



# APA Aging Issues Newsletter



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## APA Committee on Aging (CONA) Nominations

Nominations are being solicited for *both* the 2006 CONA Award for the Advancement of Psychology and Aging and for membership on CONA. See the last two pages of this newsletter for the Call for Nominations.

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## CONA Spring 2006 Meeting Summary

CONA's first meeting of the year was held April 7-9. Members of 2006 CONA are: Toni C. Antonucci (Chair), Rosemary Blieszner, PhD, Florence L. Denmark, PhD, Barry Edelstein, PhD, Peter A. Lichtenberg, PhD, ABPP and Victor Molinari, PhD, ABPP. At its meeting, CONA welcomed guests, APA President-elect, Sharon Stephens-Brehm, PhD; Jessica Henderson Daniel, PhD, APA Board of Directors; Merla Arnold, PhD, Division 42; Randy Georgemiller, PhD, Committee on Lesbian, Gay, and Bisexual Concerns; Margaret Heldring, PhD and Douglas Kimmel, PhD, Board for the Advancement of Psychology in the Public Interest; Maria Mouratidis, PhD, Division 40; George Niederehe, PhD and Jovier Evans, PhD, NIMH Geriatric Research Branch; and Susan Krauss Whitbourne, PhD, Policy and Planning Board.

CONA began its meeting with the APA Cross-Cutting Agenda. CONA actions included: developing a plan to advance diversity within the Committee in response to the APA Multicultural Leadership Training Workshop; endorsing the recommendation for the creation of a Center for Psychology Workforce Analysis and Research; requesting that greater consideration be given to age and ageism in the Task Force on Socio-economic Status Draft Report; and endorsing the Resolution on Opposing Discriminatory Legislations and Initiatives. CONA then moved on to its own 30-item agenda which included a discussion with President-elect, Sharon Stephens-Brehm, PhD regarding one of her three Presidential Initiatives, *Integrative Health Care for An Aging Population*. The Initiative will commence this year with the establishment of a task force to be co-chaired by Toni Antonucci, PhD and Antonette Zeiss, PhD. CONA also met with Drs. George Niederehe and Jovier Evans of the NIMH Geriatrics Research Branch to discuss a number of issues including the Branch's priority areas, translational research, upcoming program announcements, the restructuring of the NIMH peer review committees, and new funding mechanisms.

CONA devoted substantial segments of its meeting time to discuss additional strategies to promote aging broadly throughout APA and increasing its public policy efforts. The Committee also met with the Board of Convention Affairs to discuss the CONA proposal for reduced or one-day registration fees for the APA Convention for APA members with Life Member status. In addition, individual Committee members met with members of the Committee on Disability Issues in Psychology, Committee on Early Career Psychologists, Committee on Ethnic Minority Affairs, Committee on International Relations in Psychology, Committee on Psychological Tests and Assessment, Psychology Teachers @ Community Colleges, and Teachers of Psychology in Secondary Schools to discuss areas of mutual concern and potential collaborative efforts.

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## Life Plan for the Life Span Project

In 2005, with financial support from the APA Board of Directors, CONA began its Life Plan for the Life Span Project (formerly Roadmap to Aging). The project's first product, a web-based brochure, *Life Plan for the Life Span for Psychologists* was recently completed. This brochure offers guidance and resources to young, middle-aged and older psychologists in planning for the variety of challenges that often arise as people age (health/health care, legal/financial, worklife/retirement, psychological, and social roles/resources). Please direct your colleagues and students to this new and valuable on-line resource.

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## APA 2006 Convention

The 5<sup>th</sup> Annual CONA Conversation Hour, **No Older Adult Left Behind: Public Policy and Aging** will be held immediately following the APA Convention's Opening Session on **Thursday, August 10<sup>th</sup> at 6:30 p.m.** Please join us and share your thoughts on policy issues of import and learn more about APA aging policy efforts from Diane Elmore, PhD, of the APA Public Policy Office. Refreshments will be provided. Location to be announced (via e-mail to subscribers of this newsletter).

CONA and Division 20 are collaborating with other Public Interest Committees and their respective divisions to present two symposia at Convention. The first, a symposium titled "Intersecting Dimensions of Multicultural Issues in Disaster Response: Aging, Disability, Ethnicity and SES" will include a presentation by Katie E. Cherry, PhD, "The Effects of Hurricane Katrina/Rita on the Oldest-Old" (Friday, 10:00 am). Diane Elmore, PhD will be a presenter on the second symposium, "Intersecting Dimensions of Multicultural Issues in Disaster Response: Aging, Disability, Ethnicity and SES – Public Policy Implications" (Saturday, 11:00 a.m.).

Once again this year, the APA Office on Aging will compile **Sessions on Aging Issues**, a comprehensive listing of all convention programs on aging issues. This document will be sent electronically to all subscribers of this newsletter, publicized on relevant list serves and posted on the Office on Aging webpage in July.

[http://www.apa.org/pi/aging/Life\\_Plan.pdf](http://www.apa.org/pi/aging/Life_Plan.pdf)  
*Life Plan for the Life Span brochure*

<http://www.apa.org/pi/aging>  
*Office on Aging webpage*

[http://www.whcoa.gov/press/gov\\_input/gov\\_input.asp](http://www.whcoa.gov/press/gov_input/gov_input.asp)  
*WHCoA Preliminary Report to the Governors and Governors comments*

[http://www.agingsociety.org/agingsociety/publications/public\\_policy/index.html](http://www.agingsociety.org/agingsociety/publications/public_policy/index.html)  
*Public Policy & Aging Report webpage*

[www.apa.org/practice/adult.pdf](http://www.apa.org/practice/adult.pdf)  
*APA Guidelines for Psychological Practice with Older Adults*

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## The 2005 White House Conference on Aging

As reported in the last issue of this newsletter, as a result of the advocacy of organizations such as APA and the National Coalition on Mental Health and Aging, mental health and health workforce issues fared very well at the 2005 WHCoA, both ranking in the top 10 policy resolutions voted on by the delegates. However, we were very disheartened to learn that the preliminary report of the 2005 WHCoA sent to Governors in March did **NOT** include the implementation strategies developed by the WHCoA delegates. The aging and mental health community needs to remain involved in the WHCoA process - staying in contact with policy makers and WHCoA delegates to advocate for mental health remaining a top priority, and for the WHCoA Final report to include the specific implementation strategies developed by the delegates. In April, Gwendolyn P. Keita, PhD., Executive Director of the APA Public Interest Directorate sent a letter to each Governor thanking them for reviewing the WHCoA 50 policy resolutions and encouraging them to take the above actions.

An overview of the WHCoA efforts of the mental health community is provided in the Winter 2006 Issue of *Public Policy & Aging Report* that is devoted to the WHCoA. The article, "Mental Health and Aging at the 2005 White House Conference on Aging: Two Steps Forward, One Step Back" was coauthored by Deborah DiGilio and Michael Smyer.

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## National Conference on Training in Professional Geropsychology

In February, per CONA's Request, the APA Council of Representatives allocated \$15,000 of its 2006 Discretionary Funds to offset the costs of the National Conference on Training in Professional Geropsychology to be held June 8-11, 2006 in Colorado Springs. The conference is being organized by APA Division 20 and Division 12-Section II to develop aspirational educational models at the doctoral, internship, postdoctoral, and post-licensure levels for training psychologists with specialized preparation for providing psychological services to older adults. To this end, invited conference delegates will form working groups to address: (1) models of training at graduate, internship, postdoctoral, and post-licensure levels, (2) models of training to address geropsychology competency areas outlined in the *APA Guidelines for Psychological Practice with Older Adults*, and (3) various educational pathways for developing geropsychology competencies. Delegates include representatives from APA Divisions 35, 40, 42, 44, 45, APPIC, CCPTP, CUDCP, PLTC, seven students, and at-large delegates with expertise related to geropsychology training and/or geropsychology practice and research.

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## ABA/APA Capacity Assessment in Older Adults Project

Collaboration is ongoing between APA and the ABA Commission on Law and Aging on The Capacity Assessment in Older Adults Project. Current

[http://www.apa.org/pi/aging/diminished\\_capacity.pdf](http://www.apa.org/pi/aging/diminished_capacity.pdf)  
*ABA/APA Handbook for Lawyers*

<http://www.apa.org/ppo/issues/aging.html>  
*APA Public Interest Policy Aging webpage*

efforts are focused on the development of a companion document to the Workgroup's *Assessment of Older Adults with Diminished Capacity: A Handbook for Lawyers* (2005). The new document is titled, *Judicial Determinations of Capacity of Older Adults in Guardianship Proceedings*. Jennifer Moye, PhD and Dan Marson, JD, PhD are the APA Workgroup members involved in the development of this product. Dr. Moye is its editor. The National College of Probate Judges is a cosponsor of this document. It will be initially distributed at the NCPJ annual meeting at the end of May and posted on the APA Office on Aging website.

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## Aging Policy Update

**By Diane Elmore, Ph.D.**

**Senior Legislative and Federal Affairs Officer**

### *The Battle for Mental Health in the Older Americans Act*

As you may know, Congress is deep in the throws of the reauthorization of the Older Americans Act, the primary vehicle for the delivery of social and nutrition services for older adults. As both the Senate and House work to complete this reauthorization in the next few weeks, the APA Public Policy Office (PPO) is fighting an uphill battle to include important new provisions to ensure that older Americans have access to vital mental and behavioral health care.

APA has a long history of involvement in the Older Americans Act and has worked diligently over the last several decades to include important mental and behavioral health and psychology language in its programs. Over the past several months, PPO and the Office on Aging have collaborated with CONA and the geropsychology community to share relevant research, practical experience, and policy recommendations regarding the Older Americans Act reauthorization with Congress.

Among the items on the top of our list for this reauthorization are the Positive Aging Act and the Elder Justice Act, which are both longstanding APA aging priorities. As you may know, the Positive Aging Act (S.1116, H.R.2629), would create an Office of Older Adult Mental Health within the Administration on Aging (AoA) to administer grants for the screening and treatment of mental health disorders in older adults; and the Elder Justice Act (S.2010/H.R.4993), would expand and coordinate the federal response to elder abuse, neglect, and exploitation. In addition to these priorities, we are also focusing on programs to meet the needs of family caregivers and initiatives to improve community-based options for long term care for older adults.

The efforts of the geropsychology community have been essential to our ongoing efforts to promote the inclusion of these priorities in this reauthorization of the Older Americans Act. In March, APA members Florence Denmark, PhD, Gregory Hinrichsen, PhD, and Donna Rasin-Waters, PhD attended an invitation-only Senate Democratic Steering and Outreach Committee meeting in which they met with democratic leaders, including Senators Hillary Rodham Clinton (D-NY), Harry Reid (D-NV), Ted Kennedy (D-MA), Barbara Mikulski (D-MD), and Debbie Stabenow (D-MI) to discuss aging policy issues, including the reauthorization of the OAA. In April, APA member, David Powers, PhD again shared APA's OAA recommendations before a bipartisan-bicameral

meeting jointly hosted by the Senate Committee on Health, Education, Labor and Pensions and its Subcommittee on Retirement Security and Aging. Please see the June 2006 *Monitor on Psychology* article detailing both of these important policy events. In addition to congressional visits here in Washington, DC, geropsychology and the broader psychology community have been helpful advocates by responding to PPO action alerts to contact legislators and urge them to support the Positive Aging Act.

We now face an uphill battle as both the Senate and the House have drafted their respective bills to reauthorize the Older American Act, **neither** of which currently includes the essential Positive Aging Act provisions. PPO is continuing to work with congressional champions to advocate for the inclusion of the Positive Aging Act provisions.

**HOW YOU CAN HELP:** We call on everyone to take a moment today to contact your legislators and urge them to support the inclusion of the Positive Aging Act provisions in the bill to reauthorize the Older Americans Act. Please take action by clicking on link in the left column.

We are grateful for your action and support and look forward to continuing to work with you

<http://capwiz.com/apapolicy/issues/alert/?alertid=8725931&type=TA>

*Take A Minute Now to Show Your Support!*

<http://www.apa.org/monitor/apr06/geropsychology.html>

*Geropsychology grants in peril*

<http://www.apa.org/monitor/feb06/boom.html>

*Bracing for the Baby Boom*

<http://www.apa.org/releases/mentalwalk0306.html>

<http://www.uccs.edu/~geropsy/index.htm>

*2006 National Clinical Geropsychology Conference website*

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## In the News

Geropsychology grants in peril. *Monitor in Psychology*, Volume 37, No. 4 April 2006.

<http://www.apa.org/monitor/apr06/geropsychology.html>

Bracing for the Baby Boom: The White House Conference on Aging listed a mental health resolution as a key priority. *Monitor in Psychology*, Volume 37, No. 2 February 2006

<http://www.apa.org/monitor/feb06/boom.html>

People over 70 with stronger executive and memory skills walk at a safer, brisker pace. <http://www.apa.org/releases/mentalwalk0306.html>

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## Training Opportunities

The 2006 National Clinical Geropsychology Conference: "**Aging and Decision-Making Capacity: Clinical, Family and Legal Issues**," will be held June 15-18 in Colorado Springs, Colorado. Co-sponsored by the Retirement Research Foundation and the Gerontology Center at the University of Colorado, Colorado Springs, the conference is designed to build service capacity in geriatric mental health by cross-training experienced providers in knowledge and skills needed to work with a rapidly aging population. Speakers include: Michael Smyer, Jennifer Moye, Kathryn Kaye, Thomas Cole, Stacey Wood, Hasker Davis and Cathy Bodine.

Maryland Psychological Association/Foundation 2006-2007 **Workshop Series on Geropsychology**. 2006 Offerings:

<http://www.marylandpsychology.org/MPAFiles/GeropsychologyBrochure.pdf>

*MPA Conference brochure*

[http://www.apa.org/pi/aging/long\\_term\\_care\\_resource\\_guide\\_2006.pdf](http://www.apa.org/pi/aging/long_term_care_resource_guide_2006.pdf)

*Psychological Services in Long Term Care Resource Guide*

<http://www.mentalhealth.samhsa.gov/media/ken/pdf/SMA05-4018/OlderAdults.pdf>

*Community Integration for Older Adults with Mental Illnesses publication*

<http://www.owl-national.org/mentalhealthweek/index.html>

*OWL's Older Adult Mental Health Week information*

[http://www.inpea.net/downloads/community\\_guide\\_1-20-06.pdf](http://www.inpea.net/downloads/community_guide_1-20-06.pdf)

*World Elder Abuse Awareness Day Kit*

#### Contact Us:

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May 19: *Introduction of the Three "D's": Depression, Dementia and Delirium*, Edward Weissberg, MD

June 9: *Developing Effective Cognitive Interventions for Older Adults*, George Rebok, PhD

September 15: *Understanding and Healing Older Adult Grief*, J. Shep Jeffreys, EdD and Daniel Wilson, LCSW-C

November 10: *Cognitive Behavioral Therapy with Older Adults: Practical Considerations*, David Powers, PhD.

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## Resources

### **Updated! *Psychological Services in Long Term Care Resource Guide***

with an introduction by Michael Duffy, PhD, ABPP, summarizes research studies, relevant books and journal articles, and provides additional Information for older adults and their families.

***Community Integration for Older Adults with Mental Illnesses: Overcoming Barriers and Seizing Opportunities*** is the third in a series of reports by the Substance Abuse and Mental Health Services Administration to promote community-based care under their Olmstead project. It describes the barriers that older adults face and innovative solutions being adopted and adapted across the country.

The Older Women's League is a national grassroots membership organization that focuses on issues unique to women as they age. OWL will once again sponsor ***Older American's Mental Health Week*** on May 21-27. APA is again a partner in this effort. The goal of this week-long campaign is to raise awareness among the public and policy makers of the role of mental health in successful aging and to counter the notion that mental health disorders are a normal part of aging.

The International Network for the Prevention of Elder Abuse aims to increase society's ability, through international collaboration, to recognize and respond to the mistreatment of older people. Its ***World Elder Abuse Awareness Day Kit*** is a resource created to help individuals, organizations and communities plan for World Elder Abuse Awareness Day on June 15. For additional Information about INPEA: <http://www.inpea.net/>

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## Aging at APA

**The Office on Aging** - Within the APA Public Interest Directorate, the Office works to promote aging issues within APA, among its members, other professionals, policy makers and the public. It strives to bring psychological knowledge to bear on discussions regarding matters that affect older adults. Deborah DiGilio is the Director of the Office.

**The Committee on Aging (CONA)** - CONA is a six-member committee of psychologists with substantive professional expertise in aging issues who are selected to serve three-year terms. CONA works toward the optimal development of older adults, expanded scientific understanding of adult development and aging, and the delivery of appropriate psychological services to older persons.

**Public Interest Public Policy Office** – This Office works on

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<http://apadiv20.phhp.ufl.edu/>  
*APA Division 20 (Adult  
Development & Aging)*

<http://www.geropsych.org/>  
*APA Division 12-II (Clinical  
Geropsychology)*

aging policy issues at the federal level. Diane Elmore, PhD is the Senior Legislative and Federal Affairs Officer who manages a policy portfolio that includes aging issues.

**APA Division 20 (Adult Development & Aging)** - APA Division 20 is concerned with the study of psychological development and change throughout the adult years. Their website includes resources for educators and students, information about graduate programs for students interested in pursuing this field, publications, conference information, and links to other sites.

**APA Division 12-II (Clinical Geropsychology)** - APA Division 12, Section II is devoted to research, training, and the provision of psychological services for older adults. Their website includes information on training opportunities for students and professionals including clinical psychology internships, postdoctoral fellowship opportunities, and continuing education offerings, and research funding and job information.

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#### **CALL FOR NOMINATIONS:**

##### **APA Committee on Aging Award for the Advancement of Psychology and Aging**

The Committee on Aging (CONA) of the American Psychological Association invites nominations, including self-nominations, for its award for the Advancement of Psychology and Aging. This award for outstanding achievement is presented annually to recognize psychologists and friends of psychology who have made significant contributions to the mission of CONA. The mission of CONA is to pursue the following goals:

- ◆ Science: Provide strong and visible advocacy for a scientific agenda on aging to policymakers and private and public funding agencies.
- ◆ Practice: Promote the practice of psychology by advocating policies that enhance the availability and reimbursement of health and mental health services to older adults and their families.
- ◆ Policy: Contribute to the formulation and support of public policies and associated regulations that promote optimal development of older adults, facilitate psychological practice with older persons, and expand scientific understanding of adult development and aging.
- ◆ Education: Promote inclusion of knowledge about adult development and aging in all levels of education, including continuing education, training programs, and professional development of psychologists.
- ◆ Public Interest: Promote the application of psychological knowledge to the well-being of older people, with special attention to the influences of gender, ethnicity, culture, sexual orientation, and family in science, practice and policy relating to older adults.
- ◆ Public Affairs: Develop and disseminate information concerning the scientific findings and practice issues about older adults to psychologists, other professionals, policymakers, and the public.
- ◆ APA: Serve as a visible focus for the coordination of information among groups within APA that address aging issues and offer consultation to relevant APA boards, committees, divisions, state associations, and directorates; also ensure that older members of APA receive the appropriate attention of the association.

Successful candidates will have made significant contributions in one or more of

the areas of the CONA Mission stated above. All nominations must include current vitae of the candidate, and three letters of reference. Reference letters should indicate the categories in which the candidate has made contributions related to aging (Science, Practice, Policy, Education, Public Interest, Public Affairs, APA). Additionally, letters should address the nominee's leadership activities; contributions; and scope of influence that advance knowledge for and about older adults and aging issues, foster understanding of older adult's lives, and improve the status of older adults. Nominations are solicited by CONA on a yearly basis with a **June 15<sup>th</sup> deadline for receipt of nominations**. The award is presented at the APA Convention. Prior recipients of the CONA Award for Psychology and Aging are:

2005 Margaret Gatz, PhD  
2004 George Niederehe, PhD  
2003 Norman Abeles, PhD


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### **Call for Nominations to the APA Committee on Aging**

The American Psychological Association's Committee on Aging (CONA) is seeking nominations for two new members. CONA is interested in members of APA with **substantive specialization in aging issues** to serve a three-year term beginning January 2007 and ending December 2009. Upon its establishment in 1998, CONA became the identified entity within the APA governance structure to ensure the representation of older adult interests. CONA members interact closely with other APA governance groups as well as with APA staff on public interest issues and policy. The mission of CONA is to advance psychology as a science and profession and as a means of promoting health and human welfare by ensuring that older adults, especially the growing numbers of older women and members of minority groups, receive the attention of the Association. Its goals include:

- provide advocacy for a scientific agenda on aging to policymakers and private and public funding agencies
- advocate for policies that enhance the availability and reimbursement of health and mental health services to older adults and their families
- contribute to the formulation and support of public policies that promote optimal development of older adults, facilitate psychological practice with older persons, and expand scientific understanding of adult development and aging
- promote inclusion of knowledge about adult development and aging in all levels of education, including continuing education, training programs, and professional development of psychologists
- develop and disseminate information concerning the scientific findings and practice issues about older adults to psychologists, other professionals, policymakers, and the public
- serve as a visible focus for the coordination of information among groups within APA that address aging issues and offer consultation to relevant APA boards, committees, divisions, state associations, and directorates, and
- ensure that older members of APA receive the appropriate attention of the association

Selected candidates will be required to attend two committee meetings each year in Washington, DC, with expenses reimbursed by the APA, and are encouraged to attend a CONA meeting held during the APA Convention at their own expense. Members are also expected to participate in email discussions and bi-monthly conference calls, work on Committee priorities between meetings, provide consultation to APA Office on Aging staff, and participate in policy advocacy activities. CONA places a priority on maintaining representation within the Committee's membership that reflects the diversity of psychology and society,



including (a) individuals with experience in research, clinical training and practice, policy and advocacy, and education; (b) early- and mid-career psychologists and those who are retired or employed less than full time; and (c) diversity with respect to ethnicity, culture, age, gender, ability, sexual orientation, and geographic location.

Nomination materials should include a current curriculum vitae and a letter from the nominee that indicates willingness to serve on CONA and highlights specific competencies and interests that she or he would be able to contribute to the work of CONA. Letters of support from other APA governance groups and divisions, state psychological associations, or other organizations are desirable but not required. Prior applicants may reapply. The deadline for nominations is **September 1st, 2006.**

For both the award and committee nominations, materials should be sent to Deborah DiGilio, Director, APA Office on Aging, Public Interest Directorate, American Psychological Association, 750 First Street, N.E., Washington, D.C. 20002-4242. Questions can also be directed to Ms. DiGilio at 202-336-6135 or [ddigilio@apa.org](mailto:ddigilio@apa.org).