



APA Aging Issues Newsletter

April 2004

An E-newsletter of the APA Office on Aging, Vol. II, No. 1

Table of Contents

- ❖ New APA Committee on Aging Members
- ❖ Call for Nominations: APA Committee on Aging Award for the Advancement of Psychology and Aging
- ❖ Call for Nominations: APA Committee on Aging
- ❖ Petition For The Recognition Of Geropsychology As A Specialty In Professional Psychology
- ❖ New Brochure for Policy Makers: Contribution of Psychology To An Aging World
- ❖ APA Retirement Options for Psychologists Presidential Initiative
- ❖ APA Aging Leadership Team Update
- ❖ The National Coalition on Mental Health and Aging
- ❖ APA/ABA Assessment of Capacity in Older Adults Project
- ❖ APA Aging Policy and Advocacy Update
- ❖ *How Psychologists can Influence Policy and Advocate for the Underserved* Continuing Education Workshop at APA's 2004 Convention
- ❖ NIMH Aging Treatment and Preventive Interventions Research Branch Established
- ❖ In the News
- ❖ Resources
- ❖ Aging at APA

Welcome New APA Committee on Aging (CONA) Members! Toni Antonucci and Barry Edelstein began three-year terms on CONA in January 2004. They join current members: John Cavanaugh (Chair), Gregory Hinrichsen (Chair-elect), Leonard Poon and Beth Hudnall Stamm.

Call for Nominations: APA Committee on Aging Award for the Advancement of Psychology and Aging

CONA invites 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 and goals of CONA (see next item). All nominations must include a brief statement of support for the nominee (500-word maximum), 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 CONA's mission. 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 **May 15th deadline** for receipt of nominations.

Award recipients, selected by CONA, are announced at the following APA Convention. CONA presented its first outstanding achievement award to Norman Abeles at APA's 2003 Convention. For a copy of the call, go to the Office on Aging website, www.apa.org/pi/aging or contact wfranklin@apa.org.

Call for Nominations to the Committee on Aging

CONA is seeking nominations for two new members to serve three-year terms beginning January 2005 and ending December 2007. CONA is interested in persons with substantive professional specialization in aging issues. 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 minorities, 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.

CONA is committed to ensuring the representation of all constituencies within the APA, including individuals with research experience, clinical experience, policy experience and academic experience. Selected candidates will be required to attend two committee meeting each year in Washington, DC, with expenses reimbursed by the APA (2005 meetings will be March 18-20 and September 30-October 2) and are encouraged to attend a CONA meeting held during the APA Convention at their own expense. Members are also expected to participate in bi-monthly conference calls, work on Committee priorities between meetings, provide consultation to APA Office on Aging staff, and participate in policy advocacy activities. Nomination materials should include a current curriculum vita and a letter from the nominee that indicates willingness to serve on CONA and highlights specific competencies and interests that they would be able to contribute to the work of CONA. Letters of support from other APA governance groups, APA divisions, state psychological associations and other groups or organizations will also be accepted. Nominations are open to all members including those who are retired or employed less than full time. Prior applicants are encouraged to reapply.

Nominations and supporting materials should be sent by **September 1st, 2004 to:** Deborah DiGilio, Aging Issues Officer, APA Office on Aging, 750 First Street NE, Washington, DC, 20002-4242 or via e-mail at ddigilio@apa.org.

Petition For The Recognition Of Geropsychology As A Specialty In Professional Psychology

A petition was filed for recognition of Geropsychology as a specialty in professional psychology with the APA Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP). The petition was filed on behalf of Division 20 and Division 12-II and Psychologists in Long Term Care. CRSPPP will meet on May 22-23, 2004 to review petitions. CRSPPP then makes a recommendation to the APA Board of Directors, who in turn, makes their recommendation to the APA Council of Representatives, who votes to approve or disapprove. The Geropsychology petition is currently posted on the CRSPPP website: www.apa.org/crsppp/geropsych.pdf.

Contributions of Psychology to an Aging World Brochure

The APA Office on Aging, with funding from the Retirement Research Foundation is developing promotional materials that convincingly portray the contribution of geropsychology to the health and well being of older adults. The first product, a brochure for policymakers and other health and aging professional organizations, *Psychologists Make a Significant Difference: Psychology and Aging* will be distributed beginning in June 2004. Its objectives are to: promote psychologists' contributions to aging issues; and to reinforce the ongoing, concerted efforts of the APA Office on Aging, Committee on Aging, and Public Policy Office to secure the representation of geropsychology in national efforts to address the needs and support the strengths of our growing older adult population. The brochure will also be available on the Office on Aging webpage. (www.apa.org/pi/aging).

APA Retirement Options for Psychologists Presidential Initiative

One of APA President Diane Halpern's three presidential initiatives focuses on the problems and opportunities for psychologists as they grow older. This initiative was the discussion topic at the APA Board and Committee Chairs meeting at the March APA Consolidated Meetings. The APA President noted that there are societal-wide implications of the aging of America for which psychologists need to be prepared. We also need to be prepared as an association to meet the needs of a large number of our members who will be making changes—or at least thinking about making changes in how and how much they work and how they use their knowledge and skills as they age. A lively discussion ensued around the five questions posed to the chair of each group: what information do you want to have about retirement? How will the members of your group be affected by the aging of the APA membership? What sorts of information could the group you represent provide to retiring psychologists? What other opportunities could APA provide (or facilitate) that would motivate retirees to stay engaged as members? A survey will also be conducted to learn more about APA members' basic plans for retirement, predictors of retirement, knowledge about APA resources, and ways to keep older members connected to the association. To read more about this initiative, go to: <http://www.apa.org/about/president/retiring.html> and look for the President's Column in May's *Monitor on Psychology*.

APA Aging Leadership Team Update

The Aging Leadership Team convened its first 2004 conference call in January. The formation of an Aging Leadership Team was one of the strategies agreed upon at the 2003 CONA Conversation Hour held at Convention to create a mechanism for increased and ongoing communication between CONA, Division 20, and Division 12-II. Current members of the team include the CONA Chair (John Cavanaugh) and the Presidents of APA Divisions 20 (Bob Knight) and 12-Section II (Paula Hartman Stein). As a first activity of the year, the Team worked together to nominate the same individuals to serve on APA Boards and Committees to enhance their likelihood of selection. Other topics of conversation were the Application for Specialty Status for Geropsychology and the APA 2004 Convention, including Division 20's pre-convention Continuing Education Cruise, 12-II's Clinical Practice Conversation Hour on

Thursday 12:20-1:30 pm, and CONA's annual Conversation Hour on Thursday from 3:00-4:30 pm. The focus of this year's CONA Conversation Hour will be the APA/ABA effort on assessment of capacity in older adults (see story elsewhere in this newsletter).

Collaborations/Meetings

The National Coalition on Mental Health and Aging - February 4, 2004. The Coalition is comprised of over 40 national health and aging organizations committed to mental health and aging issues. The Coalition, staffed by the APA Office on Aging, meets quarterly at APA headquarters. At the meeting, Paolo del Vecchio, CMHS Associate Director on Consumer Affairs reported on the Elimination of Barriers Initiative that is being implemented in conjunction with eight state mental health authorities on the stigma associated with mental health and aging. More information about CMHS efforts on discrimination and stigma can be found at: www.adscenter.org. Russell E. Morgan, Jr., President of the SPRY Foundation discussed their October 2003 conference, "Computer-based Technology and Caregiving for Older Adults." More information about the SPRY Foundation can be found at: www.spry.org. Peter Newbould, Director, Congressional and Political Affairs at APA provided the legislative update. He noted that, in general, it is a difficult time for seeking appropriations even for existing programs. Related to the New Freedom's Commission, the Campaign for Mental Health reform is working to translate recommendations of the report into legislation action, however, there is only so much that can be done without an injection of money. Barry Lebowitz, reported that NIMH director Thomas R. Insel had just announced the creation of the Aging Treatment and Prevention Intervention Research Branch in the Division of Services and Intervention Research. He has been named Branch Chief. Betsy Beckwith, described her work on a white paper, *Medicare's Future: The Integration and Coordination of Healthcare Services for the Nation's Elderly Report*. It was developed for the Mental Health and Aging Network of the American Society on Aging. Its purpose is to help policymakers identify ways to create a collaborative system of healthcare based on a continuum of care that is both integrated and coordinated. The next meeting will be held June 14, 2004 at APA.

APA/ABA Assessment of Capacity in Older Adults Project

As reported in the last newsletter, APA and ABA are collaborating on a Assessment of Capacity in Older Adults Project. Project members have just completed a draft of a document targeting attorneys, that has the working title: *Considerations in the Preliminary Determination of Capacity in Older Adults: A Guide for Attorneys*. At the APA Spring Consolidated Meetings in March, Nancy Coleman, Director of the ABA Commission on Aging and David Powers, the APA Liaison to the Commission, met with CONA and the APA Committee on Legal Issues (COLI) to discuss the draft document. COLI stated the document would be immensely and immediately useful to attorneys. They noted that it is an issue often faced in practice and is an increasing important issue for incorporation into legal education. The draft was also sent to CONA's liaisons (including Divisions 20, 22, 40, and 12-Section II) for review. It is anticipated that an additional round of editing will be undertaken in June 2004. A symposium, "Assessment of Capacity in Older Adults: An APA-ABA Collaboration" will be held at the 2004 APA Convention on Friday, July 30th at 8 am. Participants will include project members from both ABA and APA, and COLI's chair, Robert T. Kinscherff, as discussant.

APA representatives to the Project are CONA members, Barry Edelstein, Gregory Hinrichsen, and Leonard Poon, geropsychologists, Jennifer Moye and David Powers, and geropsychologist, neuropsychologist and attorney, Daniel Marson. ABA Commission on Law and Aging representatives are Nancy Coleman, Director, Charles Sabatino, Assistant Director, and Erica Wood, Associate Director.

Aging Policy and Advocacy Update

“How Psychologists can Influence Policy and Advocate for the Underserved” – A Continuing Education Workshop

The APA Public Policy Office and the Office on Aging are pleased to invite you to attend this special daylong Continuing Education Workshop on Saturday, July 30th at APA's 2004 Convention. Join the growing group of advocates who are involved in policy endeavors on psychology's behalf. Although psychologists have a tremendous amount to offer in the public policy arena, few in the field have received any formal training or practice in effective advocacy. Psychologists with limited exposure to advocacy often miss opportunities to advocate for the inclusion of psychology in relevant federal programs and to secure funding for services, programs, research and professional education and training in the field. The first portion of this workshop will allow participants of all experience levels to understand and become comfortable with the skills necessary for effective advocacy. Of particular focus will be the ways in which psychologists can contribute to social policy, including influencing the legislative process, contacting or visiting legislators, and participating in congressional briefings and hearings. Following the general portion of the advocacy training, participants will be invited to join one of two “interest groups”- aging issues or trauma and abuse to gain in depth exposure and practice utilizing their advocacy skills. Participants will receive an Advocacy Toolkit to assist them with their future advocacy efforts. For more information contact Diane Elmore in the APA Public Policy Office at delmore@apa.org or (202) 336-6097.

NIMH Aging Treatment and Preventive Interventions Research Branch Established

In February 2004, Thomas R. Insel, Director of the National Institute of Mental Health announced the establishment of the Aging Treatment and Preventive Interventions Research Branch with Barry Lebowitz as its chief. George Niederehe will also join the new Aging branch. Although the NIH budget will not grow as in the recent past, it is hoped that this organizational restructuring will benefit aging research. In the last newsletter, it was reported that at the September, 2003 meeting of NIMH's National Advisory Mental Health Council, Steve Zarit presented comments on behalf of APA. Along with other mental health and aging groups, he recommended that NIMH consider reinstating the Aging Branch and increasing funding for aging research and training.

Congressional Hearing – Crimes without Criminals? Seniors, Dementia, and the Aftermath

On March 22, 2004, Senator John Breaux (D-LA) chaired a hearing in the Senate Special Committee on Aging related to Crime and Dementia. Witnesses at the hearing included psychologist and APA member Donna Cohen, Ph.D., Dept. of Aging and Mental Health, University of South Florida; Max Rothman, J.D., the Center for Aging, Florida International University; Commander Gary Gotham, United States Navy; and Constantine G. Lyketsos, M.D., Alzheimer's Association. In her testimony, Dr. Cohen discussed the lack of data on the prevalence of crime among individuals with dementia. She urged Congress to support education and training of health professionals and law enforcement officers, underscored the need for additional research and data collection in this area, and highlighted the importance of prevention and intervention services for older adults and their families.

In the News

Controversial changes to Medicare: Recent Medicare legislation could mean broad changes for providers across fields. *Monitor on Psychology*, Volume 35, No. 2, February 2004.

<http://www.apa.org/monitor/feb04/changes.html>

Psychologists Search for Screening Method To Help Decide When Early-Alzheimer's Patients Should Stop Driving. <http://www.apa.org/releases/alzheimersdriver.html>

Century of Research Confirms Impact of Psychology Factors on Health – Question is How To Apply That Knowledge To Healthcare Systems. <http://www.apa.org/releases/mind.html>

Low Vitamin B₁₂ Is Associated With Poorer Memory In Older People With The High-Risk Genotype For Alzheimer's. <http://www.apa.org/releases/cognitivesupport.html>.

Resources

APA Convention Sessions on Aging Issues Once again this year, the APA Office on Aging will compile 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 listservs and posted on the Office on Aging website <http://www.apa.org/pi/aging> in early July. Others can contact wfranklin@apa.org to receive an electronic copy.

Mental Health for a Lifetime: Research for the Mental Health Needs of Older Americans, NIMH National Advisory Mental Health Council, Aging Research Workgroup's Final Report, is available online at: <http://www.nimh.nih.gov/council/agingreport.cfm>.

Fostering Resilience in Response to Terrorism: For Psychologists Working with Older Adults by Antonette Zeiss, Joan Cook and Dorothy Canter: <http://www.apa.org/psychologists/pdfs/olderadults.pdf> and ***Fostering Resilience in Response to Terrorism Among Mental Health Workers*** by Karen Saakvitne and B. Hudnall Stamm: <http://www.apa.org/psychologists/pdfs/mentalhealthworkers.pdf> are two of nine fact sheets produced by The APA Task Force on Promoting Resilience in Response to Terrorism.

Aging Well, Living Well is the theme for Older Americans Month 2004. The Administration on Aging website has a variety of downloadable materials including fact sheets, PSAs, posters, and sample proclamations: <http://www.aoa.gov/press/oam/oam.asp>

See for Yourself: Vision and Older Adults program: A joint effort of Lighthouse International and the U.S. Department of Health and Human Services' National Eye Institute (NEI). Its purpose is to educate others about effective ways to live with vision loss and to promote awareness about the benefits and availability of vision rehabilitation services. To order this valuable tool, go to <http://www.nei.nih.gov/nehep/seeformyself.htm>.

Aging at APA

The Office on Aging – Within the APA Public Interest Directorate, the APA Office on Aging works to promote aging issues within APA, among APA 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 staffs this office and the APA Committee on Aging. For more information, visit the Office on Aging website at: <http://www.apa.org/pi/aging> or contact Deborah at: 202-336-6135 or ddigilio@apa.org.

The Public Interest Public Policy Office – The Public Policy Office works closely with the Office on Aging on aging policy issues at the federal level. For more information, visit the Public Policy Office website at: <http://www.apa.org/ppo/issues/aging.html> or contact Diane Elmore at: (202) 336-6097 or delmore@apa.org for more information.

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.

APA Division 20 (Adult Development & Aging) - APA's 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. <http://aging.ufl.edu/apadiv20>

APA Division 12-II (Clinical Geropsychology) - APA's 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. http://www.sfu.ca/~clingero/apa12_2/.