

CSUS Gerontology Program
Spring 2007
Community Service Learning Project Presentations
El Dorado Hall 1039 ~ May 18, 2007

8:30
Introductions

8:35
HICAP Client Satisfaction Survey: A Research Project
June Sugar
Agency: **HICAP**
Supervisor: Margaret Riley

The California State Health Insurance Program known as the Health Insurance Counseling and Advocacy Program (HICAP) provides personalized counseling and assistance to thousands of Medicare beneficiaries and /or their caregivers who need help navigating the increasingly complex health care system. This quantitative descriptive study was conducted using telephone interviews and survey mailings from 91 HICAP clients. Clients were interviewed about their ability to contact, convenience of appointment in a timely manner, if the counselor understood their problem and gave clear explanations. Findings include the core theme of excellent service.

9:05
A Disaster Resource for Older Adults
Nancy Freeman
Agency: **Senior Connection, a Community Service of Eskaton**
Supervisor: Terry McPeck, RN, BSG & Terri Becker

Senior adults and disabled persons need special assistance in emergency or disaster situations. Eskaton Senior Connection and TLC, the telephone reassurance program, wanted to know how they could help their clients prepare for and survive a disaster. In order to meet this need, this student compiled a notebook of information on disaster planning, preparedness and recovery. She met with members of the Sheriff's Department, Sacramento Metro Fire Department and Red Cross to better understand their contributions in meeting disaster situations. As a result of the project, TLC now has two wall maps, one showing the Sacramento Flood Plain and the other showing Sacramento County Zip Codes. They are also equipped with a battery operated radio with an attached card indicating Emergency Alert System radio stations and the Weather Channel. In the event of a flood emergency, for example, the maps would be used to identify residents in various zip code areas who could be warned of the danger and make arrangements to evacuate. It is hoped the notebook information will prove to be a valuable asset to older adults and their caregivers in the event of a disaster.

9:35

A Resource Sheet for Long-Distance Caregivers

Ashley Duke

Agency: **Del Oro Caregiver Resource Center**

Supervisor: Anne Spiller

With the current estimate of 7 million long-distance caregivers expected to increase due to longevity and an increase of chronic diseases, it is becoming increasingly important to include long-distance caregivers as a part of the care giving process. In doing so caregivers are better supported thus increasing the quality of care they can provide to their loved one(s). Developing a "resource sheet" with facts and statistics about long-distance care giving, along with current resources, interwoven with strategies and coping mechanisms from long-distance caregivers, is one form of support for this population. The student has a personal connection with long-distance care giving since her family is spread out across the country. The student was also interested in targeting this population because it is a new phenomenon that is only going to increase as the Baby Boomers age. It is intended that the Family Consultants will distribute this "resource sheet" to clients and members of the community who could benefit from this information. Although it was developed with the intent to help long-distance caregivers it can aid all informal caregivers. Furthermore the "resource sheet" is intended for the Family Caregiver Alliance to review and develop into a Fact Sheet, which can then be distributed through all Caregiver Resource Centers.

10:05

Break

10:15

"Yes I Can"~ A Series Classes for the Informal Caregiver

Evelyn Donaldson

Agency: **Del Oro Caregiver Resource Center**

Supervisor: Michelle Nevins

Between 5.8 and 7 million people provide care to persons 65 years and older who need assistance with everyday activities. Evidence shows that most caregivers are ill prepared for the role, and provide care with little or no support. Because of this lack of support and information concerning the illness or needs of the family member, the caregiver is at substantial risk for the deterioration of his or her own health. *Yes I Can* is a series of five classes under the auspices of the Del Oro Caregiver Resource Center, an organization with the mission of "Improving the well being of caregivers and providing support throughout the caregiving process." The classes address the primary needs of the family caregiver through instruction in caring for oneself; learning good body mechanics; communicating with someone who is possibly suffering from dementia or other related diseases; tools to help with personal care of the individual; the value of good nutrition, and the legal and financial needs of the elderly as they approach the end of life. This student was privileged to be able to bring these classes back to Nevada County after an absence of three years. Knowledge is a wonderful tool in every walk of life, but when we are on the difficult journey of caring for someone significant in our lives, it is powerful.

10:45

**Honoring our Elders, Caring for Our Community:
A Slavic Community Health Summit**

Vita Tsymbal

Agency: **UCSF Institute for Health & Aging**

Supervisor: Martha Geraty

Honoring our Elders, Caring for Our Community: A Slavic Community Health Summit will be held on Saturday, May 19th from 10:00-2:00P.M. This summit is sponsored by my internship agency: The Department of Health Services, California Center for Physical Activity in collaboration with the Slavic Community Center. The Summit will promote health and aging in the Slavic community of the Sacramento region. The Summit will be free and designed specifically to cater to children, youth, baby boomers and older adults. It will have 4 primary focuses- health, safety, jobs and aging. My responsibilities are coordinate a health and community resource fair with a primary focus on Aging. This summit will feature a comprehensive community resource fair with over 40 non-profit community booths and keynote presentations health, safety, aging and employment with a specific emphasis on multi-cultural resident's health. A focus group has been created comprised of leaders from and members of the specific ethnic group and community organizations. The members of the focus group consist of representatives from DHA, DHS, Health Rights Hotline, Sacramento City and County Law Enforcement, Southeast Asian Community Center, San Juan Unified School District, Molina and First Five. We have received endorsement and support for the event from County Supervisor Susan Peters, Roger Dickinson and California State Senator Darrel Steinberg. My role, under the mentorship of my intern supervisor, in the focus group is to coordinate meetings, make presentations, translate materials and design the event program.

11:15

**Overcoming the Barriers of Mistrust & Ignorance About Health Care Among
Elderly Vietnamese Individuals**

Chau Ngo

Agency: **Health for All**

Supervisor: Liza King BSG

Health for All administration has long been aware of the gap that exists between the attitudes of those who currently make use of health care services and the many out in the surrounding community who never come to Health For All for needed health services. The many who live in the nearby community who never come to HFA, yet certainly have major health care needs, are believed to be misinformed about the importance of health care, mistrustful toward outside health care service providers, and have a general feeling of alienation toward the outside community. The elderly Vietnamese residents make up a substantial percentage of this group that never come to HFA. They live in a **Closed System** in which ignorance and mistrust is a validated and maintained. The additional barriers of language and culture are real, causing them to turn away from outside information and to maintain self-damaging opinions about health and community health services. The pilot project targets Vietnamese elderly living near HFA. It seeks to investigate the attitudes and behaviors of this limited English Vietnamese elderly population with regard to their knowledge about their own personal health, the importance of health care, and the availability of the health care services in the community, specifically at Health For All-Adult Day Health Care Center. It seeks to investigate whether systematic educational visiting of individuals in this population will result in significant improvement in their attitudes and behaviors regarding their health care and the accessing of community health care services. It also hopes to establish evidence that these negative attitudes are subject to being changed, provided the agents of change speak in their language, are sensitive to their cultural beliefs and values such that they are open to learning about their health, the importance of health care, and the ease of access to available health care in the community. There will be monthly health education workshops given to members of an intervention group, with the expectation that the negative attitudes of these participants in the project will be measurably and significantly more positive with regard to the purpose of this project. If the hypothesis of this project is validated, the direct educational approach to changing attitudes and behaviors used in this project can be applied on a much bigger scale that could include all other limited-English speaking adults living in the community surrounding Health For All, and result in a significant reduction in the size of the underserved adults in the community needing health care services.

11:55

Exercise Accountability Log for CHAMP Outpatients

Christia Hayes

Agency: **Mercy General Hospital Cardiac Rehab Center**

Supervisor: Ken Rogaski

Mercy Hospital is named in the Top 100 Cardiac Hospitals in the country. The student's concentration is with its Cardiac Conditioning Department and the optimal health of the outpatient's who have faced a myriad of cardiac events or risk factors. The conditioning program offers a supervised exercise and education program to patients who have experienced a cardiac event. Exercising overall reduces the risk factors of cardiac conditions while recovering. Maintaining optimal health in a high risk category is the goal of the CHAMP out-patient program, by monitoring the holistic lifestyle of the patient with regular phone interaction. This satisfies and eases the patient's health concern while keeping the medical facility accessible. Nurse teams make regular calls to discuss diet, fluid levels, medication management and activity levels among their criteria checklist. Through exercise education classes, patients are informed of the importance and benefits to each of them. Being that it is a voluntary program, accountability for activity guideline is imperative to adherence and success in the program. Therefore, implementing a vehicle for personal activity program not only empowers the patient but expedites the CHAMP teams' process of monitoring. The student has fulfilled this need with an exercise log that shall be given to patients during the activity education class. It covers the type, frequency and intensity that is appropriate to this population. Using this platform to follow their progress is beneficial to their recovery, efficacy and longevity.

Congratulations to the Gerontology Graduates!!

