

# **41<sup>st</sup> Semi Annual Gerontology Community Project Presentations December 7, 2018 – AIRC 1016**

8:00

**Welcome**

8:05

## ***Strike Up the Conversation: A Disaster Preparedness Plan***

**Frankie Sherwood**

**Agency:** Elder Options, Inc

**Agency & Faculty Supervisors:** Carol Heape, & Liz Caldwell-Heape & Professor Lisa Harris-Chavez

Elder Options, Inc. is a home care agency widely known to provide the aging and disabled populations the opportunity to live a life lived fully everyday. With a wide variety of services including care management, home care, respite, and assisted living services. Elder Options is the only care management agency in El Dorado County and client safety is an important need monitored by care managers. The project title, *Strike up the Conversation: A Disaster Preparedness Plan*, was designed to be an emergency preparation for seniors and persons with disabilities. With the collaboration of the practicum supervisor, El Dorado County Fire Safe Council, El Dorado County Friends of Seniors and El Dorado County's Disaster Preparedness coordinator for County Public Health, the goal is to decrease the high percentage of unprepared elders through identifying the most common types of disasters occurring in California. The theory to support this project is Lawton's Person-Environment-Fit Theory as it explains that the ability to function in one's own environment is an important aspect of successful aging. The outcome was to provide a modern evacuation checklist catered to older adults on how to identify potential hazards within the home and a list of local resources available during an emergency. To evaluate the success of this project an eight question Likert Scale survey was given to seven staff members on effectiveness of needs met within the packet. The results showed the majority strongly agreed the presentation and material was relevant information to today's crisis and the need for emergency preparedness in the community. Elder Options' objective is to sustain and expand this vital project. Thus they will receive an electronic copy of the packet, which will allow employees or future interns to update the packet as needed and access the packet on all computers within the agency.

8:25

## ***"A Balanced Life": Fall Prevention and Strength Building Exercise Class***

**Nicole Killian**

**Agency:** Eskaton Village Roseville

**Agency & Faculty Supervisors:** Tammie Medlin & Deon Batchelder

Eskaton is the largest nonprofit community-based organization helping older adults in the greater Sacramento area. Eskaton's primary mission is to enhance the quality of life of seniors through innovative health, housing and social services. The Roseville location offers memory care, assisted, and independent living. In assisted living, there are residents that live with mild cognitive impairment issues and have some physical limitations. Eskaton provides numerous social activities, however there is a need for an activity to improve the balance of the residents, with strength building exercises, to help prevent the risk of falls. The goal of the project "A Balanced Life" was designed to provide an activity based on balance and strength that would help improve the residents' balance and increase their strength, thus decreasing their risk for falls. The theory used was the activity theory. This theory predicts that those who are able to remain socially active will be more likely to achieve a positive self-image, social integration, and satisfaction with life, and that, therefore, they will probably age successfully. This supports the main goal of the project- to allow the older adult to feel they have control over their own wellbeing and that they can make a difference in it. The residents attended a 30-minute balance and strength class once a week for 5 weeks. The balance and strength exercises were performed with or on a chair for assistance. Each exercise can be modified depending on the balance and strength level of the older adult. The exercises used are supported by the Arthritis Foundation and/or evidence-based research. To evaluate the project, the participants were assessed with a survey at the end of the 5 weeks. Additionally, the staff evaluated the class on its effectiveness as well. The results of the survey showed that the participants enjoyed the class, felt that their balance improved, and would keep attending this class in the future. Sustainability of the project is to schedule the class on the calendar at Eskaton as a regular activity for the residents. The student will leave the exercise program for the activities staff at Eskaton, as well as help the staff learn how to teach the class.

8:45

## ***React Immediately in a Natural Disaster (RIND)***

**Ana Mihai**

**Agency:** Eskaton Roseville Care Center Administration

**Agency & Faculty Supervisors:** Vickie Cross & Dr. Donna Jensen

Eskaton Village, located in Roseville, is a community-based nonprofit facility for individuals in need of Assisted Living (AL) and Memory Care (MC). There are over 200 residents in both AL and MC, whom are treated with care and compassion by about 119 staff members. However, the student conducted interviews with supervisors and employees at Eskaton Village Roseville and discovered that staff as a whole are unaware of what to do in the event of a natural disaster. The student created React Immediately in a Natural Disaster (RIND), an emergency response guide for the staff of Eskaton Village Roseville. The Theory of Help Seeking Behavior was utilized in the development of this emergency response guide. The theory postulates that when specific need exists, it presents a challenge that cannot be solved alone. The emergency response guide includes three categories. The categories are Fire/Evacuation, Assisting Others with Disabilities, and Severe Weather Conditions. The three categories imposed a sense of awareness and preparedness for when a disaster strikes. The RIND emergency response guide was presented to staff and all site supervisors. By presenting the project staff members became aware of Eskaton Village Roseville having a plan in place for natural disasters. Evaluations were conducted at the end of the presentation. Positive feedback was received from staff who indicated that the guide was informative, and it was helpful to have written tips. Staff were very happy with the map, which included the designated assembly area for evacuations. Staff commented they were previously unaware of this location. RIND will help the agency assist residents and their loved ones during a catastrophic event, while showing concern and compassion. The emergency response guide will be posted throughout Eskaton Roseville and each staff will be given a copy that will remind them of the protocols.

9:05

## ***Good Clinical Practices for Recruiting Minorities into Clinical Trials***

**Rita Venua**

**Agency:** UC Davis Alzheimer's Disease Center

**Agency & Faculty Supervisors:** Jayne LaGrande & Maria Levallois & 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 cutting edge research (U.D. Davis). Minority Americans are expected to reach more than 40% of the United States population by 2035. With this number growing exponentially, the underrepresentation of ethnically diverse populations in clinical trials spark major concerns because this threatens both the internal and external validity of evidence designed to improve healthcare delivery and population health. Piaget's constructivism theory focuses on problem solving and creating ideas upon knowledge to be successful. This theory was selected because the student developed good clinical practices information tool using prior knowledge as well as problem-based learning to pinpoint exact reasons as to why there are lower rates in minority participation to clinical trials. In addition, the student provided possible solutions to this situation. The UC Davis Alzheimer's Disease Center seeks to include an equal representation in their research, however there is still a reoccurring issue of low minority participation in clinical trials. In order to provide assistance to recruiting minorities, the student created an informational tool that includes the importance of including minorities in research, motivational factors, barriers, strategies, and best practices for the clinical staff to use when trying to recruit minorities into clinical trials. The student was able to evaluate the efficacy of the project through a questionnaire given to the clinical trials team. Positive feedback was reported from the UCDADC staff. To ensure sustainability, the student will confirm implementation with the student's practicum supervisor when trying to recruit participants in clinical trials in hopes that this informational tool will be useful.

9:25

## ***SOS: Stress and its Interrelationship with Stroke***

**Duaa Khalifeh**

**Agency:** American Heart & Stroke Association

**Agency & Faculty Supervisors:** Ashley Goforth & Jordan Seavers & Professor Deon Batchelder

The American Heart and Stroke Association is a nonprofit, voluntary organization that is dedicated to fighting heart disease and stroke. The American Heart and Stroke Association's mission is to improve cardiovascular health, by living longer healthier lifestyles, reducing deaths from cardiovascular diseases and stroke. The project, *SOS: Stress and its Interrelationship with Stroke* was to create and promote lifestyle strategies for older adults in the Middle Eastern community. The project relates to the "theory of change" because it describes how people who have suffered from a traumatic event must change their lifestyle to adapt to their new situation. The goal of the project was to provide the participants with material on consequences of lifestyles and strokes. The participants were split into two small groups. One group agreed to be part of a walking group and the other group were more comfortable sticking with their current routine. To evaluate the project a survey of six questions was distributed amongst the participants. The results showed the participants either did not have any knowledge on the relations between stress and stroke or they were aware, but did not take it seriously. The project was successful by highlighting the lack of information about stress and its relationship to stroke in the Middle Eastern Community. To ensure the sustainability of the project the PowerPoint presentation and handouts were left with the American Heart and Stroke Association for future community presentations.

9:45

## ***Falls Prevention Tool Kit***

**Laura Argueta**

**Agency:** Ethel Hart Senior Center

**Agency & Faculty Supervisors:** Rosanne Bernardy & Professor Deon Batchelder

Ethel Hart Senior Center (EHSC) strives to create a safe environment where participants can engage in activities and build social connections. They offer many resources, support older adult independence, and are welcoming of individuals with different cultural backgrounds. The project, *Falls Prevention Tool Kit* is meant to inform Hispanic older adults about different methods of fall prevention, and it allows them to identify hazards around their environment. The goal of this project was to reduce falls that can lead to injuries and other health risks that may develop after the fall. The supporting theory for this project is "Inflammation and Aging Theory," which substantiates the relation of sterile inflammation with a number of age-related disorders and diseases that come with aging. Inflammation is a stressor on the older adults' mobility and physical functioning that will increase the risk of falls. The theory also supports the project as it brings awareness of the side effects of not engaging in physical activity. If one does not attempt to take care of themselves and their health, the older adult is at a higher risk to develop chronic inflammation and is also more likely to fall. There were two workshops held at EHSC. To evaluate the project there was a survey with 6 questions that was handed out at the end of the workshops. The evaluation was able to determine if this *Falls Prevention Tool Kit* project was successful and beneficial to the participants. Majority of the participants said that the workshop met their expectations. They were satisfied with the content, believed the information was communicated effectively, saw the information to be useful, and they plan to use the information to prevent falls. A translated version of all information and a guide will be left at the senior center to ensure sustainability.

10:05

**Break**

10:20

## ***Eskaton Community Guidebook***

**Ramon Cibrian**

**Agency:** Eskaton Strategic Initiatives

**Agency & Faculty Supervisors:** Therese ten Brinke & Dr. Cheryl Osborne

Eskaton is a community based non-profit organization that provides services and support to seniors in the Greater Sacramento region through their residential care communities and programs. They have partnered with K4 to launch the platform K4 Community (Eskaton Connect) across Eskaton communities. Eskaton Connect serves as an application meant to enhance the quality of life of older adults promoting connection to family members living outside of the community, and connection to the Eskaton community. To aid in the implementation of Eskaton Connect, there was an identified need of creating manuals for staff members that detail the day to day operations of Eskaton Connect to ensure staff adoption and utilization so that staff could support the residents within their communities. The theory utilized for this project is Albert Bandura's Social Cognitive Theory, with a specific focus on self-efficacy and motivation. The student collaborated with their agency supervisor, as well as community concierges and Directors of Dietary Services to create effective staff manuals. The manuals were evaluated through two separate questionnaires given to three concierges across two communities, and the Director of Dietary Services at two communities. One survey was focused on analyzing and providing feedback for staff manuals created by K4, and one survey for the staff manuals created through collaboration between the student and his supervisor. The result of the surveys indicated that K4 manuals were effective for those already familiar with Eskaton Connect, but not as effective for those new to the application. The staff manuals created by the student were considered effective for both those familiar with the application and those who were new to it. At the conclusion of the internship, the sustainability of the staff manuals falls upon the Strategic Initiatives team, as the manuals will need to be updated when the application undergoes major updates.

10:40

## ***One Step at a Time***

**Alejandra Cruz**

**Agency:** American Heart & Stroke Association

**Agency & Faculty Supervisor:** Jordan Seavers & Professor Deon Batchelder

The local branch of the AHA is located in downtown Sacramento. Heart disease and stroke are the #1 and #5 killers of all Americans. (heart.org) The organization's mission is for the communities throughout America and worldwide to have a better heart and brain health, so one can experience more of the moments in life that matters most. The AHA designed My Life Check® a simple seven step list to educate the public on how best to live and improve their health. The project, One Step At A Time, is an outreach presentation based on the "Life's Simple 7." The theory for this project is Self-Efficacy Theory created by Albert Bandura. This theory works well with initiate change and makes an effort for a healthier life to prevent strokes or any cardiovascular disease. The goal was to collaborate with the Manito's Club, located at the Hart Senior Center, to present the project to the Latino participants. This project consisted of organizing and developing flyers and materials to distribute amongst the participants. The focus of this project was for the audience to learn and understand the impact of a stroke and take home and share their knowledge amongst their family and friends. The project was evaluated by using four pre-survey questions and four post-survey questions to see how much the audience knew prior to and how much they had learned after the presentation. The Manito's participants received information on how to prevent a stroke and signs of a stroke. They were introduced to "Life's Simple Seven" a guideline on how they can change their life into a healthy lifestyle. The survey consisted of 4 yes or no question, simple and to the point. Approximately 50 participants completed the survey and the results revealed that the majority were not aware of what causes strokes, what were the symptoms of a stroke, and how to prevent strokes from occurring. The sustainability of this project will be to give the agency a copy of the presentation in Spanish for future outreach presentations within the Spanish speaking community. This project was a success given the positive feedback from the participants and the American Heart Association's desire to continue providing the Latino community with valuable resource and services.

11:00

### ***Medicare Workshop***

**Sabrina Castor**

**Agency:** Eskaton Administrative Center

**Agency & Faculty Supervisors:** Lola Rain & Professor Suzanne Anderson

Eskaton is a leader in older adult services and housing in the greater Sacramento area. The non-profit company aims to improve the lives of seniors through innovative health, housing, and social services. The social service provided by the student's project is a workshop to help the residents better understand their Medicare benefits and how to navigate the confusing system of Medicare. The workshop includes: defining the different parts of Medicare and their benefits, differentiating between original Medicare and a Medicare Advantage Plan, when open enrollment is and what can be done during that time, various Medigap plans and how to purchase them, and how a person can qualify for both Medicare and Medicaid. After the creation of the workshop it was first presented to a hand-picked group of residents at Eskaton Village Carmichael(EVC) before being presented to a larger group in Roseville. The EVC residents gave feedback on content, structure, and delivery of the presentation which was then incorporated into the presentation for the second group of residents at one of Eskaton's affordable housing locations. To sustain the project a version of the power point slides was created with Eskaton's power point layout, along with a script of the workshop so that any future employee or intern can give the presentation.

11:20

### ***Cultural Competency Checklist for Skilled Nursing: Identifying Cultural Humility***

**Arielle Pascua**

**Agency:** Eskaton Quality & Compliance

**Agency & Faculty Supervisor:** Jennifer Marlette Dr. Teri Tift & Professor Suzanne Anderson

Eskaton, a nonprofit organization, lives out their mission to enhance the quality of life for older adults. Eskaton provides and manages assisted living communities, skilled nursing, memory care units, and independent living communities throughout Northern California and the Bay Area. Through their vision of transforming the aging experience, Eskaton provides a Quality and Compliance department with an interdisciplinary team that overlooks multiple regulatory functions. Recognizing a recent change in policy from the Centers of Medicare and Medicaid, Eskaton's Quality and Compliance team identified a need for cultural competency training for Eskaton's staff. *Cultural Competency Checklist: Identifying Cultural Humility* was designed to provide an individual approach on identifying an individual's own cultural bias and how it affects their care to others. Through two semesters the student planned, proposed, developed, implemented, and evaluated an in-service and competency checklist. The project was evaluated through the Quality and Compliance department and licensed nurses. On a scale of ten the project was given scores between an eight to ten on the style of the presentation and the knowledge of the subject. All thought that the class was at a comfortable pace and would recommend the class to others. Overall, the student found very strong evidence on how cultural humility affects the line of healthcare and the quality of care provided to their clients. To ensure sustainability, the student left a cultural competency checklist for Directors of Staff Development to use as a useful tool for future in-service trainings.

11:40

## ***LGBTQ Elder Need's Assessment***

**Karina Canela**

**Agency:** Center for Serving LGBT

**Agency & Faculty Supervisors:** Koby Rodriguez & Dr. Donna Jensen

The Sacramento LGBT Community Center is known for their efforts in promoting health and wellness by providing resources for marginalized community members, advocating for equality and justice, and working to build culturally rich ties within the community. However, a large majority of services at the Sacramento LGBT Community Center are geared toward youth experiencing homelessness. Interning at this organization it became apparent to the student that there was a lack of focus on elders within this community, with the exception of one support group that meets once a month and varies from 2-6 members. The student then proposed, developed, and implemented a need's assessment of LGBT elder's interests through a survey. The needs assessment utilized the feminist theory which focused on role expectations and the differences in status and power related to gender. An essential aspect of the feminist theory is empowerment which seeks the intensification of personal, interpersonal, and political power to marginalized and oppressed people (Turner & Maschi, 2015). The student noticed a resistance that was mostly met by the facilitators of existing community support groups rather than the members themselves. Despite these obstacles, the survey was implemented to 30 community members and provided some information to what services the surveyed LGBT elders wanted in order to feel more included. The information gathered showed a large percentage of participants felt they did not have strong ties to the LGBT community as a whole. The student also asked what the LGBT Center could do in order for elders to feel more included, but many did not know how to answer. Despite the troubling results, the survey did show positive feedback from participants and their desire for more elder-friendly services in order to feel more included. The overarching theme inferred by the study showed the need for inclusion is still present and must be addressed. The needs assessment will inform the LGBT Center on what they might do to be a more age friendly organization.

12:00

## ***LUNCH***

1:00

## ***Older Adults in the Weight Room***

**Marysol Campos**

**Agency:** Sacramento Central YMCA

**Agency & Faculty Supervisors:** Elena Edwards & Professor Michelle Nevins

The YMCA (Y) is a nonprofit organization dedicated to building healthy, confident, connected kids and adults of all ages and abilities through health and well-being, camps, aquatics and swim, youth sports, and more. The Sacramento Central YMCA is more than just a gym, at the Y their goal is that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. As we have learned, healthy aging means optimizing opportunities for physical, social and mental health to enable older people to take an active part in society and to enjoy an independent and good quality of life. The Gerontology Activity Theory (Kotter-Gruhn & Hess, 2012), was used for this project and describes the psychosocial ageing process in terms of the individual's self concept being related to the roles held throughout their life. The weight room at the Y offers members a place to begin the physical portion of healthy aging as strength training has some proven anti-aging benefits; however, the room at the Y was underutilized by older adults. I created a booklet of all the weight room equipment, including pictures, descriptions of how to use it all and explanations in regards of muscles groups used in order to provide older adults with a tool to feel more confident in the weight room. The evaluation of the program implementation was assessed by the users of the booklet in the weight room, mainly members, personal trainers and coaches at the Y. The booklet will continue to help all Y members who wish to use the weight room equipment properly. For sustainability, I will provide the Y with an original copy via hard drive to update as new equipment is purchased.

1:20

## ***Embracing Education***

**Eunice Aila Dionisio**

**Agency:** CSUS Cardiovascular Wellness Program

**Agency & Faculty Supervisors:** Linda Paumer & Dr. Donna Jensen

The CSUS Cardiovascular Wellness Program (CWP) is a non-profit organization that provides comprehensive programs focusing on education, exercise, and nutrition to enhance cardiovascular health. It aims to develop and maintain positive heart healthy lifestyle habits. It provides free services to older adults who have experienced cardiovascular incidents through the hard work and dedication of its program director, volunteers, interns, and participants. This agency values all of its participants and works to create a familial community to encourage collaborative lifestyle modifications. This student wanted to enhance the educational sector of the agency to broaden the participant's knowledge of their core topics related to meditation, exercise physiology, and heart health. This project was based off of Malcom Knowles' Adult Learning Theory of Andragogy, which assumes that individuals retain information beneficial to their personal lives. This student hopes to motivate people to attend educational lectures and expand their knowledge outside of the lectures. In order to complete this, she created an online educational booklet filled with hyperlinks to activities and informational materials/videos. Along with this booklet to leave at the agency, she also created a section in the agency's website to directly provide web access to specific educational topics. Viewers would not have to open a new browser for each new media source. They could watch multiple videos and participate in the activities inside and outside of the agency location. Evaluation feedback from participants, staff, and volunteers indicate that this educational program improves access to healthful activities and resources; participants are excited to access to this information from home.

1:40

## ***Taking Steps to Reduce Falls: An Educational Fall Prevention/Exercise Program***

**Krystle Gavino**

**Agency:** CSUS Cardiovascular Wellness Program

**Agency & Faculty Supervisors:** Linda Paumer & Dr. Donna Jensen

The CSUS Cardiovascular Wellness Program was created for individuals within the community who have experienced a cardiac related event or is at risk for cardiovascular conditions. Taking Steps to Reduce Falls, a five-week educational fall prevention/exercise program was developed to help educate the participants, staff, and students at the Cardiovascular Wellness Program on how to reduce the risk of future falls and improve mobility through strength/balance training. The student used the Activity Theory, as it meets the needs of the participants by promoting independence, increasing awareness on fall prevention strategies, and giving participants the opportunity to motivate and challenge themselves to improve exercise performance and remain physically/mentally active. The student first evaluated the participants by administering a pre-assessment based on the TINETTI Balance Assessment Tool, to measure balance (including fall risk) and gait function in older adults, and the **Activities-Specific Balance Confidence (ABC) Scale**, which aids the participants to measure their level of confidence in executing balance-specific activities in various scenarios. After the five-week program, the participants were evaluated with the same assessments in order to analyze the effectiveness of the program. The results showed improvement in performance and confidence among consistent participants (those that attended the program five or more times) and slight improvement among inconsistent participants (those that attended the program four or less times). To assure sustainability, the student created an exercise guide booklet which consists of in/out of home exercises, primary holistic needs & interventions for elders at risk for falls, and local service resources. The student also developed a binder which includes all the individualized pre/post assessments, as well as instructions for implementing an educational fall prevention/exercise program to leave behind for staff members and future interns to take the program to completion. This will be a beneficial tool for promoting longevity, through strength/balance training, and education on fall prevention to help improve self - efficacy within the elder community.

2:00

## ***Cooking Towards a Healthy Heart***

**Karen Luis**

**Agency:** CSUS Cardiovascular Wellness Program

**Agency & Faculty Supervisors:** Linda Paumer & Dr. Donna Jensen

The CSUS Cardiovascular Wellness Program (CWP) is a non-profit organization that aims to provide participants with information for leading a healthier lifestyle. The CWP is designed to help elders and/ or people at risk of experiencing a cardiac event to either sustain or improve their health through lectures, cooking demonstrations, interactive group games, and free monitored exercise programs. Along with the assistance of the CWP's coordinator, the student developed a cookbook based on the healthy recipes followed by program participants, volunteers, interns, and staff. Participants were interviewed about how the program has impacted their lives, what they enjoy most about it, and invited them to share their healthy recipes they use to support cardiac health. One-on-one interviews were held between the student and the interviewees. The book has an "about me" section for each person before their recipe or recipes. This project supports the Selection, Optimization, and Compensation Theory by Paul Bates. The theory focuses on older adults adjusting to loss by focusing on activities that optimize their longevity. In the "about me" sections, the book how participants enjoy their time at the program because it helps them socialize which in turn prevents isolation. The cookbook also supports this theory by showing that in their decline of cardiac health they focus on a healthy diet and exercise, with the help of the program's activities, this optimizes their quality of life. The cookbook was presented to members, staff, interns, and volunteers at the CWP and results showed the book was easy to read, neatly organized, creative, and a was a strong representation of program members. Participants were very interested in seeing the book and were taking pictures of the recipes, the cookbook was well received. The cookbook will be left at the CWP for future use.

2:20

## ***Volunteer/Intern Orientation Manual and Safety Protocol***

**Maria Mejia**

**Agency:** CSUS Cardiovascular Wellness Program

**Agency & Faculty Supervisors:** Linda Paumer & Dr. Donna Jensen

The Cardiovascular Wellness Program at California State University, Sacramento is a comprehensive applied exercise and education program for individuals interested in improving their cardiovascular health. Over the last two semesters the student proposed, developed, and implemented a volunteer/intern orientation manual which also includes the safety protocols of the program, with attention on emergency procedures relating to the event of a fire. This manual is intended to guide and support volunteers and interns during their time spent at the agency. The project is based on the Theory of Unified Responsibility which states that a sense of responsibility emanates across the personal and social domains of individuals (Dutta-Bergman, 2003). This theory discusses how the responsibility to one's own interests is what drives the responsible enactment of community behavior (Dutta-Bergman, 2003). The users of this manual will be informed on what is expected of them, required and/or preferred certifications that would help in the delivery of service to participants, as well as how to be best prepared in the event of an emergency. The student collaborated with the agency supervisor to learn of current safety protocols and to update/add to such protocols as necessary. Pre- and post-surveys were utilized to evaluate the manual and revealed a greater awareness of safety protocols. These include being able to locate fire extinguishers/fire pull switches and now knowing emergency exit/evacuation routes/meeting areas. The manual will be left with the agency supervisor and utilized for training/orientation for new participants, students, and volunteers.

2:40

## ***Staying Connected with the Community***

**Bernadette Abrea**

**Agency:** Del Oro Caregiver Resource Center

**Agency & Faculty Supervisors:** Amber Henning & Dr. Catheryn Koss

Del Oro Caregiver Resource Center is in Citrus Heights and is a private, non-profit agency dedicated to serving families and individuals who provide care for brain impaired adults and frail elderly. Their mission is to improve the well-being of family caregivers and provide support throughout the caregiving process. This project used the Stress Process Model to strengthen the agency's social media presence. The student developed and shared content to promote the agency and its services as well as provide health education and information about caregiving. This content was shared through Facebook, Twitter, and Instagram, all cost-effective means of digital marketing. The student researched how to target social media to the aging population and created a template to help organize and plan content for each social media application. The project was evaluated by receiving verbal feedback from the social media committee and tracking analytics of each social media platform. As a result of the project, Del Oro gained 21 Facebook Page Likes, 7 Twitter followers, and 104 Instagram followers. The tangible product left with the agency was a social media tip sheet and a template for how to organize social media content.

3:00

***BREAK***

3:20

## ***Music and Fitness for Health and Well-being***

**Shane Abayaratna**

**Agency:** Oakmont Memory Care of Carmichael

**Agency & Faculty Supervisors:** Elaine Chen & Professor Michelle Nevins

Oakmont Assisted Living of Carmichael prides their services, residence and care to be luxurious, while providing gold standard accommodations for their residents including a specialized memory care unit, where I participated in my student service learning. Residents who suffer from varying degrees of cognitive impairment are provided with daily activities to provide cognitive and social stimulation. As a student intern, my goal was to build upon the current activities held at Oakmont Memory Care and expand on my learning acquired in the Gerontology program. My project, Music and Fitness for Health and Well-being, combines physical exercises and music therapy in order to provide residents the benefits of stimulation. The program consisted of low mobility exercises, weight resistance training and stretching, accompanied with music for duration of 30 minutes with the goal of improving cognition and the overall well-being of the residents. The evaluation of the program implementation was assessed through the MOCA, an exam that assess cognitive function in elderly adults who suffer from Alzheimer's. The post MOCA results have shown no significant improvement or decrease from baseline.

3:40

## ***Make the First Response the Best Response: Approaching Alzheimer's in Your Community***

**Lindsey Kimball**

**Agency: Alzheimer's Association**

**Agency & Faculty Supervisors: Denise Davis & Professor Deon Batchelder**

The Alzheimer's Association is a national non-profit organization and the leading voluntary organization in dementia research, care, and support. Local offices such as the Sacramento branch offer support groups, education, care planning, and referrals to community resources. The project, *Make the First Response the Best Response: Approaching Alzheimer's in Your Community* was designed to increase the safety of first responder interactions with people with dementia. This project helps fulfill the agency's goal of improving the lives of those living with Alzheimer's by improving safety and community tenure. The project relates to the Social Ecological Model of aging because it shifts the focus from the individual and towards the broader community. The intern conducted a post-survey of the fourteen participating first responders. In the survey for the first responders, it was concluded that this project was successful in improving the first responder's understanding of communicating with the cognitively impaired. The results from the surveys showed that this project gave the crisis team better tools for communicating with clients and doing follow-up referrals with clients. Half of the participants stated that they were unaware of how different communicating with someone with dementia is to communicating with clients with mental illness. All of the participants stated that they had a better understanding of the basics of Alzheimer's disease and dementia. Five of the fourteen participants stated that they would refer clients to the Alzheimer's Association. The reference materials for this project were given to the Alzheimer's Association to ensure the sustainability of the project and collaboration with other agencies in the future.

4:00

## ***Awareness of Beneficial Activities***

**Tan Huyhn**

**Agency: Eskaton Village Carmichael**

**Agency & Faculty Supervisors: Angela Jackson & Professor Suzanne Anderson**

Eskaton Village Carmichael is a nonprofit agency that offers independent living, assisted living, skilled nursing, and memory care services to older adults in the greater Sacramento area. The assisted living unit provides medical and social services to older adults with health issues; many of these health issues may contribute to a further decline in their physical, psychological, and social health. In an effort to complement the services from the agency in improving residents' overall well-being, an educational book was designed to fulfill the need of offering residents in the assisted living unit an option to gain information on how they may take actions to better manage their health issues through recreational activities. The book contains information about the common health issues that older adults experience and several examples of recreational activities that these individuals can choose to participate in to maintain or improve their physical, psychological, and social health. Four copies of the book will be placed at specific locations of the facility where the residents can read them whenever they wish. The assisted living activity coordinator and the student will inform the residents about the book and where they can read the copies. The success of this book was evaluated by surveying the residents on 11/21/18 after it was available for 3-5 days in order to determine how many of them were aware of its purpose, locations of the copies, and how many of them are interested in reading them. The results of the evaluation showed that about half of the residents (22 out of 40) are aware of the book. Some of them (10) expressed that they might consider reading it if they ever have the chance, few of them (6) expressed interest in reading them, and the rest (6) expressed no interest in doing this. The copies of the book will remain at the facility for the residents to use, and the activity coordinator will re-introduce the books periodically.

4:20

## ***Respite Caregiving: The Beneficial Effects of Engaging Activities and Companionship Care***

**Christopher Leal**

**Agency: ACC Senior Services**

**Agency & Faculty Supervisors: Kim Fujiwara & Professor Beth Hieb**

ACC Senior Services is a non-profit organization located in the Pocket/ Greenhaven area which serves older adults in the local community through an array of services. The services which they offer include senior housing, transportation, meals on wheels, job training, companionship care, and caregiver support. A presentation was created to supplement ACC's "Friendly Visitor" respite caregiving program. The goal of this presentation was to inform incoming volunteers on the beneficial effects of engaging activities and companionship care. Each volunteer will have an Activity Kit/Bag to bring with them on their visits. The items in the activity bag may consist of games like dominoes, chess, art & crafts, card games, and may also include ACC's caregiver resource booklet. There were seven participants who attended this presentation consisting of previous & incoming volunteers, along with ACC's Volunteer and Program Director. Participants who completed the survey reported: a greater understanding of the program, understood various ways to build rapport with older adults, a deeper understanding of caregiver strain, and the importance of providing respite care services for caregivers. The theory used was the Age Stratification Theory, which looks into a person's cohort, historical time period, and the effects on their aging process. This presentation used evidence based research to support the use of activities in relieving caregiver stress and enhancing quality of life for both the caregiver and care receiver.

4:40

## **CONCLUSIONS**