Resources for Psychological Practice With Older Adults and Their Caregivers

The **APA Office on Aging** developed this list of resources to supplement the recently updated APA *Guidelines for Psychological Practice With Older Adults* and in response to the Institute of Medicine report *The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands,* which noted a dire need for health providers of all disciplines to meet the mental and behavioral health needs of older adults.

All psychologists, even those who do not currently specialize in or work with older adults, may find these resources useful. **People 65 and older are the fastest growing segment of the U.S. population, and the demand for psychologists with expertise in older adult care will expand as the older population grows.** This demand is expected to rise as the "baby boomer" cohort—who are more accepting of mental health services—moves into old age. Also, as clients age, their needs may change, and additional issues specific to mid- and late life may emerge. Even if you do not work directly with older adults, related issues may arise when working with your own clients (e.g., those caring for aging parents).

list of resources ⟶

American Psychological Association

Resources on Aging

The resources listed below and additional resources may be found on the *Office on Aging* website: www.apa.org/pi/aging

For more information, contact **Deborah DiGilio**, Director, APA Office on Aging: **ddigilio@apa.org**

APA resources

- Guidelines for Psychological Practice With Older Adults
- Guidelines for the Evaluation of Dementia and Age-Related Cognitive Change
- Assessment of Older Adults With Diminished Capacity: A Handbook for Psychologists
- Blueprint for Change: Achieving Integrated Health Care for an Aging Population
- Elder Abuse and Neglect: In Search of Solutions
- Family Caregiver Briefcase: Practice section
- What Mental Health Practitioners Should Know About Working With Older Adults

APA resource guides

- Aging and Human Sexuality
- Depression and Suicide in Older Adults
- Multicultural Aging
- Older Adults and Insomnia
- Psychological Services in Long-Term Care

APA consumer education materials

- Coping With Stress and Anxiety
- Memory and Aging
- Integrated Health Care for an Aging Population: A Fact Sheet for Consumers

APA continuing education opportunities

- What Psychologists Should Know About Working With Older Adults (6 CE credits)
- Blueprint for Change: Achieving Integrated Health Care for an Aging Population (2 CE credits)

Useful geropsychology websites

- GeroCentral: **http://gerocentral.org**
- Council of Professional Geropsychology Training Programs: **www.copgtp.org**
- Geropsychology competencies evaluation tool: **http://gerocentral.org/competencies/competencies-tool-online**
- APA Division 12, Section II – Society of Clinical Geropsychology: **www.geropsychology.org**
- APA Division 20 – Adult Development and Aging: **www.apadivisions.org/division-20**
- Psychologists in Long-Term Care: **www.pltcweb.org/index.php**

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