

*University of Alaska Anchorage*  
*AKGEC & Gerontology Program Activities & Accomplishments*  
*Final FY06 Report*  
*July 1, 2005-June 30, 2006*

The Alaska Geriatric Education Center was officially funded beginning July 1, 2003. This five-year grant provides academic and professional development in the field of geriatrics.

The following bullet points highlight accomplishments and activities that have occurred July 1, 2005-June 30, 2006 related to the University of Alaska's efforts to address the training needs of professionals, paraprofessionals and community members in the field of aging and elder services.

**Training Activities sponsored or co-sponsored by the AKGEC/UAA Gerontology Program includes the following.**

- August 2-5, 2005-Ann Jache used material from the Northwest Geriatric Education Center's Curriculum modules to develop trainings to be delivered in Alaska. A workshop on the module "Changing Behaviors to Improve Health" was delivered at a teleconference from Juneau for Rural Health Advocates in Wrangell, Yakutat, Ketchikan, Metlakatla and Hoonah. She also gave a talk on "Sleep and Sleep Disorders in the Elderly" August 4, 2005 at the Hoonah Senior Center and presented a workshop on "Motivation to Exercise in a Multicultural Context" in Wrangell, Alaska.
- September 16-17, 2005-Care of the Elderly Conference "Quality Care: Improving Health Outcomes"-Two day conference held in Sitka, Alaska focusing on innovative practices in culture change, quality improvement, and customer satisfaction relating to elders and caring for the elderly.
- September 16, 2005-Care of the Elderly: What Are We Going to do About Mom?- A 1.5 hour workshop held at Sitka's Pioneers Home in the chapel for healthcare professionals and caregivers to help friends and family members actively engage and communicate with those who have dementia.
- October 27-29, 2005-Prevention of Vulnerable Adult Abuse & Elder Disrespect: Prevention of Vulnerable Adult Abuse-This two and half day training focused on: Adult Protective Services, Demystifying the Court Process, Prevention of Elder Mistreatment & Self Neglect, and Challenges of the Developmental Disabled Population & the Chronically Mentally Ill. This training was held in Kotzebue Senior Center on October 27, Maniilaq Health Center in Kotzebue with video conference sites in Nome, Fairbanks, & Dillingham on October 28, and Alaska Superior Court in Kotzebue on October 29.
- October 27-29, 2005-NASW Annual Conference Innovations in Elder/Senior Care: A Look at National & International Models & Perspectives-One day training that provided social workers the opportunity to learn about innovative programs in home, community, and residential care for older people, critically examine program innovations in the context of improved delivery of health and social services, compare elder care

innovations in Europe with those in the United States, consider opportunities and obstacles in the cross-national adaptation of elder care innovations, examine the Medicare and Prescription Drug Improvement and Modernization Act and its impact on the health care of older people in the U.S, and to review alternative policy proposals for changes in the U.S. Social Security program and compare them to recent public pension program changes in European countries.

- October 31, 2005-Innovations in Elder/Senior Care: A Look at National & International Model & Perspectives-A one and half hour training open to the public held at the UAA Bookstore Mezzanine.
- November 8, 2005-Metabolic Syndrome X & Diabetes Prevention in the Older Adult Populations-Seminar track focused on prevention of Metabolic Syndrome X (precursor to diabetes) & Type II diabetes with four speakers who presented on a different aspect of diabetes: Overview of Metabolic Syndrome X, Distinction of Type I & Type II & Prevalence of Diabetes in Alaska Native Population, Physiology of Metabolic Syndrome X & Treatment Approaches, & Importance of Exercise for Diabetes Prevention.
- November 28-December 2, 2005-Alaska Public Health Summit- Week long conference with multiple geriatric tracks held at the Hotel Captain Cook, UAA Bookstore Mezzanine, and audio/video conference to UAS and UAF campus on aging. Environmental Factors & Health Status: Finding Balance through Assessment, Behavioral Health & Mental Illness in Elders: Making the Link, Medications-Over the Counter, Natural Supplements & Prescriptions-The Link Between Behavioral Health & Behaviors for Elders/Seniors with Depression, Dementia, Alzheimer's & Dementia Related Disorders, Psychosis & Traumatic Brain Injuries, Culture & the Environment: The Role in Seniors/Elder's Health, and What Are Old People For? How Elders Will Save the World!
- December 1, 2005-A Learner Centered Approach to Training: Strategies for Effective Training-One day interactive workshop designed for professionals, paraprofessionals, family members, and consumers who want to improve the effectiveness of their training.
- January 12, 2006-Educating the Living Dying: Dignity & Meaning for End of Life Care- This seminar was devoted in total to end of life care for geriatric patients and included information on decision-making at end of life (Advanced Directives, Living Wills); history/philosophy of palliative care; ethical & legal issues; role of spirituality; physiology of dying & symptom management; and cultural competency/cross cultural communication concerns.
- January 18, 2006-Living Well With Chronic Disease-A one and half hour broadcast via satellite to all UA campuses on chronic disease self management by Dr. Kate Lorig.
- February 28-April 10, 2006-Alzheimer's Disease & Related Disorders-Distance Delivered Certificate Program for Alaska in-home and community-based caregivers,

personal care attendants, care coordinators, respite workers, home health care workers, adult day staff, assisted living workers, Pioneers Home staff, and nursing home staff.

- March 20-May 5, 2006-Exercise & Aging Web-based Course delivered through the UAS Sitka campus. Individuals received information on tools and skills needed to promote movement activities with an emphasis on fitness for older people as well as barriers to overcome some physical activities and the short and long term benefits of beginning a fitness program.
- April 19, 2006-Healthy Paths to Successful Aging: The Psychology of Aging. One day training presented by UAF campus on Changes in Primary Relations over Time, Depression & Aging, Rhythm, Healing & Wellness, The Problem Older Person: Why Do They Act that Way?, and Ethics in Gerontological Practice & Long-Term Care.
- April 20-21, 2006-Full Lives Conference. Two eight hour day conference with five Geriatric Tracks. Beyond Hammer & Nails: Tools for the Activity Professional, Close Encounters of the Best Kind-Caring for People with Dementia, Alaska Senior/Elders: Finding the Balance Through Appropriate Assessment, Long-Term Supports Across the Ages, & Retirement Redefined.
- April 21, 2006-Sex After 60: An Uplifting Experience-One and half hour class lecture by Dr. Loren Lipson (GEC Consultant) to medical students and MD's at the Alaska Family Practice Residency in Anchorage.
- May 17-19, 2006-Embracing & Supporting Our Elders & Caregivers in Bristol Bay. Two day training approved for CEU's held at the Bristol Bay Inn in Dillingham, Alaska.
- May 18-June 30, 2006-Elder Behavioral Health & Rural Practice: Palliative Care & Functioning in Health Care Teams. A 4 credit, six week introduction course designed for interdisciplinary behavioral health care for rural elders covering collaborative professional relationships, community and cultural perspectives and practice, delivery of behavioral health services in rural remote areas, and geriatric health assessments appropriate to diverse languages and cultures. The course was co-taught by faculty in nursing, social work, psychology, and experts from the community.
- June 8-10, 2006-Promoting Best Practices in Elder Health & Long-Term Supports. A three day statewide education, training and networking conference held in Anchorage for service providers, health and social service professionals, administrators, researchers, educators, students, and advocates who provide long-term supports to persons with disabilities of all ages; as well as those who provide services which promote the health and well being of aging persons.
- June 15, 2006-Responding to Interpersonal Violence Against Adult Victims with Disabilities: Financial Abuse & Exploitation. A three day combined training with the Center for Human Development held in three locations (Fairbanks, Kenai, and Anchorage).

## Faculty Development

- July 22, 2005-Raven's Quest Summer Institute-Alaska Center for Rural Health eight week summer day program for UAA students with undeclared majors held at UAA Campus-SSB-Room 258 Guest lecture (Rosellen Rosich).
- August 16, 2005-Faculty Training CWA & Breeze-A six and a half hour presentation held at the UAA Gordon Hartlieb Hall Computer Lab featuring Lisa Sadleir-Hart, MPH; Donna Hebbeler, PhD; and Susie Feero, provided an overview of the core program and nutrition with discussion on development of the healthy elder track. Feero, a faculty member of educational technology in Sitka, AK provided training on adding audio to PowerPoint presentations for web or CD delivery.
- August 16-18, 2005-2<sup>nd</sup> Symposium on the Engaged University-Two day collaborative training between AKGEC and the Center for Community Engagement and Learning (CCEL) for faculty to learn how to provide conceptual frameworks, foundational materials, resources, and practical techniques to implement community-based learning within courses and academic disciplines. Sessions allowed faculty teams to explore academic major, minor, or certificate programs with intense, integrated, sequential coursework and service internships with two sessions specifically focused on Gerontology/Geriatrics.
- September 9, 2005-Psy A650 Systems of Human Behavior I/WWAMI-Guest lecture by Rosellen Rosich to 1<sup>st</sup> year medical students (Instructor of Record Bruno Kappes) at UAA Campus.
- October 27, 2005-Aging in the Valley Career pathways in gerontology and geriatrics at UA by Rosellen Rosich CAFÉ presentation at Matanuska-Susitna College CAFÉ.
- November 3, 2005-Psy A622 Psychopathology-Guest lecture by Rosellen Rosich presented to psychology graduate students (Instructor of Record Patricia Sandberg) at UAA Campus-SSB 211