

CSUS Gerontology Program
Culminating Community Project Presentations

Fall 2012 ~ Dec 7th

Benicia Hall 1029 ~ 8:30-12:50

8:30

Introductions

Cheryl Osborne & Barbara Grigg

8:35

Who I Am: Discovering Oneself Through Pictures

Michelle Baldugo

Agency: Hart Senior Center

Agency & Faculty Supervisors: Nina Moran & Dr. Osborne

Triple R Adult Day Program serves with compassion as the core resource for dementia and respite care. Its mission is to provide its participants ages 50 and above with an environment that allows independence with a sense of community. In accomplishing this, the agency involves its participants in activities designed specifically to stimulate the mind, body and soul. These activities involve exercises, word puzzles, sports, and arts and crafts. Trained staff members who work to protect and promote the dignity of their participants guide these activities. Through weeks of observation, the student intern identified that the participants needed an activity that would not just promote their well-being but also share their achievements with their caregivers as a means to stay connected with the agency. This led to the creation of *Who I Am: Discovering Oneself Through Pictures*. This project will result in the formation of a scrapbook created by the participants that will be given to their caregivers at the time of its completion, incorporating the mission of the Triple-R agency. The outcomes of implementing this project are to give the participants more room to express themselves, give staff members and families the opportunity to learn more about the participants and greater recognition for the Triple-R agency.

9:05

Shake it up & Shake it Off: A Dance Program for Older Adults

Gem Abucay

Agency: Hart Senior Center

Agency & Faculty Supervisors: Rosanne Bernardy & Dr. Osborne

As identified in the mission statement of the Ethel MacLeod Hart Multipurpose Senior Center, supporting the independence of the aging society is a mission in which the Center values. A main approach to support one's independence is by ensuring that the older adult partakes in the proper procedures to remain well and healthy. Exercise is one approach for people to maintain a regular to high level of physical activity, but some older adults just do not know where to start, or do not have the motivation to get up and be active. Fun forms of exercise can make people want to come back for more. Dancing can be a fun aerobic exercise form and also allow the opportunity for people to let loose and shake off any problems or stress they may be hanging on to. In order to support the mission of the Hart Senior Center, the student intern developed a dance technique class that covered different styles of dance including Jazz, Hip-Hop, Ballet, and African dance. The student intern led a dance class once a week, and introduced a different style every class session. Each class started with a warm-up, which led to technique exercises, then choreography, and concluded with a cool down. Surveys were also distributed to participants during this process to attain feedback and opinions in order to ensure the class was at its best and provided what participants desire. While dancing with new and old moves and learning dance technique of different styles, participants will build muscle, burn fat, and exercise their brains! Dance provides many benefits for older adults that can strengthen one's overall being and allow participants to remain well and live independently. A volunteer instructor is all it takes.

9:35

Get to Know Your Neighbor

Natalie Martin

Agency: Eskaton Village Carmichael, Assisted Living

Agency & Faculty Supervisors: Kate Madaus & Dr. Osborne

Eskaton Village Carmichael is a community for continuing care. There are many different types of housing options at Eskaton like independent residential living, assisted living, memory care, skilled nursing and rehabilitation. They have several other services that are provided to residents like helping hands, fitness services, and other services that promote longevity. Eskaton is all about "transforming the aging experience". With all the wonderful services provided to the residents at Eskaton there is a need for new residents to feel welcomed and know who they live next too. Sometimes it is hard for a resident living in assisted living to communicate with other residents. Some don't have the courage to ask questions about another resident. This project focuses on new residents who are living in assisted living. It gives the residents a sense of knowing their neighbor. The project is a book that contains all the residents information about their past, including their background, past job, hobbies, and interests. This gives the new residents a sense of who they are living next to. New residents will be invited to add to the book. It helps with communication among the residents living in assisted living. Evaluating the project will be done by asking and observing the interactions among the residents. This project will be a great tool not only for new residents but new staff members to learn about the residents they will be working with. This projects main goal is to enhance communication among the residents in assisted living to give knowledge to new residents and staff. This book will be very beneficial socially to the residents living in assisted living.

10:05 ~ Break

10:15

Advantages of an Educational Intervention by a Geriatric Care Manager, in Reducing Re-hospitalization of Frail Older Adults

Faith Ann Biagini

Agency: Elder Options, Inc.

Agency & Faculty Supervisors: Carol Heape & Professor Grigg

Elder Options is a Professional Care Management and Home Care agency, serving older adults and their families since 1988. Elder Options' mission is "*Honoring the Wish to Stay At Home*" (www.elderoptions.com). This agency's team of professional, ethical and Credentialed Geriatric Care Managers are resourceful in advocating for and providing in home care, for older adults and their families. Elder Options matches the right home care provider with the client and family. Together the Geriatric Care Manager and skilled Home Care provider work to meet the needs of their client and their family. The student choose for her project to research; how Geriatric Care Managers can be instrumental in educating medical professionals of the value of an intervention by a GCM, in reducing re-hospitalization of frail older adults. The student intern developed a Power Point presentation to serve as an educational tool; to educate hospital administrators regarding the value a GCM brings to the transition of care and reducing hospital readmissions. The goal of this project; was to present statistical data and evidence-based research, which will support the agency's position of the value GCMs bring to older adults and their families. The final product was presented to the agency's GCM's, and faculty, and was approved as a valuable educational tool.

10:45

Alzheimer's Awareness Outreach

Damien Mercado

Agency: Ombudsman Services of Northern California

Agency & Faculty Supervisors: Cheryl Simcox & Professor Grigg

Ombudsman Services of Northern California (OSNC) is a non-profit agency contracted to provide Ombudsman services to northern California as part of the Older Americans Act. The mission of an ombudsman is to be an advocate for residents of long term care facilities and to ensure that those residents have access to the same rights and freedoms as anybody else. AD is a leading cause of cognitive decline in old age. The student intern identified that many families of Alzheimer's patients find it difficult to locate reliable and practical information. The student intern designed this Alzheimer's project to be a clear and comprehensive resource for families of those affected by AD. Though there is a great amount of scientific data available, many times this information is not disseminated to the public in a manner that is easily understandable. This project covers a wide range of topics relevant to those dealing with Alzheimer's, Disease with an emphasis on the caregiving setting. The final product was presented to and reviewed by OSNC agency staff at the November OSNC monthly training. The project was evaluated for content, ease of use, and the evaluator's overall impression.

11:15 ~ Break

Graduate Student Panel

11:20

Empowering Personhood: A Social History Collection

Brittany Chilton

Agency: Palm Gardens

Agency & Faculty Supervisors: Joe Dunham & Dr. Osborne

Palm Gardens Senior Living is an assisted living and memory care community in Woodland, Ca. The agency is currently implementing a new activities program called Task, to Activity, to Accomplishment in the memory care unit (MCU), which focuses on themed conversations that evoke reminiscence, in addition to advocating for daily social interaction between caregivers and residents. The student intern realized that knowing the personhood of each resident would help the agency successfully implement and facilitate this new program, but found that the agency was lacking adequate social history assessments and documentation. Therefore, the student conducted a social history collection, in which data were extracted from agency files, residents and their families, staff, and caregivers. After compiling the social histories, the student used these data to create shadow boxes for each resident in the memory care unit (MCU). Providing the agency with shadow boxes that reflect the social histories and personhood of its residents will help caregivers identify topics of conversation that are unique to each resident, and will help them initiate reminiscence, which is proven to have a therapeutic effect on older adults with dementia. As a means of evaluating the success of the project, the student will administer a brief evaluation survey to the management team, staff, and family members, six months after the project is completed. This project will provide caregivers and care providers with the tools and resources needed to carry out successful socialization techniques, which will improve residents' lives, and the quality of care provided at the agency.

11:50

Medication Management Matters: A Toolkit to Promote Improved Medication Management in Community Dwelling Older Adults

Felicia C. Juntunen

Faculty Committee Advisors: Dr. Osborne & Dr. Baker

Problems associated with the use of multiple medications, or polypharmacy, are amplified in older adults. This toolkit, a web-based set of modules, provides instruments for the non-medical student, preparing for a career in geriatric care management or other aging services, to assist the older adult and their caregivers in accomplishing safe and effective medication management according to professional and agency protocols. The four modules address the key themes of: (a) age related changes and medication, (b) the impact of medication adherence, (c) transitional care, and (d) issues for adults aging with intellectual and developmental disabilities. Background data development involved review of the literature and interviews with content experts. The standard for inclusion of electronically available resources established that each resource had to relate to either medication management and/or one of the four module themes. A web-based format was chosen for the project supported by principles of adult learning theory, reflected in the web site design. Each module includes a goal, objectives, activities that link users to available resources, self-evaluation questions, and references. Content was reviewed for currency, accuracy, and evidence base by an expert panel. Representing future consumers, a focus group evaluated the accessibility, clarity, and relevance of the web site. Analysis of the project evaluation confirms the effectiveness of the project in accomplishing the aim to provide medication management education for gerontology students and entry-level professionals.

12:20

The Use of Blood-Pressure Lowering Medications Among California Adults

David Reynen

Faculty Committee Advisors: Dr. Osborne & Dr. Woodward

High blood pressure, also known as hypertension, is a leading risk factor for cardiovascular disease. Gaining and maintaining control of hypertension is critical in preventing or prolonging the onset of cardiovascular disease. Indeed, many control measures have been described, including medications, for those with hypertension. Such medications are indicated for Stage I hypertension (140/90 mmHg or higher). Cultivating a better understanding of such control measures may lead to the development of public health interventions designed to reduce the disease burden. The present study describes hypertension prevalence, hypertension medications use, and factors associated with taking medications, among adult respondents to the California Behavioral Risk Factor Survey. The study results indicate that nearly one in four California adults is hypertensive, with differences observed by gender and race/ethnicity. Among individuals with hypertension, nearly two in three respondents report using hypertension medications, with females reporting use more than males and those of "other" race/ethnicity reporting use more than the other groups. Factors associated with such use include the following: multiple hypertension diagnoses, a physician visit within the past year; diabetes; non-smoker status; less-than-high-school education; and health insurance. Understanding these factors may inform the development of strategies to increase medication use among those with hypertension.