



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

COMMITTEE ON AGING 2010 ANNUAL REPORT

MEMBERS

The members of the Committee on Aging (CONA) in 2010 were Chandra Mehrotra, PhD (Chair), Patricia A. Areán, PhD, Adam Brickman, PhD, Neil Charness, PhD, Dolores Gallagher-Thompson, PhD, ABPP, and Sara Honn Qualls, PhD.

MEETINGS

The Committee on Aging held two meetings in 2010, in conjunction with the APA Consolidated Meetings, on March 19th – 21st and September 24th – 26th.

ACTIVITIES

CONA activities in 2010 addressed each of the goals in its Mission Statement: There shall be a Committee on Aging that shall concern itself with furthering the major purpose of APA 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. Specifically, the Committee will pursue the following goals:

Science: Provide strong and visible advocacy for a scientific agenda on aging to policy makers and private and public funding agencies.

1. CONA and Division 20 (Adult Development and Aging) cosponsored the symposium, *Cognitive Decline Among Older Adults---Can Something Be Done?* CONA Chair, Chandra Mehrotra, PhD chaired the symposium that featured presenters Leon A. Hyer, PhD, George W. Rebok, PhD, and Christopher Hertzog, PhD.
2. CONA nominated individuals for the Board for Scientific Affairs (BSA) and its Master Lecture and the Distinguished Scientist Lecture Programs.
3. CONA met with Steven Breckler, PhD, Executive Director of the Science Directorate, Patricia Kobor, Senior Science Policy Analyst, and Karen Studwell, Senior Legislative & Federal Affairs Officer of the Science Government Relations Office to discuss science issues including the establishment of behaviorally oriented research programs in agencies beyond NIH and NSF, National Institute on Mental Health interventions research and its proposed Research Domain Criteria, and recent changes proposed by National Institute on Aging and the Alzheimer's Association working groups for the early diagnosis of Alzheimer's disease and the new designation of "pre-clinical Alzheimer's disease."

4. The CONA Conversation Hour topic was *Alzheimer's Disease and Cognitive Decline: What Scientists and Practitioners Want to Hear from Each Other*. Participants discussed the NIH Consensus Statement on the Prevention of Alzheimer's disease and Cognitive Decline.
5. CONA submitted comments for inclusion in the Division 40 (Society for Clinical Neuropsychology) response to the American Medical Association Physician Consortium for Performance Improvement Work Group on "Dementia: Performance Measurement Set."
6. CONA supported a continuing education proposal, *How to prepare NIH grant applications: An Active Learning Experience* targeting early career psychologists.

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.

1. The Task Force to Update the Guidelines for the Evaluation of Dementia and Age-Related Cognitive Decline, convened under the auspices of CONA, completed its charge to update the 1998 Guidelines. The Board of Directors recommended at its December meeting that *The Guidelines for the Evaluation of Dementia and Age-Related Cognitive Change* be adopted by the Council of Representatives at its February 2011 meeting.
2. CONA submitted comments on proposed changes to the DSM-V in the following areas: Major and Minor Neurocognitive Disorders and Delirium, Mood Disorders, and Substance Use Disorders.
3. CONA's Integrated Health Care for An Aging Population Initiative continues with the development of two reports summarizing integrated care efforts: *Integrated Care Models: Primary Care Medicine* and *Integrated Care Models: Home-Based Models*.
4. CONA coordinated the submission of a BAPPI sponsored symposium, *Successful Models of Integrated Care: Psychological Programs that Address Health Care Disparities* for the 2011 Convention.
5. CONA met with Katherine Nordal, PhD, Executive Director of Professional Practice and Diane Pedulla, JD, Director, Federal Regulatory Affairs of the APA Practice Directorate to discuss issues of import to geropsychology including: CMS policies that impede the provision of services to older adults such as lack of reimbursement for services to family caregivers when the care recipient is not present, and inadequate reimbursement for home visits and for treating individuals with complex needs; telepractice and telehealth; APA treatment guidelines; and Medicare's Sustainable Growth Rate and Evaluation and Management Codes.
6. CONA encouraged APA President-elect Melba Vasquez, PhD to consider the needs of older adults in her efforts to develop Guidelines for the Practice of Telehealth. And recommended individuals with expertise in telehealth and aging.
7. CONA supported the continuing education proposal, *Psychological Assessment of Decision-Making Capacity of Older Adults*.

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.

1. CONA maintained ongoing communication with and provided input throughout the year to Diane Elmore, PhD, Senior Policy Advisor, and Public Interest Government Relations Office on a variety of aging policy issues including integrated health care and the reauthorization of the Older Americans Act and SAMHSA.
2. CONA provided input to the development of the 2010 Public Interest Advocacy Goals related to aging and cross-cutting issues including the availability of and access to mental and behavioral health services, geropsychology research, workforce development, services and supports for older adults, suicide prevention, Veterans and their families, disaster relief and emergency preparedness, and end-of-life care.

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.

1. An all-day, preconvention, geropsychology continuing education workshop, *What Psychologists Should Know about Working with Older Adults* was once again sponsored by CONA and the Office of Continuing Education at the APA 2010 Annual Convention. It was developed to increase the competencies of psychologists interested in working with older adults, their families, and caregivers. It was well attended and positively evaluated by its 44 participants.
2. As part of its *Priming the Geropsychology Pipeline Project*, CONA developed and distributed resources on aging topics and career opportunities to students at all levels of psychology training.
3. CONA met with Catherine Grus, PhD, Associate Executive Director of the Education Directorate to discuss education and training issues including the newly established specialty in Professional Geropsychology, replication of the survey, *Psychologists in practice with older adults: Current patterns, sources of training*, and need for continuing education (Qualls, et al., 2002)
4. CONA provided input to the public description of Professional Geropsychology that will be posted on the Committee for Recognition of Specialties and Proficiencies in Professional Psychology web page.
5. CONA met with Dr. Nina Levitt, Associate Executive Director for Education Governance Relations Office to discuss the Graduate Psychology Education Program.

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.

1. CONA coordinated the submission of a 2011 Convention proposal, *Successful Models of Integrated Care: Psychological Programs that Address Health Care Disparities* to the Board for the Advancement of Psychology in the Public Interest for a symposium to be held at the 2011 in collaboration with four other Public Interest committees: The Committees on Socio-economic Status (CSES), Ethnic Minority

Affairs (CEMA), Lesbian, Gay, Bisexual and Transgender Concerns (CLGBTC), and the Committee on Rural Health.

2. CONA encouraged President-elect, Melba Vasquez, PhD to include consideration of older immigrants by her Presidential Task Force on Immigration and suggested a special population section on immigration and older adults in the report of the Task Force. CONA also recommended a resource person with expertise with older adult minority immigrants to provide input to the Task Force.
3. Norman Abeles, PhD was selected for the 2010 Distinguished Contributions to Psychology in the Public Interest Award at the Senior Career level. CONA nominated Dr. Abeles for the award as well as individuals for the 2010 *APA Award for Distinguished Contributions to Research in Public Policy* and CLGBTC.
4. CONA members met with BAPPI and the following Public Interest committees at the Consolidated Meetings to discuss opportunities for potential collaboration: CDIP, CEMA, CLGBTC, CSES and CWP.

Public Affairs: Develop and disseminate information concerning the scientific findings and practice issues about older adults to psychologists and other professionals, policy makers, and the public.

1. *The APA Committee on Aging Award for the Advancement of Psychology and Aging* was presented to Jennifer Moyer, PhD in recognition of her outstanding contributions to geropsychology aimed at improving the quality of life of older adults including leadership in training of clinical geropsychologists, advocacy for expanded mental health care for veterans, and in translating research to the advancement of science, practice, and public policy, particularly regarding assessment of competency and diminished capacity.
2. The Office on Aging and CONA advocated for and/or contributed to the following Monitor on Psychology articles: *What works to protect cognition – Lifestyle interventions show promise, but the research remains inconclusive*; *Surviving the media onslaught – Psychologists’ research is pointing to ways Americans can find balance between online and offline worlds*; and, *Placing the Patient Front and Center – The patient-centered ‘health home’ promises to revitalize primary care and provide integrated, cost-effective treatment*.

APA: Serve as a visible focus for the coordination of information among groups within the 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.

1. CONA developed and submitted four priority initiatives for consideration in the APA Strategic Plan: Technology-based Programs for Underserved Populations; Enhance Psychology’s Role in Labor-Force Development; Public Campaign Highlighting the Distinct Role of Psychologists; and, Make Psychology the Leading Profession in Researching and Structuring Clinical Trials on Tailored Interventions.
2. CONA members met with members of the APA leadership at its meetings to discuss issues of import including: APA President Carol Goodheart, EdD; APA President-Elect Melba Vasquez, PhD; APA Board of Directors members, Barry Anton, PhD

and Nadine J. Kaslow, PhD, APA CEO Norman Anderson, PhD; and the Executive Directors of each of the APA Directorates.

3. CONA members met with following APA committees from other Directorates at the Consolidated Meetings to discuss opportunities for potential collaboration: APAGS, BPA, BSA, CECP, and PTCC.
4. CONA submitted nominations of psychologists with aging expertise for other APA Boards and Committees and Presidential Initiatives, including the 2010 Presidential Task Force on Discrimination and Guidelines for the Practice of Telehealth, Telepsychology, and Telepractice. CONA nominee, Chandra Mehrotra, PhD, was selected for a three year term on the Committee on International Relations in Psychology.
5. CONA regularly comments on proposed APA new business items to assure that APA policies are informed by geropsychology principles and that the impact of proposed policies upon older adults is considered. This year comments were submitted on the following items: National Standards for HS School Psychology Curricula; Principles for Quality Undergraduate Education; Revised Guidelines for Psychology Practice in Health Care Delivery Systems; Psychological Evaluation in Child Protection Matters; Recommendation to Increase the Size and Composition of COPPS; Proposed Guidelines for Prevention; Guidelines for Parenting Coordination; Resolution on Affirming Research on Global Climate Change; and Resolution on Marriage Equity for Same-Sex Couples.

Diversity Issues, Training and Representation:

1. CONA asked APA President-elect Melba Vasquez, PhD to consider issues of bias, discrimination and prejudice against older adults, whose identities are indeed marginalized in U.S. society, as part of her Presidential Initiative on Reducing bias, discrimination and prejudice against people whose social identities are marginalized in U.S. Society. CONA also nominated an individual with aging expertise to serve on her Task Force on this issue.
2. CONA chair, Chandra Mehrotra presented a poster session, *Strengthening Multicultural Competencies in Geropsychology* drawing upon CONA's *Multicultural Competencies in Geropsychology* report. Dissemination of this report in multiple venues continues.
3. CONA strives to attract members representing diversity according to gender, age, and race/ethnicity as well as scientific expertise and level of professional experience. The diversity composition of the 2010 Committee on Aging was three men and three women including one early career and two ethnic minority psychologists. In addition, CONA members' clinical and research foci related to diversity include expertise in working with diverse older adult and caregiver populations.