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[http://www.apa.org/pi/aging/capacity\\_psychologist\\_handbook.pdf](http://www.apa.org/pi/aging/capacity_psychologist_handbook.pdf)

### *Psychologist Handbook*

<http://www.apa.org/pi/aging/pi/09-33-Memory-and-Aging-FIN.pdf>

### *Memory and Aging*

<http://www.apa.org/pi/aging/pi/09-33-Coping-with-Stress-FIN.pdf>

### *Stress and Anxiety*

<http://www.apa.org/pi/aging/blueprint.html>

### *Blueprint for Change*

### *IHAP Factsheets*

<http://www.apa.org/pi/aging/IHAP-factsheet-consumers.pdf>

<http://www.apa.org/pi/aging/IHAP-factsheet-training-directors.pdf>

<http://www.apa.org/pi/aging/IHAP-factsheet-policymakers.pdf>

[http://www.apa.org/pi/aging/lifespan\\_2008.pdf](http://www.apa.org/pi/aging/lifespan_2008.pdf)

### *Life Plan for the Life Span*

<http://www.apa.org/pi/aging/psychandaging.pdf>

### *Psychology and Aging*

<http://www.apa.org/pi/aging/publications.html#Resourceguides>

### *Resource Guides*

[www.apa.org/science/gcbooklets.html](http://www.apa.org/science/gcbooklets.html)

### *Prolonging Vitality*

## Resources

### **Assessment of Older Adults with Diminished Capacity: A Handbook for Psychologists**

The handbook discusses the evaluation of the civil capacities of older adults. Six civil capacities of particular importance to older adults are discussed - medical consent capacity, sexual consent capacity, financial capacity, testamentary capacity, capacity to drive, and capacity to live independently.

### **Consumer Factsheet on Memory and Aging**

Offers information on memory changes accompanying age, tips for maintaining and improving memory, and when to seek professional help.

### **Consumer Factsheet on Coping with Stress and Anxiety**

Provides information on stressors of aging, coping with stress, and ways psychologists can help.

### **Blueprint for Change: Achieving Integrated Health Care for an Aging Population**

Developed by APA President Dr. Sharon Brehm's 2007 Task Force on Integrated Health Care for an Aging Population, its intent to provide information for psychologists on how to be effective in contributing to, joining, and creating integrated care team.

### **Integrated Health Care for an Aging Population: Fact Sheets for Consumers, Graduate Psychology Faculty and Training Directors and Policymakers**

Provide targeted guidance to each audience on how to promote and expand this important and increasingly utilized model of care.

### **Life Plan for the Life Span**

Produced by the Committee on Aging, this web-based brochure offers practical guidance and links to resources for young, middle-aged and older psychologists to assist in planning for legal, financial, health, psychological, social, and work life/retirement issues that often arise as people age.

### **Psychology and Aging**

Describes the contributions of psychologists to the health and well-being of older adults.

### **Psychology and Aging Resource Guides**

Web-based guides summarize research studies and relevant books and journal articles on important topics including Psychotherapy, Depression, Insomnia, Sexuality, and Psychological Services in Long Term Care.

### **Prolonging Vitality**

This booklet, produced by the Science Directorate as part of President Alan Kazdin's 2008 Society's Grand Challenges Initiative, details how psychologists are researching ways to improve the quality of life for older persons.

To register for CE offerings:

<https://cyberstore1.apa.org/cyb/cli/casinterface1/ceworkshops/index.cfm?action=>

APA Convention 2009:

<http://www.apa.org/convention09/homepage.html>

Convention Sessions on Aging Issues:

<http://www.apa.org/pi/aging>

## CONA Events at the APA 2009 Convention

- CONA Conversation Hour: Saturday, August 8<sup>th</sup> from 5:00pm-6:30pm at Metro Toronto Convention Centre, Constitution Hall 105, North Building – Level 100. Please join us to learn more about how APA Health Care Reform efforts impact older adults from Diane Elmore, PhD, MPH of the APA Public Interest Government Relations Office and share your thoughts on federal policy issues of importance.
- Continuing education workshop, “*What Psychologists Should Know about Working with Older Adults*” cosponsored by CONA and the Office of Continuing Education: Wednesday, August 5<sup>th</sup> from 8:00am-3:50pm at Westin Harbour Castle Toronto Hotel Harbour Ballroom C.
- A booklet listing all *APA Convention Sessions on Aging Issues* has been once again prepared by our Office and is available on the Office website. It will also be available at the Public Interest Directorate booth in the Exhibit Hall at Convention.

## CONA Award for the Advancement of Psychology and Aging

Join us at the above listed CONA Conversation Hour when the 2009 Committee on Aging Award for the Advancement of Psychology and Aging is presented to **Bob Knight, PhD**. The award is given in recognition of Dr. Knight’s extraordinary leadership across the domains of education, practice, organizational development, and research in clinical geropsychology.

His leadership has benefitted many professional organizations, including the APA and two national training conferences. His insightful scholarship has better defined the field of psychotherapy outcomes and process with older adults and has articulated carefully empirically-based tenets of these therapies. Importantly, he has questioned the cultural limitations of established paradigms in caregiver research and reframed practice outcomes in public mental health settings as these apply to older adults. Dr. Knight’s career as a scientist-practitioner has shaped the emerging field of geropsychology and the organizations that support it.

Previous Award recipients include: Norman Abeles, PhD, George Niederehe, PhD, Margaret Gatz, PhD, Antonette Zeiss, PhD, Martha Storandt, PhD, and Gregory Hinrichsen, PhD.

## CONA Nominations

The Committee on Aging (CONA) seeks two full APA members with specialization in aging issues to begin three-year terms on Jan. 1<sup>st</sup>. CONA is the chief APA governance committee charged with addressing aging concerns. CONA seeks diverse committee representation, including individuals with experience in research, clinical training, practice, policy, advocacy and education. It also aims for diversity in ethnicity, culture, age, gender, ability, sexual orientation and geographic location. The nomination deadline is: September 1. For the complete Call for Nominations, requirements for submission, and more information about CONA’s mission and efforts, see the link on the left.

CONA Nominations Information:

[www.apa.org/pi/aging/cona01.html](http://www.apa.org/pi/aging/cona01.html)

## APA Presidential Task Force on Caregivers

APA President-elect, Carol Goodheart, EdD has selected caregivers as the focus of one of her two Presidential Initiatives. The mission of the APA Presidential Task Force on Caregivers is to create an *APA Tool Kit for Caregivers* that will also be designed to help psychologists with patients who are caregivers access needed services and information. The Task Force will also sponsor a Presidential Symposium on Caregivers at the 2010 APA convention in San Diego. Divisions will be encouraged to offer symposia related to caregivers at the Convention. More information will be shared with readers as the project progresses.

The 6-person Task Force is comprised of Andrea Patenaude, PhD, Harvard Medical School and Dana-Farber Cancer Institute (chair), Martha Crowther, PhD, MPH (University of Alabama), Timothy Elliot PhD, ABPP (Texas A&M University), William Haley, PhD (University of South Florida), Barry Jacobs, PsyD. (Crozer Keystone Health System, PA), Sara Honn Qualls, PhD (University of Colorado, Colorado Springs), and Carol Goodheart, EdD (ex-officio). Deborah DiGilio, MPH, Director of the APA Office on Aging, will provide staff support to the Task Force.

## ABA/APA Capacity Assessment in Older Adults Project

This collaboration between APA and the ABA Commission on Law and Aging has resulted in a series of handbooks: *Assessment of Older Adults with Diminished Capacity* for psychologists (2008), judges (2006), and lawyers (2005). These works have been disseminated internationally, and there is mounting evidence that they are being well accepted and adopted by members of the respective professions. For example, effective July 1<sup>st</sup> a more detailed Medical Certificate (guardianship and conservatorship evaluation form) based on the template in the guardianship handbook was adopted in Massachusetts. The model forms and other handbook content have been applied in Connecticut, Florida, Maine, Utah, Virginia, Vermont, and Australia.

The members of the Working Group are: Barry Edelstein PhD; Peter Lichtenberg, PhD, ABPP; Daniel Marson, JD, PhD; Jennifer Moye, PhD; David Powers, PhD; Charles Sabatino, JD (Director, ABA Commission on Law and Aging); Aida Saldivar, PhD; Erica Wood, JD (Associate Director, ABA Commission on Law and Aging); and Stacey Wood, PhD. Dr. Moye was editor of the first two hand books and co-editor with Dr. Stacey Wood on the psychologist handbook.

## Multicultural Competency in Geropsychology

The report, *Multicultural Competency in Geropsychology* has been completed and will be presented to the APA Council of Representatives at its August meeting at Convention. The report explores the key issues regarding the infusion of multicultural competence throughout geropsychology; makes recommendations for future action addressing practice, research, education and training, and public policy issues; and informs psychologists of existing resources to improve their own multicultural competence in working with older adults. It will then be placed on the Office on Aging website and planning for dissemination will begin.

[http://www.apa.org/pi/aging/capacity\\_psychologist\\_handbook.pdf](http://www.apa.org/pi/aging/capacity_psychologist_handbook.pdf)

***Assessment of Older Adults with Diminished Capacity: A Handbook for Psychologists***

[http://www.apa.org/pi/aging/diminished\\_capacity.pdf](http://www.apa.org/pi/aging/diminished_capacity.pdf)

***Assessment of Older Adults with Diminished Capacity: A Handbook for Lawyers***

[http://www.apa.org/pi/aging/capacity\\_judges\\_handbook.pdf](http://www.apa.org/pi/aging/capacity_judges_handbook.pdf)

***Judicial Determinations of Capacity in Older Adults in Guardianship Proceedings: A Handbook for Judges***

Contributors to this report include: Patricia A. Areán, PhD; Merla Arnold, RN, PhD; David Chiriboga, PhD; Martha R. Crowther, PhD, MPH; Steven David, PhD; Deborah DiGilio, MPH; Diane Elmore, PhD, MPH; Leon Hyer, PhD; Michiko Iwasaki, PhD; Peter A. Lichtenberg, PhD, ABPP; Chandra Mehrotra, PhD; Victor Molinari, PhD, ABPP; Sara Honn Qualls, PhD; Yvette N. Tazeau, PhD; and Dolores Gallagher Thompson, PhD, ABPP.

## **The Task Force to Update the Guidelines for the Evaluation of Dementia & Age-Related Cognitive Decline**

These Guidelines were developed by Dr. Norman Abeles' Presidential Task Force and adopted by Council in 1998. Over the past ten years, psychological science and practice in the area of dementia and age-related cognitive decline has evolved dramatically. Psychologists are well-positioned to bring the science-base and the critical skill of standardized and comprehensive assessment to this area. The Task Force has identified a significant number of areas that will be addressed during the update, including: Mild Cognitive Impairment; evaluation of dementia with ethnically and linguistically diverse older adults; longitudinal assessment, assessment of pre-morbid conditions, and the assessment of procedural memory; the continuing need for direct evaluation of cognition in an era of biomarkers; and how to make psychological findings and recommendations most useful to interdisciplinary professionals involved in dementia evaluation and diagnosis.

Task Force members are: Glenn Smith, PhD (Chair), Cameron Camp, PhD, Susan Cooley, PhD, Hector Gonzalez, PhD, Paula Hartman-Stein, PhD, Asenath LaRue, PhD, Jennifer Manly, PhD, Nancy Pachana, PhD, and Antonette Zeiss, PhD.

## **Eldercare Workforce**

APA is a member of the Eldercare Workforce Alliance (EWA) that has the goal of resolving the geriatric workforce shortage through recruitment, training, retention, compensation and career development for the professional and direct care geriatric workforce, and the adoption of interdisciplinary models of care. APA Representatives to the Alliance are Deborah DiGilio, MPH, Director, Office on Aging, Diane Elmore, PhD, MPH, Senior Legislative and Federal Affairs Officer, Public Interest Governance Relations Office, Catherine Grus, PhD, Associate Executive Director of Education and Training, Education Directorate, and Nina Levitt, EdD, Associate Executive Director, Education Government Relations Office.

APA representatives have been successful in ensuring that psychology is included in the Alliance's work. EWA has significant efforts underway to build a caring and competent eldercare workforce within the context of Health Reform and conducted a very successful Capitol Hill Day on June 23<sup>rd</sup> with congressional visits conducted by interdisciplinary teams of EWA members. APA has also provided meeting space for two of the three 2009 EWA meetings and served as the coordinating location for Capitol Hill Day.

<http://www.eldercareworkforce.org/>  
**Eldercare Workforce Alliance**



(Left to Right) Dana Thomas, Office of Rep. Schakowsky; Robyn Golden, American Society on Aging; Cathy Hurwit, Office of Rep. Schakowsky; Kieun Oh, AARP; Nancy Lundebjerg, American Geriatrics Society; Diane Elmore, American Psychological Association; Stephanie Reed, American Association for Geriatric Psychiatry; (Front) Rep. Janice Schakowsky (D-IL)

## **The National Coalition on Mental Health and Aging**

APA is the organizational home and one of 50 member organizations of this Coalition that provides opportunities for professional, consumer and government organizations to work together towards improving the availability and quality of mental health preventive and treatment strategies to older Americans and their families. Office on Aging Director, Deborah DiGilio has just completed her second and last two-year term as chair of NCMHA. APA representatives to NCMHA include Diane Elmore, PhD, MPH and geropsychologist, David Powers, PhD. At its 2009 meetings, the Coalition discussed mental health and aging issues of import with Marie A. Bernard, MD, Deputy Director of National Institute on Aging and James Appleby, Executive Director of the Gerontological Society of America.

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**Aging**

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**APA Division 12-II**  
**Society of Clinical**  
**Geropsychology**

## Aging at APA

**The Office on Aging** works to promote aging issues within APA, among its members, other professionals, policy makers and the public. The Office strives to bring psychological knowledge to bear on issues that affect the health and well-being of older adults and their families. Deborah DiGilio is its Director; Susie Hwang is the Administrative Coordinator.

**The Committee on Aging (CONA)** is a six-member committee of psychologists with substantive professional expertise in geropsychology 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. Current members are: Merla Arnold, PhD, RN (Chair), Chandra Mehrotra, PhD (Chair-Elect), Patricia Areán, PhD, Lee Hyer, PhD, ABPP, Dolores Gallagher Thompson, PhD, ABPP, and Sara H. Qualls, PhD.

**Public Interest Government Relations Office** works on aging policy issues at the federal level. Diane Elmore, PhD, MPH is the Senior Legislative and Federal Affairs Officer who manages a policy portfolio that includes aging issues. She is also the Director of the APA Congressional Fellowship Program.

**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.

**\*To subscribe to this thrice-yearly, electronic newsletter, please send an email to Susie Hwang at [shwang@apa.org](mailto:shwang@apa.org)**