



# APA Aging Issues Newsletter



December 2005

Volume III, Number 2

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[http://www.whcoa.gov/press/releases/2005/pr\\_12\\_14\\_05.pdf](http://www.whcoa.gov/press/releases/2005/pr_12_14_05.pdf)  
Top ten 2005 WHCoA Resolutions press release

## A New Look!

The APA Aging Newsletter has a new look! On the left navigation bar, we have provided links to additional information. Comments on the new format can be directed to [mpal@apa.org](mailto:mpal@apa.org)

## APA Committee on Aging Award

The APA Committee on Aging (CONA) presented its 2005 Award for the Advancement of Psychology and Aging to **Margaret Gatz, PhD** on November 20th during the Mental Health Practice and Aging Interest Group Meeting at GSA in Orlando. The award text reads: "This award is given in recognition of Dr. Gatz's longstanding dedication to research, training, professional service, and advocacy in geropsychology. She has been a powerful force in the field of aging. She has made seminal empirical contributions that span behavioral genetics, emotion, perceived control, mental health, and dementia. She is a superb methodologist with expertise in longitudinal data, population-based studies, and qualitative data sets. She easily integrates knowledge of normal and disease-related aging as well as developmental and clinical geropsychology. She has been a major leader as editor of journals and books, consultant to domestic and international government agencies and aging-related organizations, officer of professional societies, and developer of clinical training models. She is known as a caring mentor who has selflessly and generously guided students through their studies and into their careers. We are pleased to honor Dr. Gatz's tireless diligence on behalf of psychology and aging." The CONA award is given annually, within an August 1<sup>st</sup> deadline for nominations. Prior recipients are George Niederehe, PhD and Norman Abeles, PhD.

## The 2005 White House Conference on Aging

On December 14<sup>th</sup> the WHCoA announced its policy resolutions. It is a pleasure to report that **mental health** was one of the top 10! With seventy-five percent (929 out of 1,200) of Conference delegates voting to "improve recognition, assessment, and treatment of mental illness and depression among older Americans," it was ranked #8 of the 50 final resolutions. WHCoA psychologist delegates included APA President Ron

[www.apa.org/pi/aging](http://www.apa.org/pi/aging)  
The APA Resolution on the 2005  
WHCoA

[http://www.whcoa.gov/about/des\\_events\\_reports/PER\\_DC\\_08\\_19\\_05.pdf](http://www.whcoa.gov/about/des_events_reports/PER_DC_08_19_05.pdf)  
Post Event received by the  
WHCoA Policy Committee –  
Scroll down to August 2005

Levant, PhD, Norman Abeles, PhD, John Cavanaugh, PhD, Mohammed Farrag, PhD, Michael Smyer, PhD, Suzann Ogland-Hand, PhD, and Margaret Hastings, PhD.

APA worked over the past year independently and in cooperation with the National Coalition on Mental Health and Aging (NCMHA) to promote the inclusion of mental health issues on the agenda of the WHCoA. Recent WHCoA efforts included the development of the *Resolution on the 2005 White House Conference on Aging* adopted by the APA Council of Representatives in August, and a Division 20/CONA sponsored APA Convention symposium and WHCoA Independent Aging Event, *Psychology and Public Policy: Contributions to the 2005 WHCoA*. The post-event summary was received by the WHCoA Policy Committee and posted on the Conference's website.

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## CONA Fall Meeting Summary

CONA's Fall Meeting was held September 30<sup>th</sup> - October 2<sup>nd</sup>. CONA spent the initial segment of its meeting providing input to a number of proposed APA efforts. CONA recommended adoption of the Guidelines for the Undergraduate Psychology Major which had been modified to incorporate CONA's recommendation of the phrase "developmental changes in behavior and mental processes across the lifespan." CONA also suggested inclusion of examples of older people's vulnerabilities and resiliencies in both courses with general content and courses devoted to adult development and aging within the undergraduate curriculum. CONA supported the recommendations of the Commission on Education and Training Leading to Licensure in Psychology including an emphasis on competency-based training and completion of one of the two years of supervised professional experience be permitted prior to receiving the doctoral degree. CONA asked that the entire lifespan be considered when formulating these competencies. CONA also recommended that Council approve the Guidelines for Psychological Practice with Girls and Women as APA policy.

CONA welcomed numerous guests including APA President-elect, Gerald Koocher, PhD; APA CEO Norman Anderson, PhD; APA Board of Directors members, Jessica Henderson Daniel, PhD and Sandra Shullman, PhD; Membership Committee Vice-Chair, John Robinson, PhD; Executive Director of the Public Interest Directorate, Henry Tomes, PhD; Executive Director of the APA Science Directorate, Steven Breckler PhD; Associate Executive Director of the Public Interest Directorate, Gwendolyn Keita PhD; BAPPI Board member and its Liaison to CONA, Margaret Heldring, PhD; Division 12-Section II Liaison to CONA, Merla Arnold, PhD; Committee on Rural Health Liaison to CONA, Richard McGraw, PhD; Senior Director of the APA International Affairs Office, Merry Bullock, PhD; Director of the Education Policy Office, Nina Levitt EdD; and Ellen Garrison PhD, Director, and Diane Elmore PhD, Senior Legislative and Federal Affairs Officer, Public Interest Policy Office. Christopher McLaughlin of the Health Resources and Services Administration (HRSA), Bureau of Health Professions, also joined CONA to provide an update on the Graduate Psychology Education programs.

During the meeting, CONA discussed strategies to promote aging

throughout APA, and increase cultural competency in clinical geropsychology, and continued work on its Roadmap to Aging Project. CONA also initiated work on two new efforts. The first is to develop a request for Council of Representatives 2006 Discretionary Funding for the National Conference on Training in Geropsychology. The second is development of a proposal for reduced or one-day registration fees for the APA Convention for APA members with Life Member status. CONA believes that Convention provides an opportunity for retired APA members to remain involved in their profession, maintain social and professional networks, and learn of potential employment or volunteer opportunities in the field. However, for many retired members on fixed incomes, the costs associated with travel and registration may preclude their attendance. In turn, increasing the attendance of older psychologists could result in opportunities for sharing their knowledge and skills across generations. This exchange of knowledge and skills between members of APA who have less and more experience in psychology can be beneficial to the Association; in particular as it relates to the retention of early career psychologists. Combined, these new projects and the Roadmap to Aging will provide direction for CONA in 2006.

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## CONA 2006

CONA welcomes its two newest members who begin three-year terms on January 1<sup>st</sup> – Peter Lichtenberg, PhD and Victor Molinari, PhD. A fond farewell is bid to John Cavanaugh, PhD and Gregory Hinrichsen, PhD. Their contributions to CONA over the past three years have enhanced its stature within the Association.

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## Roadmap to Aging Project

CONA, with financial support from the APA Board of Directors, is completing the Roadmap to Aging Project's first product, *Life Plan for the Life Span*. This web-based brochure will offer guidance and resources to young, middle-aged and older psychologists in planning for the variety of challenges that often arise as people age (legal/financial, health, psychological, social, and worklife/retirement). Prior to its Fall 2005 meeting, CONA convened a meeting of issue area experts to assist in translating of the wealth of empirical evidence in the research literature into practical steps to assist psychologists in effectively planning for and addressing these challenges. Experts invited were: Nancy Coleman, Martha Crowther, PhD, Susan Krauss Whitbourne, PhD, Elizabeth Vierck, Douglas Hershey, PhD, Anderson Smith, PhD, Sherry Willis PhD, and Steven Zarit, PhD. The psychologist brochure, containing a wealth of recommendations and resources, will be available in January 2006. Future plans include the adaptation of *Life Plan for the Life Span* for the general public.

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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. This

year's activities include publication and dissemination of the group's first product, *Assessment of Older Adults with Diminished Capacity: A Handbook for Lawyers* and its presentation to audiences such as the National Association of Elder Law Attorneys and state guardianship associations; and a full-day continuing education workshop at the APA Convention for psychologists, *Psychological Assessment of Decision Making-Capacity of Older Adults*. Currently, a companion document, *Determining Capacity of Older Adults in Guardianship Proceedings: A Benchbook for Judges* is being developed and will be available in late Spring 2006. Members of the ABA/APA Workgroup met on December 15<sup>th</sup> to discuss the Project's future efforts.

At that meeting it was announced that Jennifer Moye, PhD, a workgroup member and editor of the lawyer handbook, was appointed as the first psychologist Commissioner of the ABA Commission on Law and Aging. APA would also like to recognize and thank David Powers, PhD, who had served as the APA Liaison to the Commission since 2002.

Members of the ABA/APA Workgroup are: Barry Edelstein, PhD, Gregory A. Hinrichsen, PhD, Daniel Marson, JD, PhD, Jennifer Moye, PhD, David Powers PhD, Charlie Sabatino, JD and Erica Wood JD.

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## National Conference on Training in Professional Geropsychology

APA Division 20 (Adult Development and Aging) and Division 12-Section II (Clinical Geropsychology) are planning the National Conference on Training in Professional Geropsychology to be held June 2006 in Colorado Springs. Its goal is 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. Previous conferences and most recently, the 2004 *APA Guidelines for Psychological Practice with Older Adults*, have defined the knowledge base and professional skills for the field of geropsychology. However, the continued development of professional geropsychology requires the elaboration and publication of training models that describe the components of and pathways for obtaining professional geropsychology training. To this end, conference participants 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 practice guidelines, and (3) various educational pathways for developing geropsychology competencies.

The Conference Planning Committee is co-chaired by Bob Knight, PhD and Michele Karel, PhD and includes Michael Duffy, PhD, Barry Edelstein, PhD, Deborah Frazer, PhD, Paula Hartman-Stein, PhD, Greg Hinrichsen, PhD, Jennifer Manly, PhD, Victor Molinari, PhD, Sara Qualls, PhD, Forrest Scogin, PhD, Susan Whitbourne, PhD, Toni Zeiss, PhD, Richard Zweig, PhD, and George Niederehe, PhD (consulting).

[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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## 2005 APA Convention

<http://www.apa.org/monitor/nov05/elders.html>  
Instilling skills in the treatment of minority elders

[www.nchma.org](http://www.nchma.org)  
For more information on NCMHA

This year 237 symposia and poster sessions related to aging were convened. CONA sponsored two programs in addition to the earlier described WHCoA session. The first was **Older Adult Mental Health: Multicultural Infusion into Education, Training, Research, Practice and Policy**. The session was chaired by Toni Antonucci, PhD with Michael Smyer, PhD as discussant. Participants included Jennifer Manly, PhD, Richard Zweig, PhD, Martha Crowther, PhD and Susan Krauss Whitbourne, PhD. The 2005 CONA Conversation Hour, **“The Science of Successful Aging: The Road Best Traveled”** focused on CONA’s latest project, The Roadmap to Aging. Participants of this well attended session provided input to the content and format of the *Life Plan for the Life Span* brochure.

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## The National Coalition on Mental Health and Aging

APA is one of 50 member organizations of NCMHA. APA is represented by geropsychologist David Powers, PhD, Deborah DiGilio, Aging Issues Officer, and Diane Elmore, PhD of the Public Policy Office. In addition, Deborah was elected in May 2005 to a 2-year term as NCHMA chair. Over the past 15 months NCMHA has focused its attention on advocating for representation of mental health and substance abuse on the agenda of the 2005 WHCoA.

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## Aging Policy Update

Diane Elmore, PhD was hired in September 2005 as the Senior Legislative and Federal Affairs Officer. She will have responsibility for aging and other policy issues. Dr. Elmore was the James Marshall Public Policy Scholar of the Society for the Psychological Study of Social Issues at APA during 2003-2004. During the past year, she was an APA Congressional Fellow in the office of Senator Hillary Rodham Clinton. Dr. Elmore has provided the following summary of important legislative issues in which she is involved.

- The Lifespan Respite Care Act (S.1283, H.R.3248), which is sponsored by Senators Clinton (D-NY) and Warner (R-VA) and Representatives Ferguson (R-NJ) and Langevin (D-RI). This legislation would make much needed quality respite care available and accessible to family caregivers in need, regardless of their Medicaid status, disability, or age. This bill passed the Senate Health, Education, Labor and Pensions Committee and the full Senate last Congress. Although the Act has strong bipartisan support, it will be important to gather additional co-sponsors in the House and Senate in the coming months. Diane noted that APA members can reach out to their members of Congress and encourage them and sponsor this legislation.
- The Ronald Reagan Alzheimer’s Breakthrough Act (S.602, H.R.1262) is sponsored by Senators Mikulski (D-MD) and Bond (R-MO) and Representatives Smith (R-NJ) and Markey (D-MA). This legislation was created soon after Ronald Reagan’s death as a vehicle to move several bills of importance to the Alzheimer’s advocacy community. This legislation includes the Lifespan Respite Care Act, along with bills that provide tax credits for caregivers and increased support for

Alzheimer's research.

- The Positive Aging Act (S.1116, H.R.2629) is sponsored by Senators Clinton (D-NY) and Collins (R-ME) and Representatives Kennedy (D-RI) and Ros-Lehtinen (R-FL). This legislation is designed to make mental health services for older adults an integral part of primary care services in community settings and to extend these services to other settings where seniors reside and receive services. This legislation adds to the mandate of the Older Americans Act and authorizes new programs through SAMHSA. APA is working with other mental health and aging organizations to gather additional House and Senate co-sponsors for this legislation. APA members can help by contacting their members of Congress and urging them to support the Act.
- There are also several important reauthorizations expected this Congress. These include the Older Americans Act and the Substance Abuse and Mental Health Services Administration (SAMHSA). Timelines and priority issues for these reauthorizations are still being developed.

Dr. Elmore is looking forward to working with the geropsychology community on aging policy issues.

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## In the News

APA applauds the inclusion of mental health as a major priority resolution of the White House Conference on Aging, December 2005.  
<http://www.apa.org/releases/whc1216.html>

Uncontrolled high blood pressure means more cognitive problems in old age. December 2005  
<http://www.apa.org/releases/HighBP1105.html>

Instilling skills for treating minority elders. *Monitor in Psychology*, Volume 36, No. 10, November 2005.  
<http://www.apa.org/monitor/nov05/elders.html>

Early warning signs of Alzheimer's show up across cognitive areas years before official diagnosis. July 2005  
<http://www.apa.org/releases/alzheimers073105.html>

Given misleading cues, older adults are more likely to "remember" that misinformation. May 2005  
<http://www.apa.org/releases/misinformation.html>

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## Resources

**Psychology International**, the APA International Affairs Office newsletter is published bimonthly and has articles, announcements and information to facilitate involvement in international psychology. Read the latest issue at [www.apa.org/international/picurrent.html](http://www.apa.org/international/picurrent.html). Subscribe at [international@apa.org](mailto:international@apa.org)

**Assessment of Older Adults with Diminished Capacity: A Handbook for Lawyers** is a collaborative product of the American Psychological Association and American Bar Association Working Group on Capacity

Publications are available on the Office on Aging website <http://www.apa.org/pi/aging> or by contacting [mpal@apa.org](mailto:mpal@apa.org)

[www.aarponline.org/ageline](http://www.aarponline.org/ageline)

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<http://aging.ufl.edu/apadiv20>  
APA Division 20 webpage

<http://www.geropsych.org>  
APA Division 12-Section II website

Assessment in Older Adults. Although developed for lawyers, the information is very useful for psychologists and other health and social service professionals.

**Psychologists Make a Significant Difference: Psychology and Aging** outlines the research, practice and educational endeavors of geropsychologists on behalf of older adults. It describes the growing need for psychological services for older adults, explains the interface between physical and mental health care, and provides examples of the work of psychologists in fourteen areas.

**AARP's AgeLine Database** is a comprehensive source of information on aging-related and social gerontology online, including literature from psychology, psychiatry, sociology, social work, demography, economics, and health sciences.

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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 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.

**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** - works closely with the Office on Aging on 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'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.

**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.

***Happy Holidays from the APA Office on Aging!***