel Hill

With the older population becoming more racially and culturally diverse, providers are challenged to give care that is culturally sensitive. Provider-client interactions may be more difficult when the provider is working with someone culturally different from himself/herself. In this workshop, through discussion and interactive activities, we will discuss verbal and nonverbal processes relevant to intercultural communication. Attitudes and values that may influence the establishment of an effective provider-client relationship will also be discussed. Participants will be encouraged to apply these concepts to the development of culturally sensitive care strategies.

5f North Carolina's Changing Workforce: Issues And Solutions For Senior Workers

Roger Shackelford, NC Commission on Workforce Development; Peter A. Neenan, Employment Security Commission of NC; Kim Raynor, Upper Coastal Plain Council of Governments; Kristen Elk Locklear, Lumber River Council of Governments

This presentation features a panel that will address workforce development issues in North Carolina, focusing on how these issues impact senior workers. Included are an overview of the primary statewide initiatives of the NC Commission on Workforce Development, a summary of the prevailing economic and demographic trends in the state, and highlights from two local senior employment programs that are putting seniors to work by using innovative strategies.



5g 'Hola', 'No-Hao', 'Chao-Ong' And 'Privet' A Multitude Of Ways To Say "Hello": A Model Multi-Cultural Senior Center Program

Myra Haynes, Shamrock Senior Center

North Carolina is becoming a more diverse state with people from many different cultures and countries calling our state home. As a network, the aging services system is just beginning to examine ways to address the needs of older immigrants. This workshop will profile the model multicultural program offered at the Shamrock Senior Center in Charlotte. Staff from this center, which has special programs for Vietnamese, Chinese, Russian, and Latin American seniors, will share information about programming for immigrants and lessons they have learned in the process.

5h Film Festival: Family Caregiving - Emotional Issues

See pages 22-23 for description.

AARP Luncheon & Awards

12pm-2:15pm

This luncheon will focus on AARP's new "Beyond 50: A Report to the Nation on Independent Living and Disability." The report takes an in-depth look at disability among persons 50 and older, as well as a range of supportive services and other

forms of assistance that can help them live with dignity and independence as they age. Following a brief overview of the report, a panel of North Carolina experts will respond on policy and service implications for North Carolina.

The AARP Andrus Award for Community Service and the North Carolina Senior Consumer Fraud Task Force Public and Private Sector Awards will also be presented.

Concurrent Sessions 6

2:30pm-3:45pm

6a Student Portfolio Development As A Skills-Demonstration Tool

Lyndall Hare, PhD, Program Chair, Gerontology, Central Piedmont Community College; Debbie Garrison, Love, INC.

This workshop will be presented by a faculty member and a former student of a two year gerontology program at Central Piedmont Community College. Participants will learn how to incorporate portfolio development into course and internship learning experiences. Handouts on portfolio development, as well as an example of a student portfolio, will be given to participants.

6b "Isn't It Time We Talk?...How To Plan For Care At The End Of Life"

Gwynn Sullivan, RN, MSN, The Carolinas Center for Hospice and End of Life Care

Advance care planning is identified as a critical component of the national recommendations for improving end of life care. The process of advance care planning includes a much larger scope than just completing advance directives. In this

presentation, participants will learn critical components of advance care planning, strategies to encourage conversations about advance care planning, statewide and community resources, and practical applications for one's own personal and professional life.

6c Putting North Carolina's Caregiver Survey To Work

Chris Urso, MSW, NC Division of Aging; Mary Anne Salmon, PhD, and Margaret Morse, PhD, School of Social Work/CARES, UNC Chapel Hill

North Carolina now has data from the first statewide caregiver survey. This telephone survey, conducted with caregivers whose older care recipients have received publicly funded services, provides a wealth of demographic information about caregivers. The survey also provides insights into the challenges and rewards of caregiving, effects on working caregivers, and the impact of service quality, to name just a few important topics. The presenters will review the scope of the data; discuss how it can be used for program evaluation, program improvement, and program development; and suggest how it may be used to seek and apply for grants and shape presentations to local and state policy makers. Participants will learn how to select relevant data and suit their presentation format to their intended audience.



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Upper Coastal Plain Council of Govt.	252-446-0411
Mid-Carolina Council of Governments	910-323-4191
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Conference Sessions

Thursday, September 11 (con't)

6d Promoting Healthy Aging In North Carolina

Betty Wiser, EdD, MS, Director, Older Adult Health Branch & Osteoporosis Program, NC Division of Public Health

CDC and AOA are supporting quality health promotion and disease prevention programs for older adults. Modifiable life style factors account for 50% of the premature deaths and 70% of total U. S. healthcare expenditures. This workshop will describe the NC Healthy aging initiative as well as highlights from some national healthy aging demonstration projects. Participants will receive a healthy aging brochure, poster, and resource guide as well as tools and ideas to use in health promotion and disease prevention programs in their communities.

6e Aging With Developmental Disabilities: Unique Challenges Now And In The Future

Genevieve Pugh, MA, NHA, Black Mountain Center

There are 526,000 people with developmental disabilities (DD) over the age of 60 in the United States and the number is expected to double by 2030. There are 479,000 aging people with these severe, chronic disabilities living at home with parent/caregivers who are over the age of 60. Fewer than 50% of parents have made plans for future living arrangements for their son or daughter with DD. In addition to typical age-related changes, individuals with DD face unique medical, social, functional, residential, and legal/financial challenges. Like all other older adults, these individuals share universal goals for aging: optimal health and independence, emotional stability, personal/social control, and continued engagement with life. This presentation will explore the special needs of persons who are aging with DD, including: dementia and DD, dementia capable programs, healthy aging and aging in place, quality of life, and end of life concerns.



6f Setting The Pace For Consumer-Directed Services

Donna Holt and Susan Harmuth, Office of Long Term Care, Department of Health and Human Services

The Real Choice Grant Workgroup on Consumer-Directed Services has set standards, reviewed rules, considered health, safety and welfare issues, and developed eligibility requirements for the applicants interested in offering consumer-directed services. Other states have been test driving various models, and now it's North Carolina's turn. The field has narrowed from more than 20 applicants to 4-6 places in the trial run for consumer-directed services. Today, we'll hear from some in the drivers' seats and learn more about their plans to lead them from the starting point to the finish line of a successful consumer-directed service delivery model.

6g Promoting Intergenerational Games In Long Term Care

Eleanor Krassen Covan, PhD, Director of Gerontology, UNC Wilmington; Wendy Exposito, MA, UNC Wilmington and Activity Coordinator, New Hanover County Senior Center; Beth Richards, MA, Gerontology Program, UNC Wilmington; Penny Magee, Activity Director, Meadows of Wilmington, Wilmington, NC

Coastal Carolina Intergenerational Games (CCIG), a UNC Wilmington intergenerational service-learning project, allows college students studying gerontology to interact socially with older adults in activities that highlight the strengths of both age groups. Working with facility activity directors, UNCW faculty and students provide an opportunity for older adults in nursing homes, assisted living facilities, retirement communities, and senior center participants to showcase their physical and cognitive skills by engaging in some friendly competition with their peers. In this workshop we share a model to develop enjoyable intergenerational activities that motivate residents & participants to become or remain physically and cognitively active.

6h Film Festival: Family Caregiving - Dealing with Dementia

See pages 22-23 for description.

Concurrent Sessions 7 4pm-5:30pm

7a Communicating With And Caring For The Person With Alzheimer's Dementia

Dena Shenk, PhD, Director, Gerontology Program, Department of Sociology and Anthropology, UNC Charlotte; Boyd Davis, PhD, Department of English, UNC Charlotte; Linda Moore, PhD, Adult Health Nursing, College of Health and Human Services, UNC Charlotte

Researchers have studied how to discriminate more effectively between the speech of speakers with dementia of the Alzheimer's type (AD) and normal adults, in order to improve diagnosis, care and communication. Therapists, caregivers and researchers need longitudinal information about the changes in

Alzheimer's discourse patterns in order to deliver services effectively throughout the course of the disease. This workshop will focus first on reviewing issues of language production and stereotyping of language usage by older adults. Next, several techniques will be demonstrated that enhance communication with older adults with AD in order to help staff save time by communicating more effectively.

7b Meeting The Needs Of An Aging Driving Population

Jane Stutts, PhD, UNC Highway Safety Research Center

This workshop will describe what is being done to assist

please refer to the insert for room assignments

older adults in continuing to drive as long as they can do so safely, and providing them alternative means of transportation when driving is no longer an option or if they simply choose not to drive. The workshop will highlight exemplary programs and activities in other states and will provide an update on activities underway here in NC.

7c Community-Based Caregiving During Serious Illness, End Of Life, And Grief

Rev. James L. Brooks, Project Compassion; Marilyn Hartman, PhD, UNC Chapel Hill and Chair, Project Compassion Research Committee

Providing community support for seniors as they face serious illness and end of life is a significant challenge. In the Durham/Chapel Hill area, Project Compassion has developed a range of initiatives that create this community support, including a network of community based volunteer care teams that provide practical, emotional, and spiritual support. This workshop will focus on effective community based strategies geared to keeping seniors in place. It will explore the care team approach as a means for creating community support. It will also update participants on Project Compassion's research on the effectiveness of a team approach for volunteerism.

7d Older Workers And Information Technology

Victor W. Marshall, PhD, UNC Institute on Aging; Joanne Gard Marshall, PhD, School of Information and Library Science, UNC Chapel Hill; Mairead Moloney, Pre-Doctoral Student, Department of Sociology and Institute on Aging, UNC Chapel Hill

Older workers are stereotyped as having neither ability nor motivation to adapt to information technologies (IT). As the population ages, IT will become a larger component of the economy. Smaller entry-level cohorts will require retention of older workers in IT. Three presentations will support participant discussion. Victor Marshall will provide an overview of the area of older workers and information technology and Mairead Moloney will discuss the intersection of age and minority status in relation to IT. Joanne Marshall will examine a critical IT profession in her presentation on library and information science and the aging workforce: a profession at risk.

7e The Impact Of Mental Health Reform On The Older Adult Population

Amy Smiley, MSW, NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services

In July 2002 the North Carolina Department of Health and Human Services completed the first annual revision of the State Mental Health Plan 2001: Blueprint for Change. The State Plan provides a framework for the realignment of the mental health system of care so that area mental health programs become Local Management Entities, who will be managing services rather than providing them. As part of mental health reform, there will be priority populations identified in which people in greatest need are served. For many people, including the older adult population, this

means that our system will change regarding the way services are provided. The primary goal of the reform is that the new system will be consumer driven, community focused, and outcome oriented. This session will provide an overview of the reform effort and how this will impact the delivery of services to older persons.

7f Burden Reduction During Participation Online: Social Technology For Healthier Caregiving

Lauren E. Storck, PhD, CGP, Gerontology Center, Boston University

This research applied two parallel methods to study if online communications and relations among caregivers offer benefits that can be measured and assessed. Archived data (26,000 e-mails from one large public Internet group) were sorted for numerical and qualitative analyses. Results include (a) three themes identified as meaningful and beneficial for caregivers; (b) individual narratives illustrating change in caregiver mood and reported behavior; (c) application of a content analysis directly to online text that measured a significant reduction in use of burden words over time; (d) two online behaviors that correlated with reduced burden. Wider distribution of Internet resources is recommended, with attention to group processes on-line, and further development of assessment methods. Workshop will include presentation and group discussion.

7g Retired Educators: Recommendations For Reaching This Untapped Community Resource

Dana Burr Bradley, PhD, Department of Political Science, UNC Charlotte

Educators, a fast growing segment of North Carolina's retirees, are a rich pool of experience. Many are willing to be a resource for their community. While approximately 80% of all adults report volunteering for a nonprofit agency at some point in their lifetime, we know very little about what an individual wants in comparison to what the individual perceives he/she receives from the volunteer opportunity. This workshop will discuss the findings of a national study which examined the self-reported desired and received rankings of different motivation variables of retired educators across the United States. Particular focus will be on what North Carolinians said they want and how you can better design volunteer programs for these retirees.

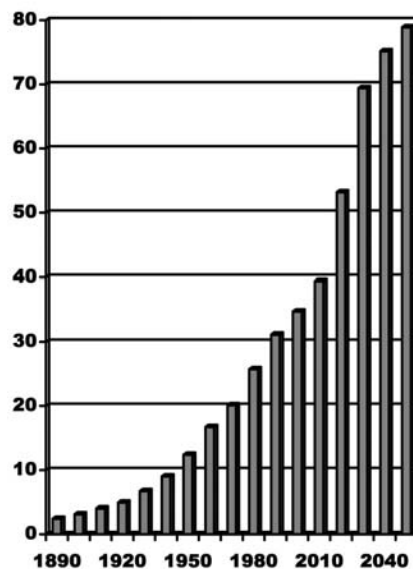
7h Film Festival : The Family Connection in Caregiving - Communication, Planning, and Understanding

See pages 22-23 for description.

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Conference Sessions

Thursday, September 11 (con't)

Reception & Posters

6:00pm-8:00pm

This evening reception will feature good food, drinks, music, networking, and a chance to view poster presentations. During the reception, there will also be a special session of the 2003 Film Festival, a viewing of *My Mother Dreams the Satan's Disciples in New York*. See page 23 for a further description.

A. Complementary And Alternative Medicines In North Carolina Nursing Homes

Ashish Behl, MBBS, Nancy Sharma, MBBS, Ed Rosenberg, PhD, Department of Sociology & Social Work, Appalachian State University

B. Manufactured Housing As A Means To Improve The Quality Of Life Of Older People

Ana Bernal, Graduate Student, Interior Architecture Department, UNC Greensboro

C. Elders, Crime, And The Criminal Justice System: Strategies For Effective Policy

Anita Blowers, PhD, and Alice Birmingham, AAS, BA, MS, Department of Criminal Justice, UNC Charlotte

D. Implementing The National Family Caregiver Support Program: A Case Study Of Alabama

Carol Jenkins, PhD, Department of Health Behavior & Administration, UNC Charlotte; Tara Shaver-Jarmon, BS, State Coordinator, Alabama Cares

E. The Changing Face Of Adult Care Homes

Kimberly Lea, Wake County Human Services

F. Disruptive Behavior In Patients With Alzheimer's Disease: An Application Of The Donabedian Model

Emily Lees, PhD, MPH, College Of Nursing, Houston Baptist University

G. Limited Income Women's Knowledge, Beliefs, And Attitudes Regarding Hormone Replacement Therapy

Emily Lees, PhD, MPH, College of Nursing, Houston Baptist University

H. Care Information Needs Of Small Residential Home Caregivers

Joyce Rasin, PhD, RN, School Of Nursing, UNC Chapel Hill

I. Evaluation Of Adult Day Health Care Programs

Ed Rosenberg, PhD, and Kara Buchikos, Department of Sociology & Social Work, Appalachian State University

J. The Geography Of Displacement: A Spatial Decomposition Of Displacement Rate Among Older Workers During The 1990s

Jamie Strickland, Department of Geography & Earth Sciences, UNC Charlotte

K. The Family System Of Care For Older African Americans

Ishan Canty Williams, PhD, Peggye Dilworth-Anderson, PhD, and Sharon Wallace Williams, PhD, UNC Institute on Aging

Friday, September 12

Concurrent Sessions 8

8:30am-10:00am

8a Workforce Improvement For Nursing Assistants: Supporting Training, Payment And Education For Upgrading Performance

Thomas Konrad, Leigh-Anne Royster, Jennifer Craft Morgan, and Cheryl Thompson, UNC Institute on Aging

Currently, the recruitment and retention of direct care workers (DCWs) in long-term care (LTC) settings is a problem, and increased demand, due to population aging, threatens to exacerbate this problem. The WIN A STEP UP project, using an intervention that provides training, education, and rewards to participating DCWs, has previously been successful in improving both job satisfaction and retention of DCWs. The workshop has three objectives: a) profile the problems turnover creates for DCWs in LTC, b) review evaluation results from phase II of the project conducted in nursing homes, and c) describe project expansion plans to other LTC settings.

8b Physical Activity Program Capacity And Healthy Aging

Rebecca Hunter, MEd, Program on Aging, UNC Chapel Hill; Franzi Zabolitzki, MS, PT, Program on Aging, and Department of Health Behavior and Health Education, UNC Chapel Hill; Carol Giuliani, PhD, Division of Physical Therapy, UNC Chapel Hill; Michael Randall, BS, Department of Health Policy and Administration, UNC Chapel Hill; Mary Altpeter, PhD, and Victor Marshall, PhD, UNC Institute on Aging

Physical activity is recognized as one of the most important determinants of healthy aging. Unfortunately, most older adults are sedentary (approximately 85% nationally), and community resources to encourage and support physical activity programs are limited. This workshop will report on a survey of community physical activity program capacity in three North Carolina counties (one urban [Durham] and two rural [Northampton and Henderson]). The survey, completed in Spring 2003, addresses capacity and perceived barriers to conducting programs for older adults. Workshop participants will relate findings to their own communities and develop a plan to foster development of physical activity resources in their own communities. This initiative is a project of the North Carolina Healthy Aging Network, supported by a grant from the Centers for Disease Control through the UNC Prevention Research Center.

please refer to the insert for room assignments

8c Communities Caring For Each Other

Jane Jones and Holly Henderson, Cape Fear Area Agency on Aging; Rev. James L. Brooks, Project Compassion; Joan Tuttle and Tracy Kunkler, Senior Companion Program, Land-of-Sky Regional Council

This workshop covers two approaches to community involvement in caring for individuals in their homes. These people need assistance with daily living and this assistance can be provided by volunteers. Both approaches help to expand services beyond the limits of some funding sources, and enable communities to plan for older adult populations. In the climate of scarce resources, agencies must tap into non-traditional partners and the community to support older persons.

8d One County's Initiative To Become Aging Prepared

Nancy M. Hall, MSW, ACSW, and Andi Reece, Forsyth County Aging Services Planning Committee

This county has been identified as "asset rich," yet much needs to be done to provide services and opportunities for all seniors as well as the Boomers on the horizon. Participants will learn how one county is mobilizing its resources to become an elder friendly or aging prepared community. They will learn the issues and barriers which the planning committee faced as it served as a catalyst to engage the will of the community. Outcomes, goals, progress and learnings will be identified. Participants will also learn the major elements of a community model.

8e Gay and Gray

Facilitator: Debi L. Lee, Ombudsman, Centralina Area Agency on Aging; Connie Vetter, Attorney at Law; Sara Thompson, MSW, LCSW, Gerontologist; Lynnsy Logue, The Real Estate Lady

Building on the recent Gay and Gray Forum held in Charlotte on May 10, 2003, this workshop/panel discussion will outline the issues facing older gay and lesbian adults and those who provide services to them. The unique challenges and coping skills surrounding health care access, legal issues, living arrangements and "coming out" will be reviewed.

8f What Do Quality Measures Mean? How To Advocate For Quality Of Care

Sue Hunter, MPH, Medical Review of North Carolina

Research has shown that quality of care equates to quality of life. Since November of 2002, the Centers for Medicare and Medicaid Services (CMS) has made quality of care measurements available for every skilled nursing facility that accepts Medicare and Medicaid beneficiaries. This workshop will help participants understand the ten facility-specific measures available on www.medicare.gov. Participants will also learn how to use this information to advocate for improved quality of care within skilled nursing facilities.

8g Rebalancing Long Term Care - Improving Access to Services

Greg Case, U.S. Administration on Aging; Janet O'Keefe, Research Triangle Institute

In many communities a number of barriers exist which make

access to home and community based services difficult. As a result of these barriers, institutional long-term care often becomes the default outcome for people in need of long-term support. A number of states are looking at ways of "re-balancing" long-term care so that access to home and community based services is streamlined, coordinated and focused on the consumer. This session will consider what is meant by rebalancing long-term care, review some of the opportunities available to assist communities in improving access to services, and offer examples of best practice models in re-balancing long-term care systems.

8h Film Festival: Wellness and Health Promotion

See pages 22-23 for description.

Closing Lecture & Town

Hall Listening Session

10:15am-1:00pm

Retirement Security in an Aging Society: A New Challenge (10:15-11am)

Yung-Ping Chen, PhD, Frank J. Manning Eminent Scholar's Chair in Gerontology, University of Massachusetts, Boston

Retirement of the 76-million baby boomers will pose significant challenges to individuals and to society because lower fertility and greater longevity are making it more difficult to prepare for retirement, both financially and non-financially. The challenge of policy development for ensuring retirement income security in the new demographic and economic environment lies with seeking approaches that balance individual and collective responsibilities. In designing and maintaining policies for future retirees, we must underscore the role of the public sector, the state as well as the local and federal governments, in maintaining a supportive environment. We must understand how policies in both public and private sectors may promote or hinder needed adjustments in our institutions and programs as demographic and economic circumstances change. And we must expect individuals and families to do what they can and should. In short, we need to balance individual and collective responsibilities, as we marshal our private and public resources.

U.S. Administration on Aging Town Hall Listening Session (11am-1pm)

Join us for an historic event. The U.S. Administration on Aging will hold the last of its Town Hall Listening Sessions entitled, "A Caring America: Choices for Independence" during the closing session of our conference. The U.S. Assistant Secretary for Aging, Josefina Carbonell, is using these Town Hall Listening Sessions to hear from older people, their families and caregivers, along with members of the Aging Services Network, on issues related to caregiving. The session will include remarks from Assistant Secretary on Aging Josefina Carbonell, an opportunity for individuals to provide testimony about the issues, and response from a panel of North Carolina leaders in aging.

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Sit back with a box of popcorn and view some of the newest and best videos about aging and elderhood. Then join in a lively discussion with fellow participants. This exciting event consists of multiple sessions throughout the conference. Below is a schedule of films. See the insert for location. Presented by Terra Nova Films.

**Wed. 9/10
10-11:45am**

INTERGENERATIONAL

Flowers for Charlie

Charlie, in his early 70s, boards the local bus one morning and ushers in a sense of cheer and warmth that soon engages many of the other riders. His friendliness brings a refreshing change in a world of isolation and self-protection, and his cheer has a winsome effect on the other passengers. Guaranteed to bring both laughter and tears, this entertaining and moving short film will open the door to discussion on issues of ageism and intergenerational appreciation.

Gentle Connections

Portrays an innovative "hands on hands" intergenerational program where preschool children are taught about the process of aging by interacting with and giving hand massages to older adults in nursing homes and adult day care centers. Designed to expand learning in an intergenerational program where children and older adults sing, paint, read and cook together, the program can be carried out in a day care center, school or facility for older adults.

One to One

A group of 16-18 year-olds come face-to-face with a group of 70-80

year-olds. Through a series of interactions, the two groups explore many issues including their perceptions about the role of both older adults and teens in society, the "generation gap", self esteem, goal setting, family issues, death, and the aging process. Though the discussions are challenging and confrontational at times, the two groups emerge with good feelings and clearer perceptions.

Open Doors Open Hearts

Shows the social and emotional benefits of intergenerational programs that bring residents and young people together to bond and learn from each other. Through these mutual learning exchanges, many residents have experienced improvements in mood, appetite, feelings of self-esteem, and even cognitive and physical abilities.

2000

This film shows the interaction of the very young with the very old. Full of delight and surprise, the video starts with a baby and a 100-year-old woman, and then moves on with other short unrehearsed interplays between pairs of a child and an older adult. Sometimes humorous, always intriguing, each brief scene reveals something of the unique bond shared by children and older adults.

**Wed. 9/10
2:30-3:45pm**

CULTURAL DIVERSITY

Portraits of Age

Shot on location around the world, this video presents individual stories of older people and the role they play in their societies: a fisherman in India; a grandmother in Uganda; an activist in Argentina; a dance teacher in Cambodia; a grandfather in Egypt and a volunteer in New York. Excellent for comparing and contrasting aging in different cultures.

Harvest of Age: Something Left to Do

Three Native American Sto-Lo elders

reflect on life and death and demonstrate through dance, prayer and preserving ancient sites how they fulfill their obligations as Indian elders to preserve the culture and link the generations.

Journey with Me

This compelling and innovative video combines life stories told by a multi-cultural cast of older adults with interpretive dance and music. The video shows how adaptation to life's changes and losses can come about with spirituality, creativity and growth.

**Wed. 9/10
4:15-5:30pm**

DEPRESSION AND OLDER ADULTS

Depression in Older Adults

This video presents interviews with actual patients who have experienced depression in late life, as well as commentary from professionals. Topics covered include: Causes of Depression, Treatment Modalities, Suicide Risk, Depression in Long Term Care Facilities, and Public Policy.

Survival and Beyond

In this video three generations reflect on their experience with the depression and suicide attempts of an elder parent/grandparent. We are given a remarkable glimpse into the minds, hearts and souls of these family members as they talk about how they each dealt with the effects of depression. The video is a hopeful reflection on winning the battle against depression and suicide, and on the role of family support in this struggle.

**Thurs. 9/11
8:30-10am**

SPIRITUALITY AND AGING

Gathering the Harvest - Retrieving the Wisdom of Spiritual Traditions

Challenging contemporary cultural

notions about aging, this program helps older adults, and those who work with them, to explore aging as a spiritual journey, to maintain a sense of self in the face of physical, emotional and social loss, and to communicate their experiences and self understanding for the benefit of others.

A Late Frost

Using exquisite images combined with interviews with children and older adults, this film takes the viewer on a poignant, inspiring exploration of what it feels like to gracefully grow old.

Time on Earth

This intimate video portrait captures the lives of three retired seniors as they travel the highways of North America in their motor homes. As the odometer clicks off the miles on the road, important events in each of their life stories are revealed, until finally a picture is drawn of the forces that have shaped them. Powerful, and at times painful, insights are disclosed as each of them reconciles the outcome of his or her life.

**Thurs. 9/11
10:15-11:45**

FAMILY CAREGIVING: EMOTIONAL ISSUES

Caregivers' Journey: The Journey Begins

The video is the first in a five-part series, The Caregivers' Journey. This episode features caregivers speaking about many common experiences in becoming a caregiver, such as their Day of Discovery, Role Reversal, Changing Relationships and Taking Charge.

My Mother, My Father

This celebrated documentary takes a candid look at four families and their deep and often conflicting feelings as they deal with the stresses and changes involved in caring for an aging parent. The film does not attempt to provide easy answers. Rather it offers honest and compelling insight into the need for

families to make individual decisions about caregiving. It also elicits a better understanding of and support for individuals and families involved in caregiving.

A Prescription for Caregivers: Take Care of Yourself

Filmed in front of a live audience of caregivers, Wendy Lustbader (author of Counting on Kindness) tackles, with humor and stories from real life, the difficult emotions involved in caregiving. Topics include: heeding resentment as a warning sign of doing too much; the many varieties of guilt; options for self-care; figuring out how much care is enough; the importance of humor. Both caregivers and professionals who assist them will find in this video a wealth of ideas on how to make life better for both the giver and the receiver of care.

Thurs. 9/11 2:30-3:45pm FAMILY CAREGIVING: DEALING WITH DEMENTIA

He's Doing This to Spite Me: Emotional Conflicts in Dementia Care

Those who are close to someone who has dementia often find it hard to deal with the erratic and difficult behaviors that result from the disease. They may begin to interpret these behaviors as "done on purpose". This feeling, combined with the stress of caregiving and a lack of understanding of the effects of the disease may cause the caregiver to respond with frustration, impatience, even anger. These misunderstandings and feelings are explored in this video, along with suggestions for how to reframe the caregiving dynamic into one that is more comfortable and productive for the caregiver and care-receiver.

Complaints of a Dutiful Daughter

With profound insight and a large

dose of levity this film chronicles the various stages of a mother's Alzheimer's Disease and the evolution of a daughter's response to the illness. The desire to cure the incurable--to set right her mother's confusion and forgetfulness, to temper her mother's obsessiveness - gives way to an acceptance which is finally liberating for both daughter and mother. Neither depressing nor medical, Complaints of a Dutiful Daughter is more than a story about Alzheimer's and caregiving. It is ultimately a life affirming exploration of family relations, aging and change, the meaning of memory, and love.

Thurs. 9/11 4-5:30pm THE FAMILY CONNECTION IN CAREGIVING: COMMUNICATION, PLANNING, AND UNDERSTANDING

Elder Parent Care: The Family Meeting

This unique video teaches families who need to care for an elderly parent how to work together to develop a shared caregiving plan. It takes an in-depth look at how one typical family comes together to assess its elder parent's needs. Faced with obstacles that beset most families, the family goal is to develop a plan the whole family can support. Following a five-step decision making process, the family learns how to gather information, formulate and evaluate options and create and act on a plan.

94 Years and One Nursing Home Later

Family had always been important to Belle Greenberg. How, then, did she come to be alone and isolated from family at the end of her life? In this video, Belle's granddaughter, sets out to uncover this question. Laurel's search delves into the relationships and changing roles within the family as parents age. It reveals how difficult it can be, and yet how important it is, for families

to communicate with each other around issues of aging and aging care. The video touches emotions we all feel, and leaves the viewer with a deeper understanding of family ties and the role they play in late life well-being.

Aging Parents: The Family Survival Guide

The responsibilities of being an adult child of an aging parent needing care can be overwhelming. This comprehensive, up to date video and 192 page print guide serve as a caregiver support system, an encyclopedia of elder care information, and a guide on when and how to make decisions about parent care.

Thurs. 9/11 As part of evening reception SPECIAL PROGRAM

My Mother Dreams the Satan's Disciples in New York

An Academy Award-winning humorous story about a older mild-mannered midwestern housewife, recently widowed, who cautiously makes a first-time visit to New York. At first she is intimidated by the big city, and even more, by the motorcycle gang that hangs out across the street from her daughter's apartment. But soon she builds up her courage and asserts herself, and her relationship with the gang changes. This video is great fun while presenting an empowering image of older adulthood.

Fri. 9/12 8:30-10am WELLNESS AND HEALTH PROMOTION

Forever Young

A perky and invigorating look at the post retirement years of several older adults who share their wisdom and warmth talking about a variety

of topics including retirement, health, love, sex, happiness and death. They have also found rewarding and stimulating activities that they like and have always wanted to do ranging from bee-keeping to skydiving. This video demonstrates the creativity and strength of character that can infuse one's later years.

Living Beyond 100

A fascinating look at how to attain longevity. A variety of esteemed doctors from around the world provide the commentary, insisting on the value of positive thinking and keeping the mind sharp. And several 100-year-old-plusers, seen here in all their lucid, funny and charming glory, vividly demonstrate the benefits of smart and sensible eating, exercises, human interaction and purpose in life.

Surfing for Life

This film is about healthy aging and life-well-lived from the unique perspective of 7 male and 3 female surfers who have been surfing since the 30's, 40's and 50's and now range in age from 60 to 93. Through interviews centered on key aspects of healthy aging, along with archival and present day footage of the film's subjects surfing and living their lives, an entertaining image of successful aging emerges. This video celebrates life and encourages the viewer to pursue whatever hopes and dreams inspire passion.

Exercise: It's Never to Late

Falling has been recognized as a common fear among older adults, including those who have not experienced a fall. Older people often restrict their activities because they think it will reduce risk of falls. In actuality, this restricted activity can lead to physical deconditioning which can increase falls risk. This film addresses common misconceptions older adults have about exercise into old age and shares strategies for staying active.

Recognitions

Special Thanks

We extend special thanks to our sponsors who made this year's Conference more enjoyable and affordable:

AARP North Carolina

Booth Harrington & Johns LLP

Carolina Geriatric Education Center (sponsor of Vital Aging track)

Eli Lilly and Company

NC Division of Aging

UNC Charlotte Gerontology Program

UNC Institute on Aging

Awards Presented

The following awards will be presented during the Conference:

The Margaret Hart Hardee Preeminence in Aging Award

In June 1996, the North Carolina Association of Area Agencies on Aging created the Margaret Hart Hardee Preeminence in Aging Award to pay tribute to a gifted and highly successful grassroots advocate whose knowledgeable participation in the public policy debate in North Carolina has brought about myriad opportunities and support for older adults.

North Carolina Senior Consumer Fraud Task Force Public and Private Sector Awards

Beginning in 1999, the North Carolina Consumer Fraud Task Force initiated two awards to recognize individuals and organizations that have made significant contributions in combating consumer fraud in some combination of the following areas: awareness, enforcement, public relations and legislation. There is one award for public (federal/state/county and or local government) and one for private and/or private/non-profit.

The AARP Andrus Award for Community Service

The newly created AARP Andrus Award for Community Service is AARP's highest award and recognizes members and volunteers who through volunteer service, are enhancing people's lives in the areas of health and wellness, economic security and work, and life transitions. Recipients are chosen for their ability to improve the community in which or for which the work was performed and positively affect other volunteers or inspire others to volunteer.

Division of Aging Awards

Since 1990, the Division of Aging has made three separate awards. They are as follows:

Ewald W. Busse Award recognizes an individual or organization that has had a significant impact on enhancing the health status of older North Carolinians through efforts to direct health related policies and/or to provide leadership in developing innovative solutions to health care problems.

George L. Maddox Award recognizes an individual or organization in the state that has excelled in developing and implementing creative programs for older adults.

Ernest B. Messer Award recognizes a community (a defined geographic area) in the state that has excelled in addressing the needs of the older adults.

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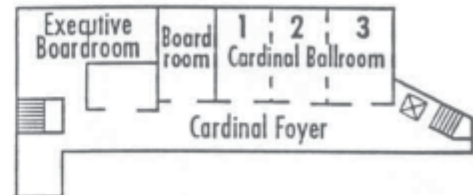
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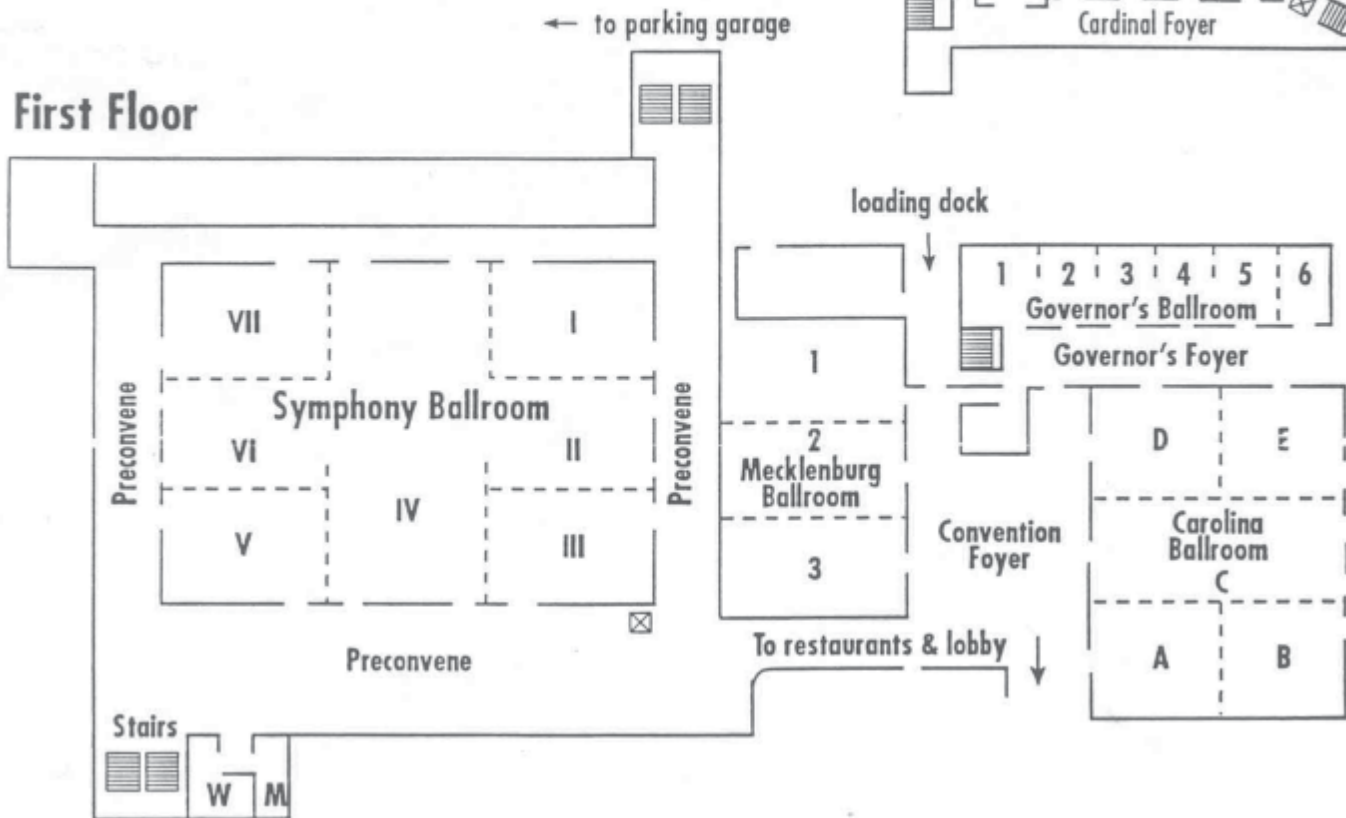
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