

CSUS Gerontology Program
Culminating Community Project Presentations
Spring 2011 ~ May 13th
Tahoe Hall 1007 ~~ 8:00-2:45

8:00 ~ Introductions

[Cheryl Osborne, Teri Tift, Barbara Grigg & Ted Lascher](#)

8:05 ~ Online Community Resource Guide, Getting out the Word

[Chandell Norman](#)

8:35 ~ Fall Prevention for Community Based Older Adults

[Leon Dagdagan](#)

9:05 ~ A Life Enhancement Program for the Vision Impaired

[Jennifer Thao](#)

9:35 ~ Quick Reference Resource Guide for Family Caregivers

[Jackie Wood-Luna](#)

10:05 ~ Break

10:15 ~ TLC ~Talking, Listening and Caring Volunteer Handbook

[Melody Pike](#)

10:45 ~ Learning About Culture and History

[Jenny Xiong](#)

**11:15 ~ A Gerontology Community Workshop: Entrepreneurial Basics ~
Part 1~ Preparing for the Booming Senior Market**

[Rochelle Van Driel](#)

11:45 ~ FAQs for Hospice Volunteers in Residential Care Communities

[Anita Bartlett](#)

12:15 ~ Lunch Break

**12:45 ~ I Have My Day in Court: Now What? A Guide to Navigating the
Court System**

[Lisa Harris-Chavez](#)

1:15 ~ How to Market In-Home Respite to Different Cultures

[Zermina Afzali](#)

1:45 ~ A Successful Guide for In-home Respite Volunteers

[Dianna Gonzales](#)

**2:15 ~ Creating an Independent Exercise Protocol for Resident's Post Hip
Fracture**

[Courtney Haun](#)

8:00

Introductions

Cheryl Osborne & Teri Tift

8:05

Online Community Resource Guide, Getting out the Word

Chandell Norman

Agency: Elder Options

Agency Supervisor: Nancy Wilson/Dr. Teri Tift

Elder Options is an agency dedicated to providing care for the elderly and their families, upholding to the highest standards. As the aging population grows, so does the agency. It is important that Elder Options stays up to date on current issues. A component of Elder Options that needs to be addressed is that of technology and resources. This project is intended to offer services to new and existing clients online. The online community resource guide provides free information for the people throughout the counties of El Dorado and Sacramento. The guide includes, but is not limited to, issues that deal with the aging process, and is intended for families, elders, care takers and the disabled. A main component of the project is education on the resource guide to some of the agencies listed on this guide. Through education and marketing of the resource guide, Elder Options has been able to directly link with the agencies' webpages, making the guide easily accessible to future clients. The project also includes educating the general public about the guide so when they are ready to utilize it, they will know where to turn. I have completed this education by making brochures, and poster board displays that are handed out and displayed at various venues. Elder Options has a functioning online resource guide that is functional and ready to assist the aging population and those in need, along with various marketing tools.

8:35

Fall Prevention for Community Based Older Adults

Leon Dagdagan

Agency: YMCA

Supervisor: Amy Byerhoff/Professor Griggs

As the population of the United States ages, there will be a larger number of older adults who are at risk for falls. As the 6th highest cause of deaths in the United States, over eighteen thousand older adults died from unintentional fall injuries in 2007. Half of those 75 years of age or older who break a hip will be unlikely to live another year. In light of statistics like these, fall prevention programs are in need of being developed and implemented among various settings. At the YMCA of Superior California in Sacramento, there is a vacancy for a fall prevention program for their older adult members. Because this cohort at this YMCA is already physically active, they do not present the same risk for falls as their peers who are sedentary or in a care facility. The purpose of the fall prevention program for the YMCA is to specifically strengthen muscle groups whose age related decline in strength are related to an increased risk of falls and poor balance. In addition, an educational component is included because of the incidence of accidents around familiar settings. Home modification, vision, medication review are all apart of the educational aspect of this fall prevention program. This is a self-sustaining program that can be taught by various instructors and has the versatility to meet the needs of different YMCA members.

9:05

A Life Enhancement Program for the Vision Impaired

Jennifer Thao

Agency: Chateau at River's Edge

Supervisor: Kim Adams/Dr. Cheryl Osborne

River's Edge and the Chateau is a combined senior community that facilitated residents both independent and dependent living options. The Chateau concentrates on the care of residents that need assistance and the River's Edge is focused on the independent living of the residents. Both facilities offer life enrichment programs directed towards increasing quality of life for every resident. The purpose of the Vision Enhancement Program is to develop and provide the staff and residents with information on vision loss. To better assist the residents, the program provides the agency with a vision assessment tool that evaluates quality of life related to vision impairment. This will be first piloted with incoming residents. As part of the program the student has coordinated an efficient system to facilitate books on tape for individuals with low vision. The project also includes a trip to the Blind Society store to educate staff and residents on the latest adaptive equipments. For this project the student worked with residents and staff to develop and implement the Vision Enhancement Program.

9:35

Quick Reference Resource Guide for Family Caregivers

Jackie Wood-Luna

Agency: Chateau at Carmichael Park

Supervisor: Linda Zisko/Professor Griggs

As the baby boomers, which is the generation born between 1946 and 1964, have started turning 65 Americans have begun to see a dramatic shift in the age demographic. With this shift we are seeing an increased need for informal caregiving and the use of adult day care facilities. When observing an adult day care facility such as The Club at Carmichael Park (The Club), one witnesses first hand the many sides of dementia care. A person begins to realize that there are various stages of dementia as well as other illnesses and chronic diseases that further impair the dementia patients' ability to function. The general description of a caregiver is a person responsible for meeting the physical and psychological needs of an infant, child, or dependent adult. In this particular case the caregivers are dealing with dependent adults. Unfortunately being a caregiver can be taxing emotionally, physically, financially, and can also affect the caregiver's social life. Adult day care centers such as The Club provide a safety net where the dementia patient is cared for while the caregiver has time to do chores or relax. But this addresses only one aspect of caregiver burden. Caregivers also need to be provided with information and resources that will address the multiple aspects of their caregiving responsibilities. This project produced a Caregiver Quick Reference Resource Guide (CQRRG), offering to address the multiple aspects of the caregiver burden. The CQRRG aimed at aiding the caregiver with resources in five areas: finances, transportation, medical, dementia organizations, as well as caregiver support groups for caregivers living in or around the Carmichael area.

10:05

Break

10:15

How to Market In-Home Respite to Different Cultures

Zermina Afzali

Agency: Asian Community Center

Agency Supervisor: Judy Heary/Dr. Cheryl Osborne

The strong evidence of negative health consequences, as a result of providing care to an individual has been well documented (Garces, Carretero, Rodenas, & Aleman, 2010). ACC has partnered with Legacy Corps an AmeriCorps project that is administered through the University of Maryland's Department of Health Services Administration in the school of Public Health; to recruit volunteers for the in-home respite program (University of Maryland Center on Aging, 2010). In home respite is a great service because it gives caregivers a break and provides companionship to older adults. Therefore, it has been identified by the Asian Community Center that there is a need to link the community to this particular service. The student agrees with this need because it is supported by the agency's mission and purpose which includes programs and services that will enhance the quality of life for older adults (accsv.org, 2010).). The student plans to help with this process by designing a brochure that the agency can use at outreach events to recruit families for the program. The brochure will detail the services in-home respite volunteers will provide; and also other ACC resources the families can take advantage of that will further benefit their experience at ACC. The brochure can also be a helpful tool for volunteers to take with them when they go for the first time to provide respite to individuals. The brochure is a great visual that illustrates their purpose for the visit and also to promote ACC resources.

10:45

Learning About Culture and History

Jenny Xiong

Agency: Asian Community Center

Agency Supervisor: Jane Rowe/Dr. Cheryl Osborne

The purpose of the project is for residents, volunteers, staff, and agency to learn about culture and history taught by an instructor at the Asian Community Center Nursing Home. The agency consists of mostly Asian American residents and a few African Americans and Caucasian residents. Once a month, the residents will learn and enjoy a one hour culture and history class. The project will assist all individuals at the agency to gain knowledge and understand the residents' different culture and history. The project was a collaboration between the agency supervisor and student intern. The agency supervisor identified the need for the project. The Student intern researched potential instructors and asked the individuals at the agency for thoughts, suggestions, and ideas about the project. Two challenges for project implementation were that all the staff will not be able to attend the activity and the language barriers between the instructor and non-English speaking residents. The results of the project will be that the residents will gain insight of culture and history of their own and other residents'. The project's relevance to the student's personal life and professional practice is gaining the experience of project implementation, research skills and acknowledging individuals culture.

11:15

A Successful Guide for In-home Respite Volunteers

Dianna Gonzales

Agency: Asian Community Center

Agency Supervisor: Judy Heary/Dr. Cheryl Osborne

Chronic conditions put a drain on more than the person suffering from the illness. Many family caregivers provide 24 hour assistance, seven days a week to their care recipient (Jung-won & Zebrack, 2004). Caregiver burnout is a growing issue. The Asian Community Center has started an in-home respite program to give rest to family care givers. Most of the care recipient is home bound older adults, some who suffer from cognitive impairments. Providing in-home respite care that incorporates volunteers can bring many challenges to the volunteers and the agency. The student found a need to assist volunteers in their journey. The guide was developed by interviewing Legacy Corps members and reviewing the literature. "A Successful Guide for In-home Respite Volunteers" is an easy to read guide book which empowers volunteers to be proactive in their volunteer role. This presentation will discuss the development utilizations of volunteers in the home environment and volunteers and considerations volunteers should take when providing respite services.

11:45

FAQs for Hospice Volunteers in Residential Care Communities

Anita Bartlett

Agency: Sutter Hospice

Supervisor: Cindy Dunning/Professor Grigg

As the population ages, the number of elderly patients receiving hospice care is climbing. In 2009, 83% of hospice patients were age 65 or older, and one third were 85+, according to the NHPCA. Although most hospice patients receive care in a private residence, patients spending their final days in residential care facilities (skilled nursing, assisted living, and board and care) are increasing in number. Approximately one-third of Sutter Hospice of Sacramento's patients live in residential care facilities. Hospice patients in residential care typically have fewer visitors; many have no familial support. Each year hospice volunteers, referred to as "the backbone of the hospice movement", donate thousands of hours caring for hospice patients and families. Key members of the hospice interdisciplinary team, hospice volunteers fulfill a unique and vital role in the lives of patients receiving end-of-life care. In the facility setting, hospice volunteers face unique caregiving challenges, and hospice organizations must ensure that volunteers receive enhanced support for addressing those challenges, if they are to build and maintain teams of committed facility volunteers. To assist Sutter Hospice in this endeavor, this project involved the creation of a list of "frequently asked questions" ("F.A.Q.") for volunteers with information specific to the facility environment. The F.A.Q. is based on the student's internship work as a facility volunteer and on findings from a survey designed and implemented by the student.

12:15

Lunch Break

12:45

**A Gerontology Community Workshop:
Entrepreneurial Basics ~ Part 1
Preparing for the Booming Senior Market**

Rochelle Van Driel

Agency: CSUS Gerontology Program

Supervisor: Dr. Cheryl Osborne/Dr. Teri Tift

Globally, more people are living longer, more productive lives than ever before. Knowledge of Gerontology, talents, and creativity are greatly needed by those who serve these older adults. Aging cohorts will want and need many services and products to enhance their lives, leaving the market open for the knowledgeable and thoughtfully prepared Gerontology entrepreneurs to create meaningful employment in connection with these multifaceted aging transitions. The purpose of this project was to create a workshop for future class development that can be presented in an academic or community setting. This workshop provided an overview of entrepreneurial basics, start-up business essentials, and information on community connections that will enhance entrepreneurial success to serve the growing boomer senior marketplace. The workshop was presented to two groups of Gerontology students: one at the community college level, the other at the university level. Participant evaluations were administered after each workshop. Results from the evaluations showed that students felt that this workshop was a worthwhile topic to be addressed and further developed to help them decide if entrepreneurship was right for them. Enhancement of this topic needs to be explored in the future.

1:00

**Senior Legal Hotline/Senior Legal Services of Northern
California**

**I Have My Day in Court: Now What?
A Guide to Navigating the Court System**

Lisa Harris-Chavez

Agency: Senior Legal Hotline/Grandparent Project

Agency Supervisor: Sheri Newman; **Field Instructor:** Carole Nutt LCSW

Senior Legal Hotline is a nonprofit organization that provides free legal advice, assistance, and education to older adults over the phone. The Grandparent Project is funded by Area 4 on Aging and focuses on helping grandparents who have taken on the responsibility of raising grandchildren, or assisting with visitation and custody issues. For caregivers seeking legal guardianship of children, the court systems can be difficult to navigate. The proposal and implementation of the project went through many hours of research, input and advice from grandparent's who have gone through the process, suggestions from the legal guardian workshop at the family court in Sacramento, and from observations made during actual Probate Court sessions from the student intern. In addition, the support and advice provided by the agency supervisor and field instructor at Senior Legal Hotline was invaluable. The final product is a brochure that provides information for grandparents who are seeking legal guardianship of their grandchildren and have an appointed hearing date in Probate Court. The guide provides simple information on how to prepare before the court date, how to present in front of the judge, and what not to say or do items.

1:15

TLC

Talking, Listening and Caring Volunteer Handbook

Melody Pike

Agency: Eskaton Senior Connection - TLC

Agency Supervisor: Terri Becker/Dr. Cheryl Osborne

Volunteering is an activity which takes place through not-for-profit organizations or projects and is: a service given of one's own free will without coercion, for no financial payment, to benefit the community and the volunteer, and is designated a volunteer position only. Americans of all ages and backgrounds participate in volunteer service. Older volunteers report a wide variety of benefits to the people they served, themselves, their families, and communities. A critical component of any volunteer program is orientation and the orientation handbook. This may be their first introduction to the organization. The orientation process should provide sound knowledge of the organization and prepare the volunteer to begin the specified job. To this end, the senior project goal is to update Eskaton's Volunteer Handbook. The process started during this student's orientation where some questions asked were not addressed in the handbook. This led to a discussion with the program director and the idea of updating the current handbook. The process included researching how other handbooks were organized and what could be revised to make the current handbook as beneficial to a new volunteer as possible. The research included scholarly journals, manuals on volunteerism, as well as, manuals on handbooks including the DOVIA (Directors of Volunteers in Agencies) New Volunteer Coordinator Handbook which was designed to be a resource and as a reference tool for those interested in updating their Volunteer Management system using best practices. The project was then evaluated by the current director and her staff.

2:00

Creating an Independent Exercise Protocol for Resident's Post Hip Fracture

Courtney Haun

Agency: Eskaton Fair Oaks

Agency Supervisor: John Mueggenburg/Dr. Cheryl Osborne

As the demographics of our current population begin to shift to a "graying" of America, addressing issues that face older adults becomes increasingly important. For example, falls are a common occurrence in the elderly and may lead to hip fractures eventually requiring surgery. Eskaton Care Center Fair Oaks (ECCFO) is a skilled nursing facility (SNF) that sees a variety of patients for rehabilitative services, often times immediately after surgery. Post-hip surgery, maintaining or recovering strength and mobility is an important aspect to one's rehabilitation. Residents of ECCFO are provided physical therapy (PT) and occupational therapy (OT) as needed which will assist them in increasing mobility and strength; in addition, providing the older adult with therapeutic exercises through OT and PT is effective in decreasing one's length of stay in a SNF. The goal of this project is to give older adults post-surgery the tools to independently perform exercises that will improve their mobility and increase the likelihood that they will return to their prior level of functioning as quick as possible.