



Resources for Practice with Older Adults and Their Caregivers

The **APA Office on Aging** developed this list of resources in response to the report, *The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands* (Institute of Medicine, 2012), that described the dire need for providers of all disciplines to address the mental and behavioral health needs of older adults.

Currently up to 8 million older adults experience mental health problems, however only one-third receive treatment. As people 65 and older are the fastest growing segment of the U.S. population, the demand for psychologists and other health care and aging providers with expertise to work with older adults will also grow.

All health professionals, not just those who specialize in work with older adults, may find these resources useful. As clients age, their needs may change and additional issues specific to mid- and late life may emerge. And, even if you do not work directly with older adults, related issues may arise when working with clients of any age (e.g., caregivers of aging parents, grandparents raising grandchildren) or impact your own family or friends.

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Resources on Aging

APA handbooks and tip sheets

- African American Older Adults and Race-Related Stress: How Aging and Health Care Providers Can Help
- Assessment of Older Adults With Diminished Capacity: A Handbook for Psychologists
- Blueprint for Change: Achieving Integrated Health Care for an Aging Population
- What Mental Health Providers Should Know About Working With Older Adults

APA practice guidelines and videos

- Guidelines for Psychological Practice With Older Adults
- Guidelines for the Evaluation of Dementia and Age-Related Cognitive Change
- Browse All APA Videos on Aging
on.apa.org/2PkFlmH

APA resource guides and web pages

- Aging and Human Sexuality
- Cognitive Aging
- Depression and Suicide in Older Adults
- End of Life Issues and Care
- Family Caregiver Briefcase
- Multicultural Aging
- Older Adults and Insomnia
- Psychological Services in Long-Term Care

APA consumer education materials

- Connecting with Caregivers
- Coping With Stress and Anxiety
- Elder Abuse and Neglect: In Search of Solutions
- Integrated Health Care: A Fact Sheet for Consumers
- Life Plan for the Life Span
- Memory and Aging—also available in Spanish
- Older Adults' Health and Age-Related Changes: Reality Versus Myth—also available in Spanish
- *Psychology Benefits Society* blogs on aging issues

APA continuing education opportunities

- Assessment of Capacity in Older Adults (7 CE credits)
- Blueprint for Change: Achieving Integrated Health Care for an Aging Population (2 CE credits)
- What Psychologists Should Know About Working With Older Adults (6 CE credits)
- Browse All APA CE Offerings on Aging
on.apa.org/2qaWdDo

Useful psychology and aging information

- GeroCentral
gerocentral.org
- Council of Professional Geropsychology Training Programs
copgtp.org
- Foundational Knowledge Competencies in Professional Geropsychology
on.apa.org/2SIGw3J
- Geropsychology competencies evaluation tool
gerocentral.org/competencies/competencies-tool-online
- APA Division 12, Section II
Society of Clinical Geropsychology
geropsychology.org
- APA Division 20 – Adult Development and Aging
apadivisions.org/division-20
- Psychologists in Long-Term Care
pltcweb.org/index.php

Additional resources are available on the Office on Aging website
apa.org/pi/aging

For more information, contact the APA Office on Aging
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