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CACL Spring Newsletter 2013



## Spring 2013 Newsletter



University of New Hampshire

Promoting Person-Centered Options for  
Living & Aging in our Communities

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#### About CACL

CACL is a collaboration between the [Institute on Disability \(IOD\)](#) and the [New Hampshire Institute for](#)

### Dr. Forester - Keynote Speaker at CACL Conference on May 7

Dr. Forester, Director of the Geriatric Mood Disorders Research Program, Harvard Medical School, [McLean Hospital](#) will be speaking at the Center on Aging and Community Living Conference, [Living Well in Our Communities: Thriving as We Age](#) on May 7 at the Grappone Conference Center. Dr. Forester will speak about his passion: encouraging new clinicians to specialize in geriatrics.



During a recent conversation with CACL, Dr. Forester speculated that there will never be enough specialists in the field of geriatric care. Both a deeper appreciation for and a base knowledge of geriatrics needs to be instilled within young clinicians. In an interview with the American Medical Student Association he also stated: "I think spending time with a potential mentor who practices geriatric medicine or psychiatry would be very helpful. Evaluate patients in a variety of clinical settings: acute care hospital, geriatric psychiatry unit, community clinic, assisted living facility and, importantly nursing home settings. Many of us have our own biases about aging for a variety of reasons. Nursing homes can be wonderful places to work and this can be demonstrated through a medical school training experience with a mentor in geriatrics."

In Dr. Forester opinion, most clinicians focus their efforts on pediatrics, "because they identify with them more, and because there are far more mentors in this area". This field-wide observation led Dr. Forester to develop a program where new clinicians are put into contact with mentors who specialize in geriatric care. In addition, residency programs for both first and second year students are being established that place the students in both in-patient and out-patient geriatric care environments. According to Dr. Forester, over 90% of medical students never develop a specialization, and are not exposed to geriatric care environments, though the vast majority of their patient populations end up being over the age of 65. By making mentors more accessible in a formal way, and exposing students to the different aspects of geriatric care early on, Dr. Forester hopes to open student's eyes to the importance of working with geriatric patients, and show them how challenging and exciting the field of Geriatric Psychiatry can be.

### Older Athletes Inspire Youth to Stay Active

On April 4<sup>th</sup>, CACL, along with faculty in the College of Health and Human Services, UNH Health Services and UNH Athletics, hosted

*[Health Policy and Practice](#) (NHIHPP) at the University of New Hampshire (UNH). CACL constructively engages partners within and outside the University in applied research that advances sustainable, person-centered options for aging and community living.*

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[The Age of Champions Event](#), which featured a screening of [Age of Champions](#), an inspiring documentary about the Senior Games.

Following a viewing of the documentary, a panel of athletes, age 55 to age 77, were invited to speak about their experience in staying active. These New England athletes maintain their healthy lifestyle by participating in an array of sports, including running marathons, track and field, swimming, biking, hiking and practicing martial arts. They shared their personal journeys in getting and staying active and provided the audience of mostly college students with sage advice on the importance of setting goals to become and stay healthy. One message the panel emphasized is the critical importance of having fitness partners. The social aspects of being active keeps them committed and motivated. One panelist remarked "being with friends is the best part of being active; getting fit is a nice additional benefit."

Healthy aging is more than trending in the state of NH. Individuals who are riding the Silver Tsunami are now inspiring youth to maintain a healthy lifestyle and spreading the philosophy of self-motivation and perseverance. In fact, NH is home to the [Granite State Senior Games](#), which is NH's premier multi-sport event for older adults ages 50 and up. It also happens to be where one could qualify to attend the National Senior Games. These events are all part of a movement to inspire older adults to stay active at any age.

If you would like to watch *Age of Champions*, the film producers are currently offering a [National Online Premiere](#), where the public can watch the entire film for free for ten days (premiere ends April 28, 2013). If you miss that opportunity, CACL has purchased a license to hold educational screenings of the film. If you are interested in viewing the documentary for educational purposes, please contact Stacey Gabriel ([stacey.gabriel@unh.edu](mailto:stacey.gabriel@unh.edu)).

**Susan Fox to Receive Community Resources for Justice Award**

[Community Resources for Justice](#) has chosen CACL co-director to receive their Community Hero award. Sue will be honored at their 2013 Annual Spring Reception on May 1st, 2013 for her dedication to creating opportunities for adults with developmental disabilities to flourish while living in the community. Sue has been active in regional and statewide initiatives involving older adults and people with disabilities for over 30 years.

**Carroll County Example of Natural Decrease**

Natural decrease refers to the demographic makeup of a geographic area, specifically births vs. deaths. For example, when a county has more deaths occurring than births, it is considered to be in a state of natural decrease. On NHPR's March 18th, 2013 [All Things Considered](#) program, Ken Johnson, senior demographer at the [UNH Carsey Institute](#), was interviewed to discuss natural decrease. He noted that an influx of retirees moving to Carroll County can account for the county's status as "in natural decrease". When natural decrease occurs, economics and overall functionality of a county is in jeopardy. While Carroll County is an example of natural decrease, NH as a state is not yet classified as an example of natural decrease.

To learn more about the impact of aging on the long term care system [click here](#).

**Gerontology Minor Returns to UNH**

With the aging of our population, and a growing demand for

practitioners with expertise in aging and long term care, it is no surprise that UNH has revitalized the gerontology curriculum previously offered in the 1980s and 90s and is once again offering a minor in gerontology. The Gerontology Multidisciplinary Minor (GMM) is a 20 credit minor offered through the department of Social Work. Examples of courses include *GERO 500: I'm Old, So What! An Introduction to Gerontology* and *KIN 607: Biology of Aging*. René Bergeron, associate professor of social work, explained that the minor “presents a multi-disciplinary approach to the topic of aging in America. It presents a life span perspective, viewing aging from both a developmental and ecological focus and the variety of factors affecting how one ages. These factors include, but are not limited to, myths and stereotypes of aging; ethnic and gender differences; and U.S. policies affecting how one ages. Lastly, it is exciting and fun to learn about what eventually we will all grow to become - old.” [Learn more](#) about this exciting opportunity to advance your skills in the area of aging.

### Governor 's Commission on Medicaid Care Management

Governor Maggie Hassan recently formed the [Commission on Medicaid Care Management](#) to advise her on the implementation of the Medicaid Managed Care program. The program, which was enacted in 2011, is being implemented in three phases with the aim of improving the value, quality and efficiency of services provided through Medicaid. During the three phases, the program will be implemented through contracts between DHHS and Managed Care Organizations responsible for providing health care services to those enrolled in the NH Medicaid Program. Members from UNH include Susan Fox, co-director of CACL and Associate Director of the NH Institute on Disability, and Josephine Porter, Deputy Director of the Institute for Health Policy and Practice. Members have been tasked with ensuring that the program is implemented consistently; utilizes best practices of managed care models; improves access to eligible populations, quality and appropriateness of care and cost effectiveness of the Medicaid program; and to make recommendations for future program needs.

### Items of Interest

- [Association Between Quality Improvement for Care Transitions in Communities and Re-hospitalizations among Medicare Beneficiaries](#) This Journal of American Medicine report examines the correlation between improvement of care transitions for patients with Medicare fee-for-service (FFS) and reduced re-hospitalizations and hospitalizations in geographic communities. They utilized communities that had between 22,070 and 90,843 Medicare FFS beneficiaries and found a decrease in all-cause 30-day re-hospitalizations and all-cause hospitalization.
- [Livable Community Indicators for Sustainable Aging in Place](#) is a report that looks at sustainable measures for promoting aging in place.
- The National Council on Aging published an article, [Why Senior Centers Should Care about Chronic Conditions](#), which summarizes how low cost senior centers with an evidence-based care approach, are improving the quality of life of those with chronic conditions. With 91% of the nation's population having at least one chronic condition, creating the right care environment is key.
- [The Virginia Center on Aging publishes a quarterly newsletter](#) in collaboration with the Virginia Department for Aging and Rehabilitative Services called “Age in Action”.

The newsletter covers topics related to long term care and aging and each issue features a case study relevant to issues facing older adults today.

- [Visit the White House Blog](#) to read about the new appointees to the Commission on Long-Term Care. The Commission has been tasked with developing a comprehensive and coordinated plan that ensures the availability of long term services and supports for Individuals in need, this includes older adults and persons living with a disability.
- [The Granite State Future Project](#) focuses on generating public dialogue about the future of NH, its regions, and its communities. Separated into nine regional planning commissions, the project, with UNH Cooperative Extension, is currently hosting regional community conversations where NH community members can also help to shape the future of the state. Topics include public health issues, transportation, economic development, infrastructure, housing, land use, energy, natural resources, and much more.

### Upcoming Events & Educational Opportunities

- CACL brings you *Living Well in Our Communities: Thriving as We Age* on May 7, 2013. [Register Here](#)
- Northern New England Geriatric Education Center 2-day *Caregiver Boot Camp: Basic Skills Training for Family Caregivers of Older Adults* will be offered on May 8, 2013. [Register Here](#)
- Southern NH Area Health Education Center presents *Integrated Approaches to Chronic Disease Prevention and Management* on May 22, 2013. [Register Here](#)
- CACL hosts, *Methods, Models, & Tools* on May 23, 2013, a 5 day series focused on facilitating consumer and family-directed career, education and life planning. [Register Here](#)

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