

Aging Update

Resources

Upcoming Conferences

Gerontological Society of America

November 21-25, 2008

National Harbor, MD

For more info go to:

www.agingconference.com

International Council on Active Aging Conference

December 4-6, 2008

San Antonio, TX

For more info go to:

www.icaa.cc/convention/seminargrid2008.htm

The Association of Gerontology and Higher Education Annual Meeting

February 26-March 1, 2009

San Antonio, TX

The conference theme is Deep in the Heart of Aging: Promoting Healthy Futures through Education and Training.

For more information go to:

www.aghe.org

Aging in America 2009 Annual Conference of the American Society on Aging and the National Council on Aging

March 15-19, 2009

Las Vegas, NV

The NASW annual practice conference will be held in conjunction with this conference. The NASW theme is the Aging Boom: Is Your Clinical Practice Ready. The ASA conference is known to have sessions on the widest selection of evidenced-based programs and to cover a large selection of topics.

For more information go to:

www.agingconference.org

Studies of Interest

Increasing Resilience in Aging

Share DeCroix Bane, Ph.D.

"Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences." American Psychological Association, *The Road to Resilience*.

Studies on centenarians have found that long living individuals are able to adapt to physical, cognitive and social losses and strains. They age more slowly, live longer and enjoy better health. An important aspect of the research on resilience is that clearly one can learn to be more resilient. There are simple ways to enhance our skills and increase the resilience factors such as: happiness, optimism, control, hardiness, communication.

A sample of these strategies:

To increase happiness: Watch funny movies; expose yourself to situations that will get you laughing like playing with animals or children.

To increase control: Accept situations that cannot be controlled (like natural disasters) and learn when to let go.

To increase optimism: Take one difficult situation that seems like you have no control and ask yourself what does work about the situation, what is positive, what would you tell a friend in this situation.

To increase hardiness: Commit to life. Feel that life has a purpose. Actively attempt to influence your surroundings.

To increase communication: Find reasons to compliment someone and do it. Talk about what is bothering you in a calm and respectful way. Listen with your full attention.

Do a three minute meditation: sit quietly for three minutes and stay focused on you. Observe your breath, your body, your feelings, your thoughts, with no judgement. They are what they are.

LLI Review Online

LLI Review is fully accessible online at www.osher.net. Some of the articles include:

- ◆Late Life New Romance in the Movies
- ◆More Than I Bargained For: A 67-Year Old Returns to College
- ◆Health Promotion for Older Adults with Early-Stage Dementia:Tending to the Body, Mind, and Spirit

NCOA's National Center for Benefits Outreach and Enrollment seeks to fund 10 grants of up to \$100,000 each for the implementation of Benefits Enrollment Centers (BECs) that use person-centered strategies in a coordinated, community-wide approach. Letters of intent are requested by Nov. 24, and applications are due Dec. 22. Two conference calls will be held to address questions on Nov. 17 and 20. More information can be found at: <http://www.centerforbenefits.org/centers.html>

Resources

New Resources and Opportunities

Metlife Mature Market Institute Announces the Availability of Six New "Helpful Hint" Publications on Caregiving and Long-Term Care Available Free to the Public

Full article can be found at:
<http://www.marketwatch.com/news/story/metlife-mature-market-institute-announces/stor>

1. Advocating for a Family member in Healthcare Situations.
2. If Care is Needed at Home
3. Choosing an Assisted Living Facility
4. Choosing Adult Day Services
5. Caring from a Distance
6. Caregiving and Alzheimer's

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Studies of Interest

Diabetes and Depression: Improving Exercise, Improving Mental Health

By Dana Striplin and John Piette

Full article found: Dimensions Fall 2008.

http://www.asaging.org/asav2/mhan/enews/08fall/research_to_practice.cfm

Summary:

Many people living with diabetes suffer from depression, which affects their self-care. The elderly are most commonly affected because diabetes affects 20% of those ages 60 and older. A new study called the Positive Steps Study, is an "ongoing randomized trial evaluating a telephone care-management intervention designed to improve outcomes among people living with both diabetes and depression".

Participants in the study "receive cognitive behavioral therapy delivered by a nurse over the phone and begin a daily walking program using a pedometer. Physical activity was chosen as a primary behavioral focus because it has been shown to address depression and to reduce diabetes patients' cardiovascular risks". The Positive Steps Study is a 12-week program, in which participants receive a weekly phone session with the nurse for one hour. They also follow a manual, which includes homework to go along with the counseling sessions.

Despite multiple and significant limitations to be physically active, most participants have been able to increase their walking throughout the 12 weeks. Follow-up data is still limited, but many participants report being very satisfied with the program.

Brief Intervention Strategy Helps Reduce At-Risk Drinking in People Ages 50-Plus

By Frederic C. Blow

Full article can be found at: Dimensions Fall 2008

http://www.asaging.org/asav2/mhan/enews/08fall/substance_abuse.cfm

Summary:

Alcohol consumption by older adults often go unidentified in the health care system. Because even moderate consumption puts elderly at risk, the U.S. Substance Abuse and Mental Health Services Administration has developed the Screening, Brief Intervention and Referral to Treatment initiative for addressing alcohol and drug use in medical settings. The model has three components: **Screening ; Brief interventions ; Referral to treatment.**

According to Blow, there have been two trials of brief alcohol interventions with older adults. The studies have shown that older adults substantially reduce their alcohol intake after being engaged in intervention protocols.

The important elements of brief interventions for older problem drinkers: **Screening; Giving feedback on behavior; Enhancing motivation to change; Teaching strategies for change; Negotiating a behavioral agreement; Conducting a follow-up to determine if more intensive steps are needed.**

Prepare to Care Toolkit

Information on the online Prepare to Care Workplace Toolkit was given out to HES Human Development Specialists at annual meeting. If interested in the tool kits, you can access them at www.extension.org/family+caregiving or contact Share Bane, Ph.D at banes@umkc.edu.