CSUS Gerontology Program

Culminating Community Project Presentations

Spring 2010 ~ May 14th

El Dorado Hall 1039 ~~ 8:00-2:00

8:00
Introductions
Cheryl Osborne & Teri Tift

8:05
Eskaton Care Center Discharge Survey
Deanna Flores
Agency: Eskaton Corporate
Supervisor: Dr. Teri Tift

The first goal of this project is to change the post discharge interviews questions Eskaton uses while interviewing past residents of their Care Centers. The second goal of this project is to educate staff members on the purpose of conducting the interviews. Eskaton wanted to change these questions to ensure the company will receive accurate feedback regarding the care provided. The student has been working with the Executive Director of Eskaton Village Carmichael, Betsy Donovan, to develop this tool. A committee was formed during her first semester to brainstorm ideas for questions. With the ideas from the committee, the student, with the help of the secretary at Eskaton Village Carmichael drafted up a revised version of the post discharge survey and then sent the draft to be approved by the Vice president of Operations. During the student’s second semester with Eskaton, she spent time with the employees conducting the interviews gathering feedback regarding the revised survey as well as educating them on the purpose of the survey. The student also spoke with administrators from the Care Centers regarding their thoughts and opinions on the usefulness of the revised survey. With the feedback gathered, the student hopes to leave Eskaton with a tool that can be utilized to gather all necessary information to provide the highest quality of care for older adults.

8:35
Move and Improve with the Wii Fit
Ashley Weeks
Agency: Sunrise Senior Living Center
Supervisor: Linda Hoschler

Ethel Hart Senior Center is a non-profit organization aimed at keeping people aged 50+ active in the community. The center provides a place to meet friends, stay physically active, share hobbies, and try out new activities. Exercise is a crucial factor in older adult’s lives and has been proven to help with strength, balance, mobility, and overall health. The project at Ethel Hart was to assess participants’ willingness to start doing new exercises and to implement a new exercise program for them. Recently exercise programs using the Wii have become a very popular source of activity for older adults because of its creative interactive games. Participants at Hart Senior Center now have weekly Wii Fit classes to keep the aging community healthy, active and happy.
9:05
Pamphlet Project
Max Bartenfield
Agency: Gray Hawks/ Lincoln Regional Aviation Association
Supervisor: Corl Leach

The project of the student aims to provide the Lincoln Regional Aviation Association with a pamphlet which will generate interest among its members in forming a group called the Gray Hawks. The objective of the Gray Hawks/LRAA Pamphlet is to get older adults interested in participating and in recruiting pilots for the proposed program. The pamphlet will outline proposed times and dates of the events, eligibility requirements, legal disclaimers, as well as information on how to get involved and who to contact for more information. The pamphlet will outline the program’s goal and what it hopes to accomplish by introducing such program to the Lincoln Regional Airport. The end result of the proposed program is to increase exposure for the LRA.

9:35
Enhancing Resident’s Quality of Life
Samantha Aberle
Agency: Chateau at River’s Edge
Supervisor: Deborah Godt

This project was completed at The Chateau at Rivers Edge (Chateau) to assist in assessing if the Life Enhancement Activities Program at the Chateau enhances the quality of life of the residents. A survey was developed and piloted to measure this. This survey will be kept in the resident’s advocate binder, that keeps track of new residents’ progress, to ensure they have a smooth transition into this new community. The survey consists of questions for each of the six categories in the life enhancement program. These include, social, spiritual, community involvement, physical, mental, and creative expression. The new residents moving in will answer the survey and rate their overall quality of life at the best time in their life, the current time in their life, and ninety days from after they moved into the community. The overall goal of the project is to help new residents have a smooth transition into a new community and create activities that will enhance their overall quality of life.

10:05
Break
Throughout the past 34 years, the Yolo County Older Adult Program provided access to services and resource referrals to older adults and their families. The need for services and resources will grow along with the older adult population which will reach an estimated “70 million older adults in the United States, of which 8.5 million will be over age 85 by 2030” (National Center for Health Statistics, 1999, as quoted in Bennett & Flaherty-Robb, 2003, p. 2). The Older Adult Program was under the Department of Alcohol, Drug and Mental Health and one of its services was to provide assessments to determine the mental, physical and social needs of the older adult then referred them to resources and professionals which would assist them in maintaining their independence in their communities. This past January, the Older Adult Program staff was laid off or dispersed to other programs in the Department. This reduction of services has left a large gap in available assessment services and easily accessed referrals to resources in Yolo County for the 9.7% (approximately 20,000 individuals) of the population which is over the age of 65. There are vast amounts of referral information available but for an individual or family in crisis or on the brink of crisis it is difficult to comb through all the available information and find the needed services. In an effort to support self-care, information must be attainable with a reasonable amount of effort. The former Director of the Older Adult Program, Nancy Edgar has been greatly concerned about how these individuals will be able to find services and what will happen to them if they simply give up looking for services. As a result of this concern, the students’ project was to create a condensed and concise reference card of pertinent information for use by older adults and their families in Yolo County. The reference card is intended to be a first step in locating resources which will provide either direct service or further referrals catered specifically to the needs of the individual.

Fraud, as defined by In Home Support Services (IHSS) in Placer County, is an intentional deception or misrepresentation made with the knowledge that the deception could result in an unauthorized benefit. However, there is acknowledgement that due to the highly regulated nature of the program, consumer education is necessary in order to notify recipients and providers of current definitions of fraudulent actions. Additionally, the goal of prevention is inherent. There is an acknowledged need within IHSS for a tool to increase recipient understanding and awareness. The motivation and intention for this project is founded in the belief that if users are educated regarding issues of state oversight, criminal justice implications and consequences, this increased understanding will act as a deterrent. Current State of California mandates require all providers attend orientation prior to July 2010. This is a built in mechanism to access all providers in a reasonable timeline. At this orientation, providers will be shown a movie and take part in discussion of program integrity. This evaluative tool is intended to gauge effectiveness of this intervention, as well as indicate provider knowledge. The survey will be given at the end of the orientation. Additionally, all recipients will be accessed either at initial assessment, or at annual renewal. Current program requirements state that program integrity is addressed at those visits. This tool can then be completed on an interactive basis by case worker and recipient. Finally, this evaluative tool will become part of the permanent file. The signed, dated survey form will indicate local IHSS action focused in prevention and education, as part of the historical record of the case for both providers and recipients. This document will serve to establish a pattern of accountability.
11:15
Disaster Preparedness: Informative Brochure for Neighborhood Emergency Training Class

Kathy Lee

Agency: Department of Human Assistance – Retired Senior Volunteer Program
Supervisor: Mary Parker

The Retired Senior Volunteer Program is part of the Corporation for National and Community Service and is sponsor locally by Sacramento County Department of Human Assistance. This program has been in partnership with the Sacramento Region Citizen Corps Council since July 2003. RSVP’s mission statement is to “introduce the benefits and rewards of volunteerism to residents of the Sacramento Metropolitan Area who are 55 or more years old. We use a variety of means to highlight the potential of volunteering and then provide a supportive environment for the exploration of opportunities within our community.” Neighborhood Emergency Training is a two-hour basic disaster preparation training that will assist community members to develop and maintain personal emergency plans before, during, and after a disaster event. The student intern developed a brochure and mailed out letters to agencies about the class. Brochures will be distributed to agencies and the community. The goal of this project is to recruit agencies to sign up for the Neighborhood Emergency Training class and for seniors to be prepared in the event of a disaster.

11:45
Break

11:55
Isolation and Loneliness at Sierra Pointe Retirement Community

Shannon Vitro

Agency: Sierra Pointe Retirement Community
Supervisor: Tom Gray

According to research, isolation and loneliness are problems among the older population. This student was hoping that during the time spent at Sierra Pointe Retirement Community, executive staff could better identify and care for their lonely and isolated residents. This project has three objectives regarding isolation and loneliness. The first is to educate the executive staff at Sierra Pointe Retirement on the prevalence of isolation and loneliness among the older population and the known causes of it based on existing research. The second is to interview existing isolated and lonely residents to discover the reasons behind these feelings and ask what Sierra Pointe can do to alleviate it. The third is to report the results of the interviews to executive staff to enlighten them on the reasons these current residents are feeling isolated and lonely and the ways Sierra Pointe can help ease it.

12:25 – 12:55
Senior Nutrition Presentation for Adult Day Health Care

Samantha Cummings

Agency: Eskaton Corporate
Supervisor: Rhonda Gabaldon RD

This project addresses the importance of nutrition for seniors and what foods to incorporate into their diets. It is a presentation for the participants at Eskaton Adult Day Health Care. The presentation includes topics on the following: the importance of increasing fluid intake while reducing sodium to help prevent water retention, high blood pressure, the need for monitoring fat intake in order to maintain healthy cholesterol levels, benefits and limitations of taking vitamins and minerals, the importance of cutting back on foods high in sugar and fried foods, and the benefits of participating in physical activities to remain active. Overall this presentation provides a general knowledge about nutrition and what a person should eat to stay healthy and reduce risks for disease.
Working as an intern for a college professor can be of great value when one is considering teaching at the college level. The student's internship was conducted at American River College (ARC) under the supervision of Dr. Barbara Gillogly. Dr. Gillogly is head of the Gerontology Department at ARC in Sacramento, CA. The goal of the internship was to explore the teaching profession by observation and participation in order to determine if the student would pursue a career in teaching at the college level. The student assisted Dr. Gillogly during the Spring 2010 semester in her Gerontology 490 class, Aging: Policy and Practices. The student assisted weekly in teaching, correcting and grading papers, taking attendance, and assisting students with homework. The student also attended a staff meeting, planned and taught a three hour class, and discussed student issues with Dr. Gillogly. To expose the student to a variety teaching styles the student sat in on lectures taught by six different professors in order to observe each professor's individual style. Through the internship process it was determine that the student will pursue a career in teaching at the college level.

Advocating for Those Who Can’t
Kim Edens
Agency: California Long Term Care Ombudsman Program – Project of Legal Services of Northern California
Agency Supervisor: Joan Parks

The LTC Ombudsman program is dedicated to investigating and resolving complaints on behalf of residents in Long-Term care facilities. It is a program mandated by the state and federal government to receive, investigate, and resolve complaints on behalf of residents in skilled nursing facilities and residential care facilities for the elderly. As an intern, the student Ombudsman assisted in cases with elder abuse, neglect, or financial exploitation. The student also advocated for resident’s rights, care plans, and quality care issues. The student also worked on cases in regards to Medi-Cal and Medicare concerns or abuse. The Ombudsman Service is a confidential service provided to residents and their families free of charge. LTC Ombudsman are state certified volunteers trained to objectively investigate complaints and solve problems for LTC residents. When deemed necessary, the Ombudsman works closely with regulatory agencies and makes appropriate referrals to legal and agency programs. The Ombudsman Services of Northern California program is funded through Area Agencies on Aging: 2, 4, & 28; and serves Sacramento, Placer, Shasta, Solano, Sutter, Yolo, and Yuba Counties.