

CSUS Gerontology Program
Spring 2008
Community Service Learning Project Presentations

El Dorado Hall 1039 ~ May 16, 2008

8:30

Introductions

8:35

Communicating Fall Prevention

Amber Carver

Agency: **Area 4 Agency on Aging**

Supervisor: Will Tift

Falls are among one of the most common and serious problems facing elderly persons today. The consequences of falls among the elderly are often devastating and include injury, increased morbidity and mortality, loss of independence, fear, decreased activity levels, additional treatment expenses and decreased quality of life. Many fall prevention programs and coalitions have been developed to combat the growing problem. The Northern California Fall Prevention Coalition (NCFPC) was cultivated with the mission of raising awareness, promoting falls prevention, and reducing injuries. NCFPC also works together to effect policy change through leadership, advocacy, and education to improve the well being of the older adults in Northern California. As an educational marketing tool, a brochure for the coalition was created to inform the community that falls are not a normal part of aging. The intent of the brochure is to educate the general public of the coalition, the prevalence of falls, and how to they can reduce their risk of falling. After much research it has been discovered that through these life modifications falls can be lessened and in some situations, prevented.

9:05

Fundamental Transportation: An Eskaton Community Project

Brian Gustafson

Agency: **Eskaton**

Supervisor: Teri Tift DHA , MSN

The purpose of this project was to secure a donated vehicle from a local organization specializing in senior transportation. The process included researching, evaluating and contacting potential donation sources within the community to determine their viability and interest as project collaborators. According to the U.S. Census Bureau, Sacramento County has roughly 150, 930 citizens over the age of sixty-five, who account for nearly eleven percent of the population; this population continues to grow at an exceptional rate and thus requires certain accommodations. For this cohort, and most other populations, transportation is a critical aspect of daily life and autonomous living. In order to fulfill all activities of daily-living (ADLs) seniors must have proper access to practical transportation. However, some local seniors are unable to provide their own transportation and thus rely on public and private transport as a means of personal travel. Recognizing this growing need, I decided to create and implement a plan to enhance the transportation options of residents of two Eskaton managed low-income communities in Carmichael and Natomas. Currently, neither community residence is equipped with a vehicle, and residents must secure their own transport. The culminating, desired outcome of this project was to obtain a vehicle suitable for the needs of the properties, to serve as a supplement to existing local transportation services. I have succeeded in accomplishing most of my goals pertaining to completion of this project and am currently awaiting responses from local organizations.

9:35

Brochure to Market Gerontology to Area Businesses

Renee Latoures

Agency: **Gerontology Programs, CSUS**

Supervisor: Cheryl Osborne EdD, MSN

One challenge for the CSUS Gerontology Department is to integrate its program with the local community agencies' lack of knowledge about Gerontology. Many key industry players do not know what gerontology is, why they need a gerontologist, or what resources local programs have that they could use. Furthermore, inter-agency communication and sharing is limited and spreading the word about the program and its students is difficult. The student was interested in helping the Gerontology Department increase their opportunities and meet the growing need society has for gerontologists. A marketing brochure was developed to inform aging-related organizations about gerontology and the resources the gerontology department has that they could utilize. The brochure highlights the unique aspects of students' education and possible ways students or graduates could help improve local businesses. The brochure outlines the gerontology program and the field of aging and could be used more broadly to promote the program to students and other interested parties. Hopefully the increased exposure from the brochure will help develop additional opportunities for students within the program to service learn, volunteer, intern, network, and transition into the career field and help the Gerontology Department build lasting relationships with local aging industries.

10:05

Break

10:15

Reminiscence Therapy Notebook for Eskaton TLC

Kerilyn Fennig

Agency: Senior **Connection, a Community Service of Eskaton Corporation**

Supervisors: Terry McPeck, RN, BSG & Terri Becker

Terri Becker, director of TLC, has always been interested in having a formal Reminiscence notebook for her department. This notebook would help to facilitate Reminiscence in the older adult population of Sacramento. In order to help meet this need, a notebook of information on Reminiscence Therapy was put together. Extensive research using peer-reviewed journal articles and meetings with a couple of elderly individuals was done in order to better understand how the notebook could be used to help start the reminiscence process. As a result of the project, TLC now has a formal Reminiscence notebook that will provide a basic framework for TLC volunteers and family members of elderly adults who want to participate in therapeutic reminiscence to follow. It is hoped that the notebook will be a source of valuable information to older adults, their families and TLC volunteers who are interested in learning more about Reminiscence.

10:45

Implementing a Day Schedule for Participants at the Chateau

Alyssa Chavez

Agency: **Chateau at Carmichael Park**

Supervisor: Linda Zisko

The Adult Day Program at Chateau at Carmichael Park is a place for seniors of different levels of cognitive function to visit. The Chateau strives to meet every different need including cognitive stimulation, physical exercise, and social and emotional needs. The student desires to be an activity program director and an important part of that job is knowing how to make an appropriate day schedule to meet a certain population's needs. The student's project involved developing and implementing an appropriate schedule for the participants. The day schedule has been made specifically for the certain group of participants that are expected to be present on the day of implementation. Getting to know the participants and learning to work with people that have different stages dementia was also part of the student's project and learning experience.

11:15

The Gift of a Lifetime: Where Leaving Memories Behind is a Gift

Matreeporn Puangbanyen

Agency: **Eskaton Adult Day Health Center**

Supervisor: Jill Yungling

"The Gift of a Lifetime" is the name of an interview project that was conducted at Eskaton Adult Day Health Center (EADHC) in Carmichael, California. For this project, the intern recorded interested participants of EADHC with a Sony mini-DVD camcorder. After saving the maximum amount of interview sessions, files were transferred onto a computer's hard drive for both storage and accessibility. Uploaded files were then organized by date through Sony's Picture Motion Browser program. Once a participant's accumulated file size reached 4.7 gigabytes (GB), a DVD was created. The DVD was reviewed by an EADHC staff member for appropriateness and distributed to the participant's family as a memorable gift. Completed DVDs were kept at the agency until participants left and/or passed away. Although the main purpose of "The Gift of a Lifetime" was to interview participants' life stories, participants were given the freedom to sing, dance and address any topic of their choice. The flexibility of this project gave participants independence, socialization, therapy and in many cases, reduced the severity of their depression. When asked, participants said they found the project to be pleasant and a great addition to existing EADHC activities. The establishment of this project has been a benefit to the agency and will continue to improve as participants are interviewed every six months. It is hoped that "The Gift of a Lifetime" will reach its peak of success when future participants of Eskaton Adult Day Health Center are interviewed and recorded at their highest levels of functioning.

Congratulations to the Gerontology Graduates!!

