

Working with Older Adults and their Families: Human Development Programming*

New Agent Orientation

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*See also related PowerPoint with Notes

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Program Emphasis

- Family caregivers for elders--focuses on self-care, includes programs for working caregivers
- Grandparents raising grandchildren--various program models to address information needs of relatives serving as parents in lieu of biological parents
- Successful aging--dispels negative views of aging and encourages proactive approaches to well-being in later life

Working with Older Adults and their Families: Getting Ready

Must Read:

Amazing Feats of Aging

A quick and easy introduction to the positive aging perspective

<http://www.omsinfo.org/visit/life/aging/intro.cfm>

How We Age

Excellent background for self-study on the aging process, trends, physical activity and prevention, from the American Geriatrics Society

http://www.healthinaging.org/agingintheknow/topics_trial.asp?id=1

The 2007-2011 Aging Plan: Putting the Pieces Together

An overview of aging in North Carolina from the NC Division of Aging and Adult Services

http://www.dhhs.state.nc.us/aging/stplan/NC_Aging_Services_Plan_2007.pdf

NC County profiles (aging stats)

Click on your county name for #s of older adults, #s with 1, 2, or 3+ disabilities, median income levels, #s who are food stamp eligible, # of grandparents raising grandchildren and more

<http://www.ncdhhs.gov/aging/cprofile/cprofile.htm>

NC Area Agencies on Aging (map and contact information)

<http://www.ncdhhs.gov/aging/aaa.htm>

Family Caregiving

Must Read:

Family Caregiving in North Carolina

Brief consumer resource guide co-authored and co-funded by NC Cooperative Extension; available in hard copy in limited quantities through Dr. Bearon

http://assets.aarp.org/www.aarp.org/articles/states/NC_FmlyCrgvng.pdf

Evercare study of caregivers in decline: A close-up look at the health risks of caring for a loved one

<http://www.caregiving.org/data/Caregivers%20in%20Decline%20Study-FINAL-lowres.pdf>

AARP (2008). Caring for your parents. Boston: PBS
May be watched online at <http://www.pbs.org/wgbh/caringforyourparents/>
Available as DVD for purchase

Programs:

Powerful Tools for Caregiving

- Curriculum developed and owned by Legacy Caregiver Services, Portland OR
- Training and materials coordinated in North Carolina by NC AARP with NC Cooperative Extension, the NC Division of Aging and Adult Services and the NC Area Agencies on Aging
- 6-session course for 10-15 family caregivers focusing on self-care, managing emotions, stress, and communication
- Scripted packaged program available in 2.5 hour version and 90 minute version
- All class instructors must receive 2-3 day "Class Leader" training by Master Trainers for which registration fees range from \$150-200.
- For more information, contact Dr. Bearon.

Prepare to Care

- Core publication is Prepare to Care: A Planning Guide for Families developed by AARP Foundation, curriculum models developed and piloted by national CSREES and AARP
- Training and materials coordinated in North Carolina by NC AARP with NC Cooperative Extension.
- Single session (30-90 minutes) or series addressing issues facing employees who also have family caregiving responsibilities, for delivery in workplaces
- Free hard-copy materials include Prepare to Care: A Planning Guide for Families preview at:
<http://assets.aarp.org/www.aarp.org/articles/foundation/PreparetoCareMarch2008.pdf> and associated materials (coming in Fall 2009)
- Training sessions to be conducted by NC Cooperative Extension & NC AARP via Elluminate
- For more information, contact Dr. Bearon

Caring Well, Staying Well

- Single 20-40 minute lesson (slides, speaker notes, and handouts*) available in Workable Wellness series
*slide presentation is still fresh, handouts may need to be updated
- For more information, contact Dr. Bearon

Go-To Websites and Additional Resources:

Full Circle of Care

NC consumer resource developed by Triangle J Area Agency on Aging addresses a wide range of caregiver concerns and directs consumers to resources all across the state. This site is highly recommended by people who work in direct services to older adults

<http://www.fullcirclecare.org>

eXtension Community of Practice on Family Caregiving

Contains fact sheets, learning lessons, FAQs from Extension sources across the U.S.

<http://www.extension.org/Family+caregiving>

Eldercare Locator

Resource for finding services for older adults everywhere in the United States

<http://www.eldercare.gov>

National Alliance for Caregiving

Up-to-date data and reports on caregiving from a non-profit coalition of national organizations focusing on issues of family caregiving

<http://www.caregiving.org/>

AARP's Caregiving Pages

Free consumer materials on a variety of caregiving subjects

<http://www.aarp.org>

Videos

Centers for Medicare and Medicaid Services (2008). Innovative employer caregiving programs.

Includes background info on employed caregivers, model workplace programs and AARP/Extension collaboration on Prepare to Care; segment highlights work of FCS agent Ann Simmons in Iredell County.

Archived broadcast available online at <http://www.blsmeetings.net/caregivers/>

Free DVD may be ordered at caregivers@cms.hhs.gov.

Additional Readings

Delahanty, H., & Ginzler, E. (2006). *Caring for your parents: The complete AARP guide*. New York: Sterling.

Goldman, C. (2002). *The gifts of caregiving: Stories of hardship, hope and healing*. Minneapolis: Fairview.

Mace, N. L., & Rabins, P. V. (2006). *The 36-hour day: A family guide to caring for people with Alzheimer's Disease, other dementias, and memory loss in later life* (4th ed.). Baltimore: The Johns Hopkins University.

Grandparents Raising Grandchildren

Must Read:

Grandfamilies: Challenges of Caregiving for the Second Family

http://www.gu.org/documents/A0/Challenges_Fact_%20Sheet_2007.pdf

CSREES (Dec. 2008). *Cooperative Extension's Educational Responses to Relative Caregivers' Needs and Concerns: State and Local Networks and Resource List.*

Key national resource (20pp), produced by CSREES-USDA, profiles what different state Extension Service's are doing to support grandfamilies

http://www.csrees.usda.gov/nea/family/pdfs/grandfamilies_extension_resource.pdf

CSREES (Dec. 2008). *Cooperative Extension, 4-H, and RAPP.*

Report (3pp) for the Brookdale Foundation RAPP on existing Extension relative caregiver programs with 4-H components

http://www.csrees.usda.gov/nea/family/pdfs/youth_services_122008.pdf

State Fact Sheets on Grandparents and Other Relatives Raising Children

http://www.grandfactsheets.org/state_fact_sheets.cfm

Programs:

We recommend developing customized programs to meet the needs of grandparents and their grandchildren in your community. After reading the resource materials above, determine county needs (number of grandparent caregivers for your county is available at <http://www.ncdhhs.gov/aging/cprofile/cprofile.htm>), decide on a target audience and program model. In NC we have a number of program models and FCS and 4-H agents who have expertise in conducting GRG programs. Contact Dr. Bearon for referral. After you decide your target audience and program model, develop objectives for your educational program and identify outcomes consistent with reporting requirements. In developing your curriculum, you may want to adopt or modify elements of existing curricula such as those found at

<http://www.brookdalefoundation.org/RAPP/RAPPresources.html>. Dr. Bearon can help you sort through these curricula, and guide you in program development in accord with your county priorities.

Go-To Websites and Additional Resources:

eXtension Community of Practice on Family Caregiving

Contains fact sheets, learning lessons, FAQs from Extension sources across the U.S.

Includes section (link) called "Raising Grandchildren"

<http://www.extension.org/Family+caregiving>

AARP Grandparent Information Center (GIC)

Many short articles on varied topics for grandparents who raise grandchildren, in addition to articles for traditional grandparents.

<http://www.aarp.org/families/grandparents/gic/a2004-01-16-grandparentsinfocenter.html>

Brookdale Foundation

Relatives as Parents Program (RAPP)

NC Cooperative Extension is one of two liaison agencies (with the NC Division of Aging and Adult Services) for the Brookdale Foundation's State-Level RAPP

<http://www.brookdalefoundation.org>

Issues of *Rapp Reporter* (2001-present)

<http://www.brookdalefoundation.org/RAPP/rappreporters.html>

Grandfamilies Publications (from Generations United)

Generations United is an advocacy-oriented non-profit focusing on intergenerational issues. Along with the Brookdale Foundation, GU is probably one of the two organizations most focused on issues facing grandfamilies.

<http://www.gu.org/Grand7231756.asp>

Videos:

Dr. Bearon has several VHS videos available for loan with useful background information for self-study and segments that can also be used for trigger discussions.

Successful Aging

Must Read:

Bearon, L. B. (1996). Successful aging: What does the good life look like? *The Forum for Family & Consumer Issues*, 1 (3).

<http://www.ncsu.edu/ffci/publications/1996/v1-n3-1996-summer/successful-aging.php>

Cohen, G. D. (2001). *The creative age: Awakening human potential in the second half of life*. New York: Harper [Available on loan from Dr. Bearon]

Programs:

Aging with Gusto!

- Curriculum developed by NC Cooperative Extension beginning in 1995. The notebook has not been updated recently and there are not plans to do so in the foreseeable future. However, a number of counties, including a cluster of counties in the Northeast counties of the state, still offer programs with the same name and updated content. Plus, the Aging with Gusto! name, coined by Dr. Jackie McClelland, is still widely known and associated with Extension, so it is available for your use.
- Aging with Gusto! programs are primarily full-day events with multiple sessions and speakers on topics of importance to older adults and their families. They are

usually Extension-led but often have community partners as well. If you are interested in providing an Aging with Gusto! event in your county, contact Dr. Bearon who can refer you to other agents currently offering this program model.

Living Healthy

- Curriculum developed and owned by Stanford University, Palo Alto, CA
- Training and materials coordinated in NC by the Division of Public Health and the Division of Aging and Adult Services of NC DHHS with multiple partner agencies and organizations--NC Cooperative Extension is one of the partners
- 6-session course for persons with chronic disease focusing on self-care, management of health routines, communicating with health care providers
- Scripted packaged program available in 2.5 hour version
- All class instructors must take 4 day "Lay Leader" training by Master Trainers; training provided free if you agree to work under the auspices of the Area Agency on Aging in your region.
- The program is not yet rolled out in all regions, so check with Dr. Bearon first to determine the contact/status of the program in your region.

Successful Aging

- Curriculum developed by Drs. Jackie McClelland and Dr. Bearon as part of a larger research project (The Cooperative Lifestyle Intervention Program or CLIP) led by Wake Forest University and funded by a grant from the National Health Lung and Blood Institute of the National Institutes of Health.
- Successful Aging contains 23 lessons (60-90 mins each) for delivery to people age 60 and older.
- Lessons focus on psychosocial and family issues as well as nutrition and health.
- The curriculum is currently being revised by Drs. McClelland, Bearon and Bird for launch in 2010. Selected individual lessons may be available in 2009.
- Contact Dr. Bearon or Dr. McClelland if you have questions about or an interest in this program.

Little Old Ladies and Grumpy Old Men: How Language Shapes Our Views about Aging

- Single 60-minute lesson (speaker notes and handouts) available with background material on the Language of Aging in Aging with Gusto! notebook or the Successful Aging lesson with the same name.
- Presentation suitable for general public, including older adult groups, and for staff who work with older adults
- Use Extension Fact Sheet on above-named topic at <http://www.ces.ncsu.edu/depts/fcs/pdfs/fcs492.pdf>
- For more information, contact Dr. Bearon

Go-toWebsites and Additional Resources:

American Geriatrics Society Foundation for Health in Aging
Numerous consumer resources and fact sheets on aging issues
http://www.healthinaging.org/public_education/index.php

Centers for Disease Control and Prevention
Healthy aging pages
<http://www.cdc.gov/aging/>

National Institute on Aging (NIA)
Information on health and research, including consumer publications
<http://www.nia.nih.gov/>

Additional Reading

.Rowe, J. W., & Kahn, R. L. (1998). *Successful aging*. New York: Pantheon.

Demographics and Reference Materials

Profile of Older Americans
<http://www.mowaa.org/Document.Doc?id=69>

Older Americans 2008: Key Indicators of Well-Being
http://www.agingstats.gov/agingstatsdotnet/Main_Site/Data/2008_Documents/OA_2008.pdf

FAQs about services for older adults in NC
<http://www.ncdhhs.gov/aging/faq.htm>

Professional Development

FCS524 Applications of Gerontology in Family Life Education (Fall alternating yrs)

This course provides and builds on a foundation of gerontological knowledge needed to address practical issues in the everyday lives of older adults, in order to prepare students to work effectively as educators with older adults and their families in a community setting. The multidisciplinary curriculum presents core concepts and findings from theory, research and practice. The course will examine the social context of aging, the lived experience of aging as reported by older persons, and the interaction of individuals and families with social institutions and community systems of care, including the “Aging Network.” Selected topics include social, psychological and physical aspects of aging, family issues in later life, working with older adults, social engagement, family resource management, housing, nutrition and health, long-term care and end-of-life care, and spirituality, as well as the impact of demographic and technological changes on the future of aging. Additionally, most sessions will include discussion of at least one practical issue, for example, dealing with hearing loss, making a move to assisted living, or healthy eating and exercise, along with an examination of consumer materials to address these topics. Emphasis will be on applications in Family Life Education.