

38th Semi Annual Gerontology Community Project Presentations
May 5, 2017– AMD 153

12:15
WELCOME

12:21
Reaching Out: Hospice Volunteer Questionnaire, Tips, and Resource Sheet for Patients with Limited Ability to Communicate

Kelsey Neighbours

Agency: Sutter Care at Home Hospice

Agency & Faculty Supervisors: Cindy Dunning & Dr. Cheryl Osborne

Sutter Care at Home Hospice is a non-profit organization made up of eight different hospice agencies that serve the greater Sacramento area and Northern California. They offer end-of-life care and support for terminally ill patients that have been given six months or less to live by their physician. These patients are choosing to forgo curative medicine with the intent that they will focus on comfort during their final days. An interdisciplinary team made up of doctors, nurses, social workers, home health aides, chaplains and committed volunteers support the patient and family during this transition. The volunteer's ability to connect with their assigned patient that is nonverbal, has dementia or is cognitively impaired makes building that relationship challenging. This limits the volunteers' ability to create personalized visits that would improve the patients' quality of life. To decrease this communication barrier, the student developed a questionnaire, tips and resource sheet using the Social Support theory to open the communication pathway with the patients' family to learn about the patients' life, hobbies, and interests. The sheet offers tips to keep in mind before the initial call to the family member, tips to keep in mind before the first visit and suggested questions to get to know the patient. The project was sent out to 15 experienced volunteers for evaluation with the intent to gauge its ability to be an effective tool for future volunteers. Of the 15 projects/evaluations sent out, 11 were completed and returned in response and the results showed a 96.3% for its ability to be helpful for volunteers. The project was marketed with the sole purpose of decreasing the stress and anxiety that new volunteers feel when assigned a patient with limited communication and will be sent out by the volunteer coordinator.

12:39
Down Syndrome and Dementia: A New Frontier
Julia Blizard

Agency: Alzheimer's Association

Agency & Faculty Supervisors: Denise Davis & Dr. Teri Tift

The Alzheimer's Association is a nonprofit organization that provides information about Alzheimer's Disease (AD) throughout the world. The mission is to eliminate AD through the advancement of research, to provide and enhance care for all affected, and to reduce the risk of dementia through the promotion of brain health. In California, the Down Syndrome (DS) population is living longer than ever and experiencing AD at 6 times the rate of the general population. Even though 500 families exist locally in the DS community, not many caregivers or healthcare professionals are aware of the prevalence of the disease, or of the respite services available. The purpose of the Down Syndrome and Dementia booklet was to advance the mission of the funding agency by creating awareness of respite care services. The theory of least restrictive environment was used to promote the use of adult day and in-home health programs in order for clients to live at home as long as possible, maintaining the highest quality of life. The booklet of respite resources was presented to the supporting agency, the Alta California Regional Center. The evaluation results were a success, with 19 of 21 social workers rating the presentation as "useful, well-organized, and practical to my work." The booklet of respite resources will be left at the Alzheimer's Association and the Alta California Regional Center offices.

12:57

Dementia Friendly Business Toolkit

Moemi Mallan Gossal

Agency: City of Sacramento

Agency & Faculty Supervisors Name: Stephanie Wilson & Professor Betsey Stevens

City of Sacramento, Older Adult Services offers numerous programs and support services to older adults over the age of 50. City of Sacramento has created a new program called Dementia Friendly Sacramento (DFS). The new programs goal is to have Sacramento become a dementia friendly community. A dementia friendly community raises awareness of and develops respect and inclusion for people with dementia. The community has services and supports people with dementia to promote quality of life. Also educates the community on dementia to ensure that people living with dementia have meaningful engagement in community life. The project consists of a toolkit, for businesses since they have the most contact with people, on how to become a dementia friendly business. Dementia Friendly Sacramento collaborated with Dementia Friendly America and included their detailed eight-page handout on how business can be more dementia friendly in the workplace. A one page easy access handout was created on how to become dementia friendly and the logo for Dementia Friendly Sacramento. The toolkit was distributed to about 100 merchants in Old Sacramento with the support of the Downtown Sacramento Partnership. The merchants received about a 5-10 minute presentation, and a window cling was given with the logo so that business could be recognized as a dementia friendly business. The theory used for this project was the Activity Theory. The theory supports keeping older adults active in the community, which is the goal of the project. The evaluation of the project consisted of a survey that was given to merchants. The results of the evaluation were positive, majority of the merchants did not know about how to be more dementia friendly and felt that now they and their staff gained knowledge about being dementia friendly and that the toolkit will be very effective in their place of business.

1:15

Artistic & Memory Fun!

Maria Quintos

Agency: Summerset Senior Living

Agency & Faculty Supervisor: Margaret Wilkinson & Dr. Donna Jensen

Summerset Senior Living is an assisted, independent, and memory care facility located in Rancho Cordova. Summerset has a variety of activities that they do daily such as morning exercises, arts and crafts, and card games, but the arts and crafts activities were limited to coloring. In collaboration with the activities director, the student used the activity theory to find evidence-based research to create activities and memory games that could be implemented with residents. There were different session days for each of the activities that lasted an hour. To evaluate the activities, student has made a pre-and-post survey for the residents. The results were that both arts and crafts and memory games were both fun and enjoyable, however there were those who also did not really think too much about the arts and crafts activities since the residents said they were not very artistic. On the other hand, residents gave positive feedback on the memory games since it was like trivia which they enjoy.

1:33

Using Technology to Improve Quality of Life for Individuals with Cognitive Impairment or Caregivers

Stephanie Bojorquez

Agency: Alzheimer's Disease Center

Agency & Faculty Supervisor: Esther Lara & Dr. Donna Jensen

The UC Davis Alzheimer's Disease Center's mission is to advance the understanding of Alzheimer's disease and related dementias through comprehensive patient evaluation and research. The interdisciplinary team members focus on conducting basic and clinical research including clinical evaluations and trials, community outreach and education, professional education, and research training. Utilizing the stress process framework theory, the student created an assistive technology resource manual with ten different assistive devices that can potentially improve quality of life for people with Alzheimer's disease or related dementias and/or their caregivers. This manual was created in English and Spanish. The project was evaluated through two qualitative surveys. Results indicated that sixty-six percent of the interdisciplinary team members strongly believed the assistive technology resource manual directory should be expanded. Caregivers and staff members expressed an interest in using assisted technology devices to improve quality of life for people with cognitive impairment and/or their caregivers. They believed the information presented in the manual was helpful, and stated they would share this information with a family member or friend. Participants felt products were affordable.

1:51

Dayspring/Pre-Memory Care Program Operation Procedure Manual **Mayra Baez**

Agency: Eskaton Lodge Gold River

Agency and Faculty Supervisors: Paloma Palomares & Professor Stephanie Makis

Eskaton Lodge Gold River is part of the largest non-profit community based organization serving seniors in the Sacramento area. It promotes enhancement in the quality of life of seniors "through innovative health, housing and social services". Their vision is to transform the aging experience by endorsing daily activities and socialization among residents and staff. The student decided to do further research on a specific theory, the Activity Theory. This theory is defined as a positive relationship between a person's level of activity and life satisfaction, which in return increases how positively a person views himself or herself (self-concept) and improves adjustment in later life. The reasoning behind choosing this theory is to promote activity in daily lives of residents in the Day Spring community within Eskaton Lodge Gold River. Among the 29 different Eskaton locations, Eskaton Lodge Gold River is the only facility that offers Assisted Living, Memory Care and Pre-Memory Care, also known as Day Spring. This particular program is a fairly new approach to support individuals experiencing early stages of memory impairment. Because of mild cognitive difficulties, Day Spring residents receive an enhanced level of support, encouragement and care services from staff, more so than Assisted Living. Over the last two semesters, the student proposed and developed a manual that supports incoming volunteers and interns with guidelines on how to better assist the residents in Day Spring. With the collaboration of the Activities Coordinator, student, and multiple research articles, the student was able to implement information gathered throughout her experience. Volunteers are at a high demand within this facility and it is important for them to understand the procedures within Day Spring. The manual demonstrates the importance of following instructions to better assist older adults with early stages of dementia. The student received positive feedback from various staff members within the Eskaton Lodge Gold River about the importance of having a procedure manual for volunteers and interns within Day Spring. Manager of Volunteer Resources reported student's manual will be used as a blueprint for an official policy and procedure manual to be implemented.

2:09

Match the Memories

Sophia Soto

Agency: Eskaton Gold River Memory Care

Agency & Faculty Supervisor: Niza Panal & Dr. Cheryl Osborne

Eskaton Lodge Gold River Memory Care (ELGRMC) unit provides various opportunities to their residents for social interaction throughout the day. The main activities typically had a musical component. In order to add variety, a new activity that did not involve a musical component was created. The activity, "Match the Memories", is a matching activity where residents and partners match fabric cloth tiles. These fabric cloth tiles have designs on them, such as airplanes or a garden scene, that promote reminiscence of the resident. This reminiscence experience based on the Activity Theory, which relates successful aging and life satisfaction to remaining active, promotes social interaction by providing an opportunity for the residents to come together with those who surround them and, as a result, allows them to build relationships. After the activity was implemented with residents in a one-on-one setting, an open-ended evaluation was conducted with the residents. The student received positive feedback from each resident who participated in the activity. Results of the evaluations indicated that the activity was enjoyable for the residents and even promoted reminiscence for some.

2:27

BREAK

2:45

We're Stronger Together: Uniting Youth and Seniors **Jocabeb Castaneda**

Agency: The Chateau at Rivers Edge

Agency & Faculty Supervisor: Kim Adams & Professor Deon Batchelder

The Chateau at Rivers Edge is a senior housing facility specializing in independent, assisted, and memory care living. The Memory Care Unit is intended to provide a tastefully designed quality of "Life Enhancement" activities and delicately groomed care based on residents' own preferences and needs. The project, *We're Stronger Together: Uniting Youth and Seniors* was designed to represent the agency's philosophy by incorporating creative arts, in order to build upon the interaction of bridging intergenerations together and disposing of negative stereotypes. The goal of the project was the interconnection of seniors diagnosed with dementia and youth, ages 14-21 years old to communicate with one another through art activities. This partnership of seniors and youth served as a positive intergenerational connection enhancing upon their team building and social skills through the medium of art. The Activity Theory supports this goal because this theory explains that successful aging occurs when older adults stay active and maintain a social interaction, correlating a relationship among activity and life satisfaction. The intern conducted five creative art classes for approximately two hours per day. The class was evaluated through three surveys. The survey for the students consisted of eleven questions which included: evaluating barriers, interconnection with older adults and knowledge gained. The seniors had five questions about satisfaction, interconnection with students, and likelihood to attend again. The staff also had five questions measuring behavioral changes and intergenerational connection among participants. Four students took the survey, five residents took the survey and three staff took the survey. The results of the survey taken by the staff consisted of positive feedback about the residents being less confused, less agitated, more engaged, and being more socially active. The survey taken by the students concluded wanting to continue to participate, positive intergenerational connection, and dismissing negative stereotypes. Lastly, the survey taken by the residents concluded positive satisfaction, very likely to attend again and recommend the activity, and positive connection with the students.

3:03

Paint Pals **Patricia Mendoza**

Agency: The Chateau at Rivers Edge

Agency & Faculty Supervisor: Kim Adams & Professor Deon Batchelder

The Chateau at Rivers Edge offers a charming and service-rich environment with assisted living being their featured service. They strive to provide frequent entertainment and an assortment of activities to develop a personalized "Life Enhancement" activities program based on the residents' own preferences. The project, *Paint Pals* was designed to embody the agency's philosophy and incorporate expressive arts for older adults who are diagnosed with dementia. The goal of this project was to encompass the attributes of the Chateau's excellent care and to facilitate artistic growth amongst the participants. The characteristics of the project aimed to help support one's quality of life including active ageing, independence, creativity, lifelong learning, and active socialization and communication amongst residents. The goal for this project was to demonstrate a new activity that sparked interest amongst residents and to spawn more interests in more activities. The student conducted the class with particular art mediums to assist participants to create different styles of work of art. The class consisted of residents with a varied background in art abilities, but regardless of level of experience, everyone revealed in the ability to be creative. To evaluate the project the student conducted two surveys. The survey for the 7 participants consisted of 5 open ended questions with a rating scale 1-5 with 5 being most satisfied. The survey for the 6 staff consisted of 5 different questions focusing on how the class improved the participant's mood, behaviors, and socialization. The results from participants confirmed that the class was enjoyable and increased their creativity. The staff results concluded that there was a positive change in the resident's mood and behavior. The response from the participants and staff support the project "Paint Pals" increased relaxation, socialization, and agreed it should be a permanent activity in the facility. Thus, the evaluation outcomes support the activity theory, in how promoting active lifestyle in older adults increase happiness and wellness.

3:21

Glance at a Memory

Mayra Romero

Agency: The Chateau at River's Edge

Agency & Faculty Supervisors: Kim Adams & Professor Deon Batchelder

The Chateau at River's Edge is a senior community that provides a comfortable style of living amenities to older adults. The River's Edge community promotes services that enhance the quality of life for older adults, centering on their own preferences and needs. The project, *Glance at a Memory*, was designed to enrich the Chateau's mission statement by promoting life enhancement to residents with memory impairment, using reminiscence therapy to minimize agitated and confused behavior. The goal of the project was to stimulate the individual's memory allowing them to reminisce, as memory impairment has become more prevalent among the aging population. Another goal of this project was to offer the agency staff an alternative method to help redirect residents when they become agitated and confused. The project consisted of afternoon hourly meetings twice a week, being held in the main lobby. A total of six residents participated in the development of the digital timeline memory book. Two separate surveys were distributed, one to residents and the other to staff. Out of eleven surveys, ten were returned. The surveys consisted of a series of five questions pertaining to their thoughts and perceptions on the program, and were rated on a numeric scale. The outcome of the participant's surveys confirmed that the project was enjoyable and helpful to the residents and they all stated that they would be willing to participate again. The project implemented at the Chateau supports the Activity Theory because the project allowed the older adults to become more socially active, therefore, increasing their life's satisfaction. The results of the survey support the project, *Glance at a Memory*, and the goal of stimulating a resident's ability to reminisce, thereby reducing agitation and confusion. The recommendation from the agency staff was to further develop the project to make it sustainable and enjoyable.

3:39

Gratitude Report

Ruby Velasquez

Agency: Eskaton Foundation

Agency & Faculty Supervisors: Lorraine Leung & Professor Lisa Harris-Chavez

Eskaton Foundation is the philanthropic side of the nonprofit community-based organization helping older adults, Eskaton. Eskaton Foundation helps raise awareness and donations for programs and services Eskaton offers older adults. The Foundation hosts a variety of fundraisers and events to raise funds, and delivers important Eskaton information, such as newsletters, annual reports, and program information to older adults in Eskaton communities. With the collaboration of the Foundation's director of annual giving and a gerontology student, a donor orientated report, was created to take the place of April's newsletter. The report acknowledged donors of the Eskaton Foundation and showcased stories of how older adults benefited from the programs funded by donors. Using Erickson's stage 7 of his psychosocial development theory, generativity vs. stagnation, it was the student's hope that individuals will eventually have the desire to contribute to society to feel they are adding to their community and to the world. In previous years, the organization has personally thanked donors for their support through thank you notes and emails, but it has not been acknowledged publicly. This report expresses the gratitude of the Foundation and hopes to attract new donors and increase the number of loyal donors of the Foundation. The gratitude report showcased stories of program participants who have benefited from the services and a list of donors who have donated \$1,000 and higher. The student evaluated the effectiveness of the report by conducting a five-question survey with employees and volunteers at the Eskaton Administrative center. The results show that after reading the report, non-donors would likely donate to Eskaton Foundation. They also indicated that the gratitude report and infographics did a good job explaining how donations help older adults.

3:57

There's a New Sheriff in Town! Is it You?

Lilia Hernandez

Agency: Eskaton Foundation

Agency & Faculty Supervisors: Nicole Zamora & Professor Lisa Harris-Chavez

Eskaton Foundation is known for funding senior communities to provide housing and accessible resources to enrich quality of life. Although the Foundation has strengths with their contributions of running successful programs, there is always a need to educate residents on safety. Abuse occurs about 1 in every 10 seniors and can happen more frequently and undetectable than others. *There's a New Sheriff in Town! Is it You?*, is a program created to bring awareness among residents within the low housing income communities, learn about senior abuse and give them the ability to take charge of serious situations. The Continuity Theory is a psychosocial theory of aging which suggests as older adults adapt through the changes of old age by utilizing past experiences. All employees working with seniors are required to become mandated reporters to keep seniors safe from abuse which is what the goal of this program is intended for; creating advocates out of the residents. Seniors who were once involved in the community will continue to advocate present day if presented a cause to fight for. Teaching the importance of identifying different types of abuse along with knowing how to report abuse can be beneficial to prevent abuse. This interactive program implemented about abuse was coordinated with the Foundation as well as the service coordinator at Eskaton Jefferson Manor. The student evaluated the overall program effectiveness with a pre and post survey given. Results concluded from total attendance, was that the program was beneficial for learning about abuse based off the surveys.

4:15

Music Group for Older Adults with Dementia

Yuliya Moskalenko

Agency: Eskaton Adult Day Health Center

Agency & Faculty Supervisors: Daisy Absalon & Professor Betsey Stevens

Eskaton is Northern California's largest nonprofit community-based organization serving seniors. Eskaton Adult Day Health Center (ADHC) provides older adults with health-related services like physical therapy, occupational therapy, speech therapy, social work services, therapeutic and recreational activities, and monitoring of medical conditions by a registered nurse and nursing staff. Eskaton's mission is to enhance the quality of life of older adults through innovative health, housing, and social services. The goal of Eskaton is to provide person-centered care to transform the aging experience. The goal of this project, Music Group for Older Adults with Dementia is to analyze the outcome of a music group offered to older adults with moderate dementia at Eskaton ADHC. The music group helped participants to build relationships with other people, retain memory of song lyrics associated with personal history, and be engaged in emotionally meaningful experience for people with dementia by singing and listening to the music. The project was based off of Kitwood's (1999) theory of personhood. The well-being of the person with dementia (i.e., personhood) is important in the theory of personhood. Maintaining personhood includes providing qualified care and finding meaningful and positive care to effectively interact with people with dementia. There was no small music group activity established, so the project was gladly accepted. The music group combined listening music and singing famous songs of the 60s and 70s, and participants' "favorite songs". The evaluation consisted of looking at participants' behavior with the use of Dementia Care Mapping and questionnaire that was given to the participants at the end. The evaluation results came with positive feedback from participants and workers. The clients of Eskaton ADHC enjoyed singing and looked forward to it daily.

4:33

Insights Into Death and Dying from the Eyes of a Hmong Girl

Michelle Vang

Agency: Yolo Hospice

Agency & Faculty Supervisors: Gwendolyn Kaltoft, Carlye Wilder & Professor Stephanie Makis

Yolo hospice is a nonprofit organization with staff and volunteers who devote much of their time and heart into providing quality end-of-life care for all their patients with terminal illness. It is truly an organization that strives to improve upon its strengths and its weaknesses by constantly making improvements in the services that it offers. It strives to become more competent in delivering its services to its patients. The intern helped to promote a project that further enhanced the agency by providing an increased cultural competence in caring for terminally ill Hmong patients. Not many Hmong people are aware of hospice and its benefits of giving comfort and peaceful end-of-life care, thus this project aimed to bring more awareness into the Hmong community about hospice and gained insights into the Hmong culture that revolves around death and dying to give hospice an idea of how to culturally and properly care for their future Hmong patients. This project was delivered through a set of questionnaires that were distributed to people in the Hmong community to answer. These people were chosen through the intern's family marriage connections. The purpose of the questionnaire was to gain insights into what the Hmong people think about death and dying and how they view hospice so that barriers to hospice usage could be taken down. It allowed for prediction of future usage of hospice as the project was directed at those between the ages of sixteen to seventy-five years old, traditional shamanism and nontraditional. The questionnaire also educated the Hmong subjects about what hospice offers. Furthermore, the intern facilitated two presentations to the hospice staff and volunteers to share results of the questionnaires related to Hmong beliefs regarding end-of-life. The success of this project was measured through a set of questions that the intern had in mind to seek answers for: is the discussion of death and dying allowed in the Hmong community?, what are possible barriers to the Hmong community utilizing hospice?, and will the Hmong community accept hospice usage after being educated about hospice?. The theory used was the self-concept theory, which was used to explain the upbringing of the Hmong people and how it had shaped their views of life and death, along with their acculturation into the American society. The project was successful in that it was able to educate all stakeholders, and gained data about the Hmong community's views on death and dying and their opinion on hospice. Turns out hospice usage will vary among those between the ages of thirty to fifty, but will be a definite resource that younger generations between the ages of sixteen to twenty-nine will consider for themselves and their family members. The sustainability of this project will be compressed into a self-reflected booklet that will be given to the agency's library collection for staffs and volunteers to have as a resource for their future contact with Hmong patients.

4:51

Speaker's Panel: What We Can Learn About Mental Health from Older Adults

Rebecca Mejia

Agency: Gerontology Department at CSUS

Agency & Faculty Supervisor Name: Dr. Cheryl Osborne & Professor Deon Batchelder

The Gerontology program at California State University, Sacramento promotes the interdisciplinary education of aging through a holistic lens, with an emphasis on person-centered care. The program also features many types of experiential learning opportunities to support student education. The students that the program serves learn about mental health and illness in older adults, but are part of a campus population that has seen an increase in the utilization of mental health services themselves. With the collaborative efforts of the National Alliance on Mental Illness (NAMI) on Campus, the Gerontology Club, Stop Stigma Sacramento Speaker's Bureau, and the Gerontology department, an event was created to benefit students in two ways: to further educate them about aging with mental illness, and to improve their own personal attitudes and behaviors about their mental health. The panel was comprised of four older adults who live with mental illness who shared their experiences, and two health professionals to offer professional insight. The event replaced a Gerontology lecture course. The event was open to all, and marketing was done via form letters sent to faculty in other health-related departments – Psychology, Social Work, Nursing, and Recreation, Parks and Tourism Administration. The focus of the panelists' discussion was on education, help-seeking, resiliency, and lessons learned. There was a combination of Likert scale, Guttman scale, multiple choice, and true/false response types in pre- and post-event surveys that measured changes in knowledge, stigma, and likelihood of increased help-seeking behavior. Approximately 100 people attended the event. Seventy-four students completed the pre-event survey, and 64 completed the post-event survey, for a 12% attrition rate. Results showed that there was a statistically significant, positive change in seven out of nine items relating to stigma, a 10% increase in mental health knowledge, and 88% of attendees stated that they felt more comfortable seeking help as a result of the event. The event supported the project's theory of Gerotranscendence through showcasing older adults who have achieved a higher sense of purpose in life and who give back to earlier generations. For the students, the theory helped develop a path for them to achieve Gerotranscendence later in life. One hundred percent of survey takers stated that the event should happen again.

5:09

CONCLUSIONS