

# APA Aging Issues Newsletter

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<http://www.apa.org/pi/aging/resources/psychologist-role-geriatrics.pdf>  
*APA White Paper*

## A Note from the Newsletter Creators

We have enjoyed putting this newsletter together for the past nine years and will continue to do so but a new APA policy requires that we adopt a standardized newsletter format beginning 2012. The upside of this is that all APA members can automatically subscribe to this newsletter via the APA members portal, so its readership and reach will hopefully expand. The downside is that we will have to find another outlet for our creative tendencies....

Happy Holidays to All! Debbie DiGilio and Martha Randolph

## Institute of Medicine (IOM) Study: The Mental Health Workforce for Geriatric Populations

The Office on Aging, supported by the geropsychology community, continues to devote considerable attention to assure that psychology is well represented in the current IOM study. In June, APA submitted a white paper, *Psychology's Role in Addressing the Mental and Behavioral Health Needs of the Geriatric Population* and the completed IOM Health Care Workforce Data Collection Form. In October, we provided additional information on innovative, interdisciplinary geriatric mental and behavioral health programs and descriptions of geropsychology training programs at doctoral, internship, and postdoctoral levels, and post licensure training opportunities. The IOM then asked for supporting literature for the interdisciplinary team models and 14 articles highlighting models that include psychologists were provided in response. In November, we sent preliminary data from the 2011 *Survey of Professional Geropsychology Training and Experiences*.

We have been informed that the IOM report will be released in April 2012. In order to highlight psychology's role in the geriatric mental health workforce and build upon the report's recommendations, CONA requested and received APA 2012 Convention program hours from the Board for the Advancement of Psychology in the Public Interest (BAPPI) and the Board of Educational Affairs (BEA) to cosponsor a symposium, *The Geriatric Mental Health Workforce: Current Initiatives and Critical Issues*. It will be chaired by Cynthia Belar, PhD, Executive Director of the APA Education Directorate. Michael Hoge, PhD, IOM Geriatric Mental Health Workforce Committee member, and Director of Yale

[http://copgtp.org/uploads/documents/Pikes\\_Peak\\_Evaluation\\_Tool.pdf](http://copgtp.org/uploads/documents/Pikes_Peak_Evaluation_Tool.pdf)

***Pikes Peak Geropsychology Knowledge and Skill Assessment Tool***

<http://www.apa.org/pi/about/publications/caregivers/index.aspx>

***Mental Health Needs of Family Caregivers: Identifying, Engaging and Assisting***

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

***New Alzheimer's Guidelines: How Will Research and Practice Be Affected?***

Behavioral Health and the Yale Group on Workforce Development will discuss the IOM Study. Sara Honn Qualls, PhD, and Daniel Segal, PhD will discuss the *Survey of Professional Geropsychology Training and Experiences*. Michele Karel, PhD, will discuss the *Pikes Peak Model for Training in Professional Geropsychology* and the geropsychology competencies evaluation tool. Erin Emery, PhD, will discuss key issues and opportunities related to the geropsychology pipeline. Antonette Zeiss, PhD, will serve as discussant.

## Office on Aging Co-Sponsors Two Webinars

This fall, the Office on Aging was pleased to cosponsor two well-received webinars. On September 14, over 360 aging and health service providers and local and state aging agency staff participated in a 2-hour webinar, “Mental Health Needs of Family Caregivers: Identifying, Engaging and Assisting”, cosponsored by the U.S. Administration on Aging (AoA). Presenters were William E. Haley, PhD, Professor, University of South Florida, School of Aging Studies, Barry J. Jacobs, PsyD, Director, Behavioral Sciences for the Crozer-Keystone Family Medicine Residency Program in Springfield, PA, and Deborah DiGilio, MPH, Director, APA Office on Aging. The moderator was Greg Link, who heads up the National Family Caregivers Program at AoA. Discussed were: (1) strategies to identify and engage family caregivers, to overcome reluctance to utilize services, and to refer to mental health services when needed; (2) effective interventions in addressing caregiver stress and burden, and (3) an overview of the wealth of resources available in the *APA's Family Caregivers Briefcase*. This was an excellent way to bring psychology to front line aging service workers. The attendee evaluations were excellent and there was strong interest in additional APA sponsored webinars. The Webinar is archived on the *Briefcase's* homepage.

The second webinar held on October 3, was cosponsored by the APA Public Interest Directorate (within which the Office on Aging resides) and the Science Directorate. Over 350 attended “New Alzheimer's Guidelines: How Will Research and Practice Be Affected?” Glenn Smith, PhD, (Mayo Clinic School of Medicine) moderated the 90-minute webinar. Five speakers, each of whom had a role in formulating the new NIA/Alzheimer's Association guidelines, were featured: Marilyn Albert, PhD (Johns Hopkins University), Yaakov Stern, PhD (Columbia University), Sandra Weintraub, PhD (Northwestern University) and Creighton Phelps, PhD, and Molly Wagster, PhD (both of NIA). Attendees were pleased with the webinar and offered comments such as: “The format and presenters were excellent. This is a great delivery vehicle and I hope it will be used in the future for similar webinars.”

This webinar is archived on the Office on Aging homepage.



## CONA Award Winner

At its annual Conversation Hour, the *CONA Award for Advancement of Psychology and Aging* was presented to **Anderson Dodd Smith, PhD** in recognition of his extraordinary leadership across the domains of research, education, and institutional development in the psychology of aging. The award text notes that Dr. Smith's research on memory and aging established foundational structures in that field that stimulated a great deal of subsequent research and benefit scientists to date. As a founder of a long-term training program in cognitive aging at the Georgia Institute of Technology, he has fostered the careers of students, post-doctoral fellows, junior colleagues, and senior scientists. His 1986 creation of, and ongoing sponsorship for, the biennial Cognitive Aging Conference has nourished scientific advancements by providing a superb venue for promoting scientific discovery and collaborative investigation.



Anderson Dodd Smith, PhD

For a list of all past CONA Award Winners, click on the link to the left.

## CONA Fall 2011 Meeting

CONA held its final meeting of the year in September. They met with many APA governance groups and senior staff to encourage greater consideration of aging issues in their efforts. CONA provided input to APA President Melba Vasquez, PhD on her two Presidential task force reports. CONA requested the inclusion of "ageism" more prominently in the Reducing Discrimination report, as it is well established that aside from racism and sexism, ageism is the third type of "ism" that is prevalent in our society. CONA commended Dr. Vasquez on the significant additions related to aging in her immigration report in response to their earlier request. CONA also met with Suzanne Bennett Johnson, PhD, APA President-Elect and Board of Directors members, Barry Anton, PhD, Rosie Bingham, PhD, Elena J. Eisman, EdD and Carol Goodheart, EdD. When meeting with Norman Anderson, PhD, APA CEO, who was recently appointed to the NIA National Advisory Council, CONA discussed key issues facing psychologists in their interactions with NIA. CONA also met with Stephen Breckler, PhD and Patricia Kobor MS of the Science Directorate, Catherine Grus, PhD and Robin Hailstorks, PhD of the Education Directorate, Kerry Bolger, PhD of the Public Interest Government Relations Office, and its liaisons from the Board for the Advancement of Psychology in the Public Interest (Antonette Zeiss, PhD) and the Committees on Disability Issues, Early Career Psychologists, Ethnic Minority Affairs, Psychological Tests and Assessments, Psychology Teachers in Community Colleges, Rural Health, and Women in Psychology.

At the meeting, CONA discussed its current and planned activities including those related to the geropsychology pipeline – they have

<http://www.cos.gatech.edu/cac/>  
*Cognitive Aging Conference*

<http://www.apa.org/about/awards/pubint-aging.aspx>  
*CONA Award Winners*

<http://www.apa.org/pi/aging/lifespan-2008.pdf>  
*Life Plan for the Life span*

proposed aging-related questions for a planned APA survey of undergraduate study in psychology and have completed an article for the APAGS *Campus Bulletin* titled, “Careers in Aging.” Additional educational materials for Psychology Teachers in Community Colleges will be developed. CONA also discussed its role in encouraging additional CE offerings and plans to cosponsor the *What Psychologists Should Know about Working with Older Adults* preconvention workshop that has been presented for the past four years by Merla Arnold, RN, PhD, Lee Hyer, PhD, Peter Lichtenberg, PhD and Margaret Norris, PhD. Thank you all! Related to its Multicultural Competency in Geropsychology project, CONA will link its efforts to emerging APA initiatives such as the APA Strategic Plan initiative on health disparities and collaborate with ongoing Division 12-II and Division 20 efforts. CONA also decided to update *Life Plan for the Life Span*, an online brochure developed originally by 2005 CONA and multiple contributors and updated by 2007 CONA.

CONA continues to seek opportunities for collaboration and has effective working relationships across APA directorates. CONA works with the Education Directorate on education and training issues, with the Practice Directorate on Medicare Issues, and with the Science Directorate on aging funding, the science of aging, and efforts involving the APA Center for Workforce Studies. In addition to all of the above, CONA is currently focusing additional attention on efforts external to APA in order to bring visibility to the contributions of psychology to the health and well-being of older adults.

## Nominations to APA Boards and Committees

CONA in collaboration with Divisions 20 and 12-II annually submits nominations of individuals with aging expertise to serve on APA Boards and Committees. Nominations will be submitted early next year. If you are interested in serving on a Board or Committee, please contact Martha Randolph at [mrandolph@apa.org](mailto:mrandolph@apa.org). Many groups including CONA have instituted early career psychologist slates creating a great opportunity to become involved at the national level early in one’s career. However, individuals at all career levels are encouraged to put forth their names as this has been an effective strategy to infuse aging throughout APA and its governance structure.

## Aging Policy Update

**Kerry E. Bolger, PhD, Senior Legislative & Federal Affairs Officer,  
Public Interest Government Relations Office**

APA’s Public Interest Government Relations Office (PI-GRO) is working individually and with coalition partners to inform reauthorization of the Older Americans Act (OAA). First enacted in 1965, the OAA helps older Americans stay healthy and independent through a wide range of programs, including supportive services, senior centers, nutrition services, community service employment, and support for family caregivers. The OAA was last reauthorized in 2006. PI-GRO’s priorities for reauthorization of the OAA focus on implementation of the mental health and aging provisions that APA successfully secured in the 2006 OAA reauthorization, and expansion and enhancement of the National Family Caregiver Support Program.



Last month, PI-GRO Associate Executive Director Diane Elmore, PhD, MPH presented a talk entitled “Promoting the Integration of Mental and Behavioral Health in Primary Care through Public Policy” before the National Coalition on Mental Health and Aging. She discussed: the value of integrated care; models of integrated care (e.g. integrated health care initiatives at the U.S. Department of Veterans Affairs, IMPACT); and recently enacted and proposed geriatric integrated care policy initiatives including the OAA Amendments of 2006, the Positive Aging Act (S.525), Health Care Reform (including the new Title VII provisions that expand eligibility of a number of geriatric education and training grants to psychologists and other health professionals), and the Graduate Psychology Education Program. Representatives of national health and aging organizations, state and local mental health and aging coalitions, and the IOM Mental Health Workforce for Geriatric Populations Study staff were present at this meeting.

## In the News

### **CE Corner: Aging, with grace**

With the world’s population living longer than ever before, psychologists are facing new challenges and opportunities. Earn 1 CEU!

### **Advancing health and well-being**

Dr. Gwendolyn Puryear Keita, APA Executive Director for the Public Interest Directorate, discusses its efforts related to health including the Integrated Health Care for an Aging Population Initiative.

### **Protecting your aging brain**

Highlights Dr. Margaret Gatz’s plenary session at the APA 2011 Convention regarding ways to reduce the risk of Alzheimer’s disease.

### **Keys to making integrated care work**

Highlights the APA 2011 Convention session on integrated care for underserved populations cosponsored by CONA and chaired by CONA member, Dr. Patricia Areán.

### **Antipsychotics overprescribed in nursing homes**

An audit released in May by the DHHS Inspector General reports that antipsychotics are widely prescribed to people in nursing homes for off-label conditions such as dementia, and Medicare is largely picking up the bill, even though Medicare guidelines don’t allow for off-label prescription reimbursements. Victor Molinari, PhD is cited in the article and notes the dearth of psychologists trained to provide behavioral interventions to people in nursing homes.

### **Memory keepers**

Drs. Adam Brickman, Peter Lichtenberg, Glenn Smith, and Reisa Sperling discuss the early diagnosis of Alzheimer’s disease and the limitations inherent in the sole use of physical markers to do so.

### **A new emphasis on telehealth**

Offers guidance on how psychologists can stay ahead of the curve and keep patients safe.

<http://www.apa.org/monitor/2011/11/ce-corner.aspx>  
*CE Corner: Aging, with grace*

<http://www.apa.org/monitor/2011/11/itpi.aspx>  
*Advancing health and well-being*

<http://www.apa.org/monitor/2011/10/aging-brain.aspx>  
*Protecting your aging brain*

<http://www.apa.org/monitor/2011/10/integrated-care.aspx>  
*Keys to making integrated care work*

<http://www.apa.org/monitor/2011/09/antipsychotics.aspx>  
*Antipsychotics overprescribed in nursing homes*

<http://www.apa.org/monitor/2011/06/memory-keepers.aspx>  
*Memory keepers*

<http://www.apa.org/monitor/2011/06/telehealth.aspx>  
*A new emphasis on telehealth*

<http://www.apa.org/news/press/releases/2011/05/driving-errors.aspx>

*Driving errors in late life*

<http://www.apa.org/education/ce/index.aspx>

*APA CE Programs*

<http://www.apa.org/pi/aging/programs/assessment/capacity-psychologist-handbook.pdf>

*Psychologist Handbook*

<http://amhd.cbcs.usf.edu/docs/pfanh2ed.pdf>

*Psychological First Aid: Field Operations Guide for Nursing Homes*

<http://apps.nccd.cdc.gov/SAHA/Default/Default.aspx>

*CDC State of Aging and Health in America*

[www.Medicare.gov/QualityCareFinder](http://www.Medicare.gov/QualityCareFinder)

*CMS Quality Care Finder*

<http://www.aarp.org/relationships/caregiving/info-07-2011/valuing-the-invaluable.html>

*AARP Caregiving Report*

## Driving errors in late life

Even healthy adults with a safe driving record tend to make more driving errors as they age, including potentially dangerous mistakes.

## Resources

The **APA Office of Continuing Education** offers a variety of credit-earning opportunities including independent study programs utilizing DVDs, books and online multimedia presentations (as part of the APA Online Academy) including *What Psychologists Should Know about Working with Older Adults*, and a ten module offering on *End of Life Issues for the Mental Health Provider*.

### ***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.

### ***Psychological First Aid: Field Operations Guide for Nursing Homes*** (2nd ed.).

Psychological First Aid is an intervention for nursing home staff to learn and use with distressed residents and staff. It is similar to medical first aid in that anyone, not just licensed mental health clinicians, can be trained to successfully use the techniques. Three new sections have been added to this edition: palliative care and end-of-life issues, behavioral interventions for people with dementia, and its use in helping older adults deal with significant life changes, events, or losses.

### **CDC State of Aging and Health in America Online Tool**

The updated, interactive, online version of the report is designed to provide information on 15 older adult health indicators in four areas: health status, health behaviors, preventive care and screening, and injury.

### **The Centers for Medicare & Medicaid Services' Quality Care Finder**

helps beneficiaries and their caregivers find better health care options. Resources include Hospital Compare, Nursing Home Compare, Home Health Compare, Medicare Plan Finder, Dialysis Facility Compare and Physician Compare.

### **AARP Public Policy Institute Valuing the Invaluable: 2011 Update - The Growing Contributions and Costs of Family Caregiving**

Updates national and individual state estimates of the economic value of family caregiving using the most current available data.



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*Society of Clinical*  
*Geropsychology*

## Aging at APA

**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; Martha Randolph is the Administrative Coordinator.

**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. CONA 2011 members are: Sara Honn Qualls, PhD (Chair), Patricia A. Areán, PhD, Adam Brickman, PhD, Kelly O'Shea Carney, PhD, CMC, Neil Charness, PhD (Chair-elect) and Manfred Diehl, PhD.

**The Public Interest Government Relations Office** works on aging policy issues at the federal level. Kerry Bolger, PhD is the Senior Legislative & Federal Affairs Officer responsible for policy issues related to aging.

**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.



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