

**Committee on Aging (CONA)
2022 Annual Report**

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Psychologists Against Ageism Initiative

CONA built on the 2020 APA Resolution on Ageism advancing the Psychologists Against Ageism initiative to reduce ageism within APA and the field of psychology. CONA partnered with the Gerontological Society of America to drive a more productive narrative about aging and combat ageism in domains in which psychologists are active. CONA hosted a Psychologists against Ageism webinar series to build upon CONA's efforts related to ageism broadly as well observed disparities in care by age highlighted by the COVID-19 pandemic (PDF, 127KB).

The goals of this webinar series were to disseminate science-based information about the nature and manifestations of ageism, the problems associated with ageism, and strategies for combating ageism throughout APA. Reducing ageism will maximize the health of the growing and increasingly diverse population of older adults and ensure that society benefits from the expertise and contributions of its older members. The series included 3 webinars covering: a) data regarding the heterogeneity of the aging population, definitions of ageism and how it impacts older adults' health and well-being, and a review of the Reframing Aging Initiative; b) strategies for older adults to focus on remembering what is most important, a review of strategies to reduce ageism; and c) tactics to address ageism in clinical settings, the WHO's Global Campaign to Combat Ageism, and communication strategies to promote a more complete story about ageing. The speakers included authors of one of the best-selling books on the topic ageism and a representative from the World Health Organization global initiative

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against ageism. Over 1000 participants registered to attend these webinars. The webinars and additional resources can be found at <https://www.apa.org/pi/aging/cona/psychologists-against-ageism>.

To further advance the APA Resolution on Ageism, CONA members drafted and submitted a memo to the APA the Chief of Communications and the Chief Diversity Officer. The purpose of the memo was to request guidelines and instructions for future convention submissions to follow language inclusivity, specifically addressed the APA Equity, Diversity, and Inclusion Inclusive (EDI) Language Guidelines. CONA had two main requests: 1) within the abstract submission portal, include the APA EDI language guidelines and Reframing Aging Initiative, and 2) encourage paid CE events that focus on the intersection of age on other facets of diversity.

Bias Stigma Discrimination (BSD) Initiative

CONA selected a BSD activity that has been placed on their 2023 workplan. CONA aims to distribute culturally specific dementia information for healthcare workers and local law enforcement agencies, and to advocate for continued training for law enforcement agencies to impact training policies. CONA appointed a BSD coordinator who attended the BSD advocacy training and connected with BAPPI liaison, as well as other organizations within APA, to utilize grassroots efforts. This is an ongoing effort that CONA will move forward in 2023.

Guidelines for the Evaluation of Dementia and Age-Related Cognitive Change

CONA led the plans for disseminating the guidelines, including developing a Clinician's Corner three-part webinar series on the updated guidelines for 2022. The webinar is available demand online at <https://www.apa.org/education-career/ce/dementia-age-001>. The webinar series provides an overview of relevant changes in diagnostic criteria, and nomenclature and updated information about the biological underpinnings of neurodegenerative diseases. The series also discusses the skills, tools, and experience psychologists need in order to competently perform assessment and intervention with older adults with suspected cognitive change or dementia.

Guidelines for Psychological Practice with Older Adults

CONA is overseeing a six-member Task Force to revise the 2013 Guidelines for Psychological Practice with Older Adults. Following the first public comment period, the workgroup revised the guidelines and sought subject matter expert review. The revised guidelines have been approved for the second public comment period. The guidelines are projected to be completed by the end of 2023.

APA Convention 2022

For the 2022 Convention CONA co-sponsored a joint social hour with representatives from the Geropsychology Leadership and Specialty Council. This included the presentation of the CONA Award for the Advancement of Psychology and Aging to William Haley, PhD. Dr. Haley is world

renowned for research that has transformed our understanding of the implications of caregiving via research demonstrating the benefits of caregiving for health and well-being. Dr. Haley has a strong commitment to education and has received numerous teaching awards. His policy and public interest credentials are equally impressive, having served on the boards of numerous agencies and initiatives at the local, state and federal level. CONA also co-sponsored two Continuing Education workshops, *Foundational Knowledge Competencies in Geropsychology: Review and Practical Implications* and *CBT for Depression in the Second Half of Life: Personalized Treatment Approaches*.

Geropsychology Leadership and Specialty Council Team

CONA is participating in the Aging Leadership Team and Geropsychology Specialty Council which brings together the leading psychology related groups within and outside of the organization to encourage ongoing communication among psychology and aging constituent groups. The team serve as a rapid response team to provide psychology's perspective and input to quickly moving issues both internal and external to APA, as well as provides a ready forum for discussion of potential collaborations.

Careers in Aging Roadmap

The Careers in Aging Roadmap (<https://www.apa.org/pi/aging/resources/careers>) increases access to aging related content for psychology educators and students. CONA updates and maintains the website with relevant material. CONA is interested in increasing exposure to aging related content for students in community colleges. They interviewed a community college educator and received new community college classroom activities for inclusion on the website. CONA also updated the graduate student profiles. This is an ongoing project and CONA will continue updating the educational materials in 2023.

Self-study

Per the Policy and Planning Board requirements, CONA engaged in a self-study to reflect on their activities and functions over the past five years, their alignment with APA's strategic plan, and strategies for strengthening their contributions to the Association. The key takeaway from the self-study was that CONA is committed to continuing to be a high-functioning, impactful, and productive group. They also elected to make changes some changes to their meetings and functions to improve productivity and effectiveness. They made recommendations to the board and APA to improve upon the request for comments process and the level of documentation needed for requests as well as additional support in how CONA can measure and show impact of their products.

Impact on APA's Strategic Priorities

The Committee's advocacy efforts fit squarely within the APA strategic plan and contribute to

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numerous goals including (i) expanding the public's perception of psychology to accurately reflect the full breadth of the field, (ii) making psychological science accessible and understandable to the public and key decision makers; and (iii) increasing the impact of APA's legislative, regulatory, marketplace, and social welfare advocacy