



APA Aging Issues Newsletter



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CONA Fall 2006 Meeting Summary

CONA's second meeting of the year was held September 29-October 1. Members of 2006 CONA are: Toni C. Antonucci, PhD (Chair), Rosemary Blieszner, PhD (Chair-elect), Florence L. Denmark, PhD, Barry Edelstein, PhD, Peter A. Lichtenberg, PhD, ABPP and Victor Molinari, PhD, ABPP. One of CONA's tasks is to provide input on issues on the APA Cross-Cutting Agenda. At this meeting, CONA: suggested ways for committees to enhance their multicultural/diversity capabilities including educating their diverse constituents on aging and about the increasing diversity of the aging population; recommended adoption of the *Guidelines for Psychological Practice with Girls and Women*; commended the *National Standards for High School Psychology Curricula* Working Group for its attention to the area of Life Span Development, as CONA had earlier requested; recommended the insertion of "age" into two sections of the Report of the APA Working Group on *Internationalizing the Undergraduate Curriculum*; provided comments to the APA Task Force on Multicultural Training's report on the *Psychological Aspects of the Hurricane Katrina* that included praise for the inclusion of aging in multicultural sensitivity training for disaster relief workers and suggested the inclusion of data on characteristics of the population affected by the Hurricane, on those who had little or no access to evacuation options and on those who died in the aftermath of the hurricane, e.g., the majority of those who died were very old and frail hospital patients or residents of nursing homes; and supported the *Resolution on Opposing Discriminatory Legislation and Initiatives* that calls for a concerted response to discriminatory legislation and deliberate efforts to hold meetings in states and other jurisdictions that do not put its members at physical, emotional or social risk.

CONA had excellent discussions with many of its guests including Norman Anderson, PhD; APA President-elect, Sharon Stephens-Brehm, PhD; Gwendolyn Puryear Keita, PhD, Executive Director, Public Interest Directorate; Diane Pedulla, JD, Director of Federal Regulatory Affairs and Randy Phelps, PhD, Deputy Executive Director for Professional Practice; Jessica Henderson Daniel, PhD and Ronald Rozensky, PhD, APA Board of Directors; Merla Arnold, PhD and Margaret Heldring, PhD, Liaisons to CONA from Division 42 and the Board for the Advancement of

Psychology in the Public Interest Liaison, respectively; and Sidney Stahl, PhD, of the National Institute on Aging.

CONA devoted a substantial segment of its meeting time to discuss strategies to promote aging broadly throughout APA and increasing its public policy efforts. In addition, CONA members met with the Committee on Disability Issues in Psychology, Committee on Early Career Psychologists, Committee on Ethnic Minority Affairs, Committee on International Relations in Psychology, Psychology Teachers @ Community Colleges, Teachers of Psychology in Secondary Schools, the Committee on Lesbian, Gay and Bisexual Concerns, and the Committee on Women in Psychology to discuss areas of mutual concern and potential collaborative efforts.

At its meeting, CONA also outlined plans for its two newest projects. CONA believes that part of the reason that there are so few geropsychologists is that students are not taught the psychological dimensions of aging, nor are they offered the opportunity to gain exposure to the rich variety of older adults in our society. As a first step in its *Priming the Geropsychology Pipeline Project*, CONA plans to work with Teachers of Psychology in Secondary Schools and Psychology Teachers in Community Colleges to provide new resource materials and modify existing curricula to incorporate geropsychology topics and career opportunities. Another element of priming the geropsychology pipeline is the Committee's commitment to mentoring junior geropsychologists for leadership roles within APA. To this end, CONA dedicated one of its two slates to Early Career Professional nominees in 2007.

CONA will submit a proposal for 2007 Council of Representative Discretionary Funds for its second project, *Cultural Competency in Geropsychology*. Members of the Division 12-Section II Diversity Committee and CONA began discussing this idea after CONA's Multicultural Infusion symposium at the 2005 Convention. With the receipt of funding, a Working Group on Cultural Competency in Geropsychology will be established and meet once in 2007 to prepare a comprehensive report on the issue of multicultural competence in geropsychology addressing practice, research, training and public policy issues. Specifically the Working Group would 1) explore the burning questions and issues regarding the infusion of multicultural diversity throughout geropsychology graduate training 2) identify tools and resources that *all* psychologists can use to improve their own cultural competence in working with older adults, and 3) develop a plan for future action. If funded, a call for nominations for committee members will be distributed widely in February 2007.

APA Presidential Task Force on Integrative Healthcare for an Aging Population

President-elect Sharon Stephens Brehm, PhD appointed the following individuals to the Task Force on Integrative Healthcare for an Aging Population: Toni Antonucci, PhD (co-chair), Antonette Zeiss, PhD (co-chair), Greg Hinrichsen PhD, Deborah King, PhD, Peter Lichtenberg, PhD, Martita Lopez, PhD, and Jennifer Manly, PhD. At the first meeting of the Task Force held in October, it was determined that the primary product of the IHAP Task Force will be a report, *Blueprint for Change*:

Achieving Integrative Health Care for an Aging Population. The Blueprint will inform psychologists about how to enter and function within an integrated team for the care of older persons. It will include principles and models of integrated care and salient examples of the inefficient care systems. The appendices of the blueprint will be self-standing fact sheets targeted to other health professionals, consumers, and policy makers regarding integrative care.

Presidential Task Force on Diversity Education Resources

CONA Chair-elect Rosemary Blieszner, PhD is a member of the Presidential Task Force on Diversity Education Resources. The Task Force is developing lists of educational resources for instructors of high school, college, and graduate courses in psychology. Dr. Blieszner is responsible for preparing annotated bibliographies of instructional materials for three topics: aging and diversity of aging experiences; intersections of race, class, gender, and age; and dealing with resistance to learning about diversity. The bibliographies should be completed and posted on the Division 2 (Society for the Teaching of Psychology) web site in Winter 2007.

APA 2006 Convention

A successful collaborative venture with APA Divisions 20 and 12-II, the Committee on Aging and The Office on Aging occurred the day prior to convention. A workshop, **Self-Care for Aging Services Providers in the Aftermath of Katrina and Rita** was offered in both New Orleans and Baton Rouge, with support from the Louisiana Governors Office on Elderly Affairs and Catholic Charities. During the three-hour workshop offerings, seventy-five participants learned techniques for identifying and managing their own stress.

At the **5th Annual CONA Conversation Hour: No Older Adult Left Behind: Public Policy and Aging**, participants shared their thoughts on policy issues of import and learned more about APA aging policy efforts from Diane Elmore, PhD, of the APA Public Policy Office. Those who contributed to APA aging advocacy efforts during the past year were recognized for their efforts.

The CONA Award for the Advancement of Psychology and Aging was given to Dr. Antonette Zeiss in recognition of her significant contributions to geropsychology throughout her career. A segment of the award plaque stated that “whether as a mentor, manager, advocate, leader, researcher, or clinician, Dr. Zeiss displays a remarkably kind, caring wisdom that we have all come to rely upon over the years.”

CONA and Division 20 collaborated with other APA divisions and Public Interest Committees to present two symposia at Convention. **Intersecting Dimensions of Multicultural Issues in Disaster Response: Aging, Disability, Ethnicity and SES** included a presentation by Katie E. Cherry, PhD, *The Effects of Hurricane Katrina/Rita on the Oldest-Old*.

Intersecting Dimensions of Multicultural Issues in Disaster Response: Aging, Disability, Ethnicity and SES: Public Policy Implications included *No Older Adult Left Behind: Recommendations for Federal Policy* by Diane Elmore, PhD of the APA Public Policy Office.

http://www.apa.org/pi/aging/Self_care_for_aging_services_workers2.pdf

Self-Care for Aging Services Providers in the Aftermath of Katrina and Rita Power point presentation

National Conference on Training in Professional Geropsychology

The National Conference on Training in Professional Geropsychology was held June 8-11, 2006 in Colorado Springs. The conference was 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 formed 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. The conference was very productive and a series of papers summarizing the **Pikes Peak Model** for training in professional geropsychology will be published. The formation of a geropsychology training council is also being pursued. Major sponsors of the conference included the Retirement Research Foundation, APA, and Division 20.

www.apa.org/practice/adult.pdf
*APA Guidelines for
Psychological Practice with
Older Adults*

http://www.apa.org/pi/aging/diminished_capacity.pdf
*Judicial Determination of
Capacity of Older Adults in
Guardianship Proceedings*

http://www.apa.org/pi/aging/diminished_capacity.pdf
*Assessment of Older Adults with
Diminished Capacity: A
Handbook for Lawyers*

<http://www.whcoa.gov/about/about.asp#report>
*2005 White House Conference
on Aging Final Report*

ABA/APA Capacity Assessment in Older Adults Project

The second product of the ongoing collaboration between APA and the ABA Commission on Law and Aging *Determining Capacity of Older Adults in Guardianship Proceedings: A Handbook for Judges* was published in May. The National College of Probate Judges joined with APA and the ABA as a sponsor of the handbook, which was edited by Jennifer Moye, PhD. The group will meet in December 2006 to discuss the Workgroups' next handbook that will target psychologists. The current Workgroup members are: Barry Edelstein, PhD, Peter Lichtenberg, PhD, Dan Marson, JD, PhD, Jennifer Moye, PhD, David Powers, PhD, Charles Sabatino, JD, Aida Saldivar, PhD, Erica Wood, JD, and Stacey Wood, PhD.

The 2005 White House Conference on Aging

As reported in the last issue of this newsletter, as a result of the advocacy of APA and the National Coalition on Mental Health and Aging (NCMHA), 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. The WHCoA Final Report was released in September 2006. Many of the implementation strategies that APA and NCMHA had advocated for were included in the Final Report, including: mental health parity and removing institutional bias in Medicaid, parity in Medicare, geriatric education and training including cultural competence, assuring access to affordable, comprehensive, quality mental health and substance abuse services in multiple settings, passing the Positive Aging Act, eliminating pre-existing clauses and the lifetime cap for inpatient psychiatric services, assessment and treatment that is evidence-based and age appropriate, mental health and substance abuse services integrated into

www.ncmha.org
*National Coalition on Mental
Health and Aging*

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

primary care, implementing Recommendation 1.1 of the President's New Freedom Commission, developing a national strategy for supporting informal caregivers, caregiver assessment for both mental and physical health status, coordinated health and aging networks, innovations in aging research, healthy active aging programs and interventions, federal support of aging research and research training to encourage career development in aging, doubling of the NIH budget devoted to mental and physical wellness, and evidence-based research on drugs and psychosocial treatments. Unfortunately, in a few instances where health professionals are specified, psychologists are absent, however, overall the report is positive.

At its September meeting, after reviewing the final report, NCMHA decided to convene all day, work-bench meeting in January 2007 to develop concrete, specific, action steps that can be taken at the federal, state and local levels to foster implementation of the WHCoA recommendations/implementation strategies that NCHMA supports. APA will also sponsor a WHCoA Hill briefing event featuring WHCoA Public Policy Committee members Bob Blancato and Gail Hunt. Because of the later than expected release of the WHCoA Final Report, the event is projected to take place in January when Congress reconvenes, which will also be immediately following the one year anniversary of the 2005 WHCoA. NCMHA will be a cosponsor of this event.

Aging Policy Update

By Diane Elmore, Ph.D.

Senior Legislative and Federal Affairs Officer, Public Policy Office

Following over a year of work, the U.S. Congress recently passed the bill to reauthorize the Older Americans Act (H.R. 6197), which the President signed into law last month (P.L.109-365). We are delighted that significant language from the Positive Aging Act (S. 1116/H.R. 2629) was included in the reauthorization. Specifically, these new provisions authorize:

- the designation of an officer at the Administration on Aging to be responsible for mental health services authorized under the Older Americans Act;
- competitive grants to states for the development and operation of systems for the delivery of mental health screening and treatment services for older adults; and
- competitive grants to states for programs to increase public awareness regarding the benefits of mental health prevention and treatment in older adults, reduce the stigma associated with mental disorders in older adults, and reduce age-related prejudice and discrimination regarding mental disorders in older adults.

In addition to the Positive Aging Act provisions, this Older Americans Act reauthorization included further language in support of mental health; new elder abuse, neglect and exploitation provisions from the Elder Justice Act; increased authorization of appropriations for programs to support family caregivers; and language to support home and community based long-term care for older adults.

APA has been working in support of the Positive Aging Act since 2002. Over the last several years, members of the CONA, Divisions 12-II and

20, and the geropsychology community at-large have made extraordinary contributions to our advocacy efforts by providing expertise and guidance, reviewing and drafting legislative language, contacting and visiting members of Congress, and testifying at congressional hearings and briefings. In the final days before passage of the bill, CONA members solidified their commitment to this legislation by meeting with congressional leaders in Washington, DC to ensure the inclusion of the Positive Aging Act provisions.

Now that these provisions have been signed into law, our next steps include working to secure federal funding from Congress for these initiatives, reaching out to federal agencies to ensure appropriate implementation, and collaborating with the aging and mental health communities who will be directly involved with these new programs. The Public Policy Office is extremely grateful for the support given to this important policy initiative and we look forward to continuing to work with you on this endeavor.

In the News

The cover story of the November issue of the *Monitor on Psychology* is **Aging Wisely: Keys to Longevity and Well Being**. Articles include: “A healthy mind, a longer life”; “Caring for caregivers”; “A little help from your home”; “The forgotten population”; and “Better testing for impairment.”

Teaching self-care to Katrina healers reports on the Division 20, 12-II, CONA, and Office on Aging workshop for aging service providers. *Monitor on Psychology*, Volume 37, No. 9 October 2006.

Help wanted: Geropsychologists summarizes the National Training Conference in Professional Geropsychology. *Monitor on Psychology*, Volume 37, No. 8 September 2006.

Retired and inspired highlights three older psychologists, including John Santos, PhD, who are using their “retirement” time to help train the next generation of providers. *Monitor on Psychology*, Volume 37, No. 8 September 2006.

An aging America describes recent efforts of the APA Public Interest Policy Office related to aging. *Monitor on Psychology*, Volume 37, No. 6 June 2006.

Resources

BenefitsCheckUp is a National Council on Aging online service to screen for federal, state and some local private and public benefits for older adults. It contains 1,450 different programs from all fifty states and DC. In addition to identifying the programs that a person may be eligible to receive, BenefitsCheckUp provides a detailed description of the programs, local contacts for additional information and materials to help apply for each program. A new feature, BenefitsCheckUpRx allows individuals to determine eligibility for the Extra Help for people with limited income through Medicare's Prescription Drug Coverage (Part D). An even newer feature allows eligible individuals to enroll for Extra Help online.

<http://www.apa.org/monitor/nov06/aging.html?imw=Y>
Aging Wisely: Keys to Longevity and Well Being

<http://www.apa.org/monitor/oct06/teaching.html>

<http://www.apa.org/monitor/sep06/geropsych.html>

<http://www.apa.org/monitor/sep06/retired.html>

<http://www.apa.org/monitor/jun06/ppup.html>

<http://www.benefitscheckup.org/>
Benefits CheckUp

<http://www.geropsych.org/students.t.html>

Division 12 Section II website

http://www.albany.edu/news/pdf_files/impact_of_aging_full.pdf

Impact of the Aging Population on the Health Workforce in the United States

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Development & Aging)*

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

Geropsychology Training Directories

The recently revised third editions of the Directory of Psychology Internships with Geropsychology Training Opportunities and the Directory of Clinical Geropsychology Postdoctoral Fellowships are now available. The directories are available on the Division 12-Section II website.

Impact of the Aging Population on the Health Workforce in the U.S.

The report developed by the University of Albany Center for Health Workforce Analysis provides a general context for understanding the impact of the aging population on the provision of health services to older adults. That is followed by fourteen profession-specific chapters, including one on clinical psychology. Information on clinical psychology includes a profile of the current clinical psychologist workforce; training, education and credentials of psychologists related to aging; and issues for clinical psychologists and older adults.

Aging at APA

The Office on Aging, in APA Public Interest Directorate, 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.

The Committee on Aging (CONA) is a six-member committee of geropsychologists 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.

The Public Interest Public Policy Office works on aging policy issues at the federal level.

APA Division 20 (Adult Development & Aging) 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-Section II (Society of Clinical Geropsychology) 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.