

AKGEC DIRECTOR'S REPORT
September 29, 2005

Alaska Geriatric Education Center
Director Rosellen M. Rosich



Report Period July 2003 – June 2005

The Alaska Geriatric Education Center is funded by the US DEPARTMENT OF HEALTH AND HUMAN SERVICES Health Resources and Service Administration (HRSA) Grant # D31HP80021-02-00

Background and Description of the Alaska Geriatric Education Center (AKGEC): The aging of the population nationally is well recognized. According to a report by the Center for Disease Control Report (i.e., Health, United States 2002) women and men who live to the age of 65 are now expected to survive until the age of 84 and 81 respectively. The United States now devotes 13.1 percent of its gross domestic product to health care, more than any other industrialized country. As the nation's demographic landscape has shifted, significant health disparities in access to health care, utilization, quality and health outcomes continue to be documented for a variety of ethnic groups. However a number of federal agencies (e.g., U.S. Department of Health and Human Services, Health Resources Services Administration, Bureau of Health Professions) have accumulated evidence stressing that increasing the quality of health care provided, as well as eliminating barriers to care and health disparities, may be accomplished through an indirect micro-level route; training and educating a culturally competent and sensitive health profession workforce. This demographic and health phenomenon represents major challenges in our society, particularly in Alaska where the number of older Alaskans is expected to triple in number by 2018; at which time they will comprise 12% of the total population. Alaska's aging populace coupled with lack of well trained behavioral and health care workforce has helped it fall under the governments mandate that every state have a center devoted to training in geriatrics. For many years geriatric training in the state was delivered through the GEC at the University of Washington. Funding for the Alaska GEC was obtained in July 01, 2003 and its five-year grant cycle will end 06/30/2008.

Although the Alaska Geriatric Education Center is primarily devoted to training, education and curriculum design, it also is involved in translational research. It identifies areas of research (both basic and applied) where aging questions can be included (i.e., turning science into evidence based service). In the field of ethnogeriatrics (i.e., health, aging and cultural issues) a great need exists to generate information through research on the cultural context of health care services and apply these data to research-based service programs. Evaluation research is also critical and plays a major role in describing the outcomes of training on quality care for older adults.

Mission and Mandate

The University of Alaska Anchorage, University of Alaska Fairbanks, and University of Alaska Southeast Sitka formed a consortium to create Alaska's Geriatric Education Center (AKGEC).

Through community-academic partnerships, service-learning models and interdisciplinary education, the AKGEC will improve the health status of medically underserved populations and eliminate health disparities through development of health professions curriculum and infrastructure by:

- Improving the training of health professionals in underserved communities statewide through the development and dissemination of culturally sensitive interdisciplinary curricula related to the treatment of health problems of the elderly.
- Establishing a library and clearinghouse that is both free standing and web based to include historical and current geriatric resources, training opportunities, databases, as well as Alaska specific best practice modules on the treatment and care of geriatric health problems and health promotion.
- Supporting training and retraining of faculty to develop and instruct geriatrics curriculum that incorporates best practices, interdisciplinary health care team approaches, ethnogeriatric, clinical training and service learning models.
- Providing students with interdisciplinary clinical training opportunities in medical settings, such as nursing homes, chronic and acute disease hospitals, ambulatory care centers, and senior centers with special focus for supporting experiences in remote and underserved areas.

College and Administrative Location: The AKGEC is located within the College of Health and Social Welfare (CHSW). The AKGEC is a federally funded freestanding center, however management & administrative support is provided by the Center for Human Development (CHD) also located within CHSW. The AKGEC along with its various training and education programs has expanded and enhanced the CHD (i.e., disabilities, mental health, direct service care providers) by including senior issues and helps complete the life course charge of that center.

*Training**

During FY 03 – 04, the first (beginning) year of the five year funding cycle (grant cycle begins July 1 and ends June 30) The Alaska Geriatric Education Center (AKGEC) sponsored twelve training venues during July 2003 – June 2004. The table below shows the number of attendees at each event.

AKGEC served approximately five hundred and sixty nine (N=569) trainees in our first year of funding.

Table 1. Event Breakdown

	Date	Event Title	# of Attendees
1.	July 2003	Summer Institute: Keeping Elders Healthy	45
2.	Aug. 2003	Normal Aging vs. Diseases	30
3.	Aug. 2003	Assisting Aging Family Caregivers	50
4.	Sept. 2003	Care of the Elderly	70
5.	Dec. 2003	Alaska Public Health Summit	41
6.	April 2004	Careers in Aging	34
7.	April 2004	Alzheimer's Disease or Related Disorders	79
8.	April 2004	The Culture Gap in the Care of Our Elders	20
9.	April 2004	Full Lives Conference	46
10.	May 2004	Faculty Development Workshop	27
11.	June 2004	Dementia and Aging: The Hope of Brain Science	32
12.	June 2004	Developing Exceptional Skills to Address Special Needs	95
Total			569

Who We Trained Year 1: In FY 03-04, the two largest professions/disciplines represented in the trainings were social workers (19%) and Assistants-such as CNA, STNA, Home Health Aide, MA (15%). The next largest category is nurses (9%). Eighty-eight percent of AKGEC attendees were female and 71% were over the age of 40. Seventy-seven percent of those who attended the trainings were Caucasian, with the next largest ethnic category being Alaska Native (12%). Thirty-five percent of attendees have a baccalaureate while twenty-five percent hold a master's degree. Thirty-five percent of training respondents indicated that they came from disadvantaged backgrounds.

The “typical” AKGEC training attendee for Year 1 is a Caucasian female over the age of forty. She has a bachelor’s degree, and works in the field of social work.

During FY 04 – 05, the second year of our funding **818 health care professionals** were trained across twenty-nine different educational venues during July 2004 – June 30, 2005. The table below shows the number of attendees at each event.

AKGEC served approximately eight hundred and eighteen (N=818) trainees in our second year of funding.

Table 2. Event Breakdown

	Date	Event Title	# of Documented Attendees
13.	July 2004	Summer Institute – Keeping Elders Healthy	65
14.	Sept. 2004	WWAMI Developmental Medicine II	7
15.	Sept. 2004	Ethnogeriatric Multicultural Resources: Sitka and Anch.	23
16.	Sept. 2005	Care of the Elderly Conference	91
17.	Sept. 2005	Traditional Healing Practices and Holistic Care – UAA	27
18.	Sept. 2004	Traditional Healing Practices and Holistic Care – UAF	17
19.	Oct. 2004	Stories From the Front Lines – Overcoming Frost	7
20.	Oct. 2004	NASW - Person-Centered Care	17
21.	Nov. 2004	Psychopathology 622: Dementia and Age Related Decline	8
22.	Nov. 2004	Modifying the Environment, Vision and Hearing	10
23.	Nov. 2004	Alzheimer’s Disease and Related Disorders – Bethel	18
24.	Nov. 2004	Alzheimer’s Disease and Related Disorders – Fairbanks	30
25.	Nov. 2004	Alaska Health Summit 2004	38
26.	Dec. 2004	Building Clients’ Capacity and Social Approaches to Diabetes	15

percent of attendees have a baccalaureate while eighteen percent hold a master's degree. Thirty-two percent of training respondents indicated that they came from disadvantaged backgrounds.

The “typical” AKGEC Year 2 training attendee is a Caucasian female over the age of forty. She has a bachelor’s degree, and works directly with elders in the field of primary care/physical health.

** Note: All data obtained from evaluation report by the Alaska Center for Rural Health (UAA)*

Curriculum Projects in Development

“ELLAM IINGA,” The Eye of Awareness: Alaska Native Elders, Healing and Strengthening Communities (PI-Rosich, Co-PI’s Rose & Frank) Visiting Scholar SGEC Project -In Process

Description: Identification of culture and historical events experienced by Alaska Native Elders, historical trauma and the dynamic cultural underpinnings of the concepts, along with healing practices grounded in traditional values and beliefs of the Alaska Native Culture.

Ethnogeriatric Module on Alaska Native Elders (PI-Rosich) Visiting Scholar SGEC Project-In Process

Description: A web based curriculum resource module focusing on cultural beliefs, ideologies, and events that impact aging and health care beliefs within Alaska Native communities. Will be used in undergraduate (Adult Development and Aging) and graduate psychology (Advanced Human Development) classes and adapted for training with health care professionals.

Alaska Native Elders Training CD & Workbook (PI-Rosich, Co-PI’s -Frank & Rose)-In Process

Description: A resource CD to be utilized by health care professionals treating Alaska Native Elders. Through stories Alaska Native Elders will identify and model effective cultural therapeutic techniques. A special focus will be placed on culturally sensitive ways of treating elders and traditional ways of healing.

Aging and Health Promotion in Alaska (Rosich, Jache, Hanson, Hebbeler, Sadlier-Hart, Benton, Wallstrom)-In Process

Description: Collaborative project with UAS Community Wellness Advocate Program. Development of, “healthy elders,” curriculum and training track focusing upon health promotion and disease prevention. Curriculum will be utilized in the CWA program in Sitka and will be adapted by the AKGEC for use in its training and education programs focusing upon health care professionals.

Alaska Native Diabetes Training Module (Jache & Larson)-Completed but under review.

Description: This is a web-based curriculum and resource module on Alaska Native Diabetes. It includes sections on epidemiology, methods of accessing data, and an overview of diabetes, complications of the disease, diet, clothing, and cultural and family issues within the Alaska Native community.

Geriatric Lifestyle Assessment Curriculum (AKGEC Staff)-Content completed, Fall 2005 academic course offered through Human Services.

This web-based educational and resource module focuses on basic geriatric assessment, domains of assessment, approaches to elder care and common age-related changes. This is being offered as a face-to-face academic course in Fall 2005 at the University of Alaska Anchorage (Southcentral) with a distance delivery health professional's module projected for Spring 2006.

Substance Abuse and the Elderly Curriculum (AKGEC Staff)-Content completed, Fall 2005 academic course offered through Human Services.

Description: This web-based curriculum and resource module is on substance abuse. It includes alcohol abuse screening, gender and cultural issues, treatment, intervention and assessment, and complications for older adults. A special focus is placed upon alcohol use within Alaska. This content will be taught as an academic course Fall 2005 at the University of Alaska Anchorage (Southcentral) with a distance delivery health professional module projected for Spring 2006.

Social Work and the Aging Society (SWK 370 Daniello)-Content completed, Spring 2005 academic course offered through UAF Social Work department.

Description: This is a face-to-face academic course and was offered in the department of Social Work at the University of Alaska Fairbanks (NRGEC) in Spring 2005. Development of this class is ongoing and includes researching training content, preparing lecture materials, recruiting guest speakers and preparing class activities. The course will be offered by distance Fall 2006. After this the course will be offered on campus by distance alternating years during fall semester.

Gerontology Specialization in Social Work-In Process

Description: The Social Work Department at UAF is planning to offer a gerontology specialization (18 credits) in its minor program in Fall 06. This specialization will require a total of six classes and total eighteen credit hours. Students will take four required Social Work classes with aging content and select two electives from a pre-defined list of interdisciplinary courses (i.e., Anthropology, Alaska Native Studies, Communication, Psychology or Sociology) that include aging content and are offered on a regular basis.

Student Involvement:

- Since Fall of 2004 the AKGEC has had a social work student working within the Southcentral office.
- Starting Fall 2005 the Senior Center of Fairbanks and Northern Region GEC will have a social work student doing a practicum whereby they will split their placement time between the NRGEC and the Senior Center.
- Starting Fall 2005 a graduate student in psychology at the University of Alaska Anchorage will be working with the Southcentral AKGEC on several Alaska Native Elder curriculum projects.

Research

Training and Program Evaluation (Logic Model): Crossing the Intergenerational & Program Abyss (Health Care Focus Groups and Geriatric Training Needs Assessment) (PI-Rosich, Co-PI Landon & Renger).

Description: Evaluation research focuses upon the uses of the logic model and the utilization of common instruments to measure activity efficacy, even though antecedent conditions may be different for various health care training/educational programs.

Funding

Although we are not mandated by our funding agency to seek out-or obtain- other sources of funding, we do so because we are building capacity in the area of geriatrics and gerontology. The shortage of qualified health care providers to meet the special needs of Alaska's increasing elderly population is being alleviated somewhat by the AKGEC (see Health Research in Alaska SJR 44 Report in this Alternative Assignment section). In addition, leveraging resources and partnering with community and state agencies allows the AKGEC and university to become more involved in training and education issues at a different level and further advances infrastructure development in a broader sense in the area of senior issues.

Federal grants/funding obtained during FY 2004-2005:

1-D36 HP 05100-01-0, Rosich, R. Director and PI, 7/1//2005 – 6/30/2008
Quentin N. Burdick Program for Rural Interdisciplinary Training

Description: U.S. Department of Health and Human Services Health Resources and Service Administration \$875,709 grant for three years to the University of Alaska Anchorage. The purpose of the Alaska interdisciplinary Program for Elder Behavioral Health (AKIP) is to develop interdisciplinary geriatric curriculum that supports clinical practice in rural communities and increases the capacity of behavioral health care for elders in rural communities. Recruitment incentives and the education of students, faculty, and practicing health professionals in interdisciplinary practice that is culturally sensitive and age appropriate will be developed, implemented and evaluated. Partnerships formed to facilitate participation by ethnically diverse older people in the education and training of students and faculty and will foster needed research.

Statewide Advisory Board Report-Alaska Geriatric Education Center
Prepared by Rosellen M. Rosich-afmr@uaa.alaska.edu 09/18/05

2-Federal Initiative for Gerontology and Direct Service Care Workforce Training, 2005
UAA Principle Investigator(s) Ward, K, Kassier, M. & Rosich, R.

Description: Department of Health and Human Service's Health and Resource Service Administration \$ 491,032 grant that trains direct service workers in the developmental disabilities and geriatric fields. Continuation with expansion of training that took place under a grant from the U.S. Department of Labor (see below).

3-Federal Initiative for Gerontology and Direct Service Care Workforce Training, 2004
UAA Principle Investigator(s) Ward, K & Rosich, R.

Description: U.S. Department of Labor \$400,000 grant addresses training and standards for direct service workers in the developmental disabilities. The Senior and Disability Direct Service Workforce Development Project is a three year endeavor that recruits DSW into continuing education and degree programs related to developmental disabilities and aging services, expands professional certificate and degree programs to meet industry needs for trained professionals, supports career ladder opportunities for direct service workers and provides continuing education through a variety of formats to promote "best practices".

4- D31 HP 80021-02-00, Rosich, R. Director & PI, 7/1/2003 – 6/30/2008
Alaska Geriatric Education Center (**Originating Grant**)

Description: U.S. Department of Health and Human Services' Health Resources and Service Administration \$ 2.1 million grant for five-year grant to the University of Alaska Anchorage. The overall program goal is to support, enhance, and fill the training gaps of health professionals towards improving the health status of Alaska's elderly. Through community-academic partnerships, service-learning models and interdisciplinary education, the AKGEC will improve the health status of medically underserved populations and eliminate health disparities through development of health professions curriculum and infrastructure.

Leveraging Resources & Other Funding (state and federal) involving AKGEC training and education programs by other staff:

1. SAMHSA-Alaska's Targeted Expansion Program to Increase Access for Mental Health Services for Older Adults, 2005
Southcentral Counseling Center (submitting organization)
PI-Meyer, L & Co-PI Tallman, B. STATUS-Pending

Description: Substance Abuse & Mental Health Service Administration \$150,000 grant focusing upon increasing access for mental health services for older adults over a three-year period. The Alaska GEC will take a lead role in supporting curriculum development and dissemination of training through University courses and workshops delivered through distance.

2. DPH-Elder Abuse: Alaska's Abuse Prevention Training Program, 2004
Family Training and Service Academy and School of Social Work (submitting organization)
PI -Lally, E. & Co-PI Tallman, B (AKGEC). STATUS-Funded

Description: Center of Medicare and Medicaid Services Division of Senior and Disability Services, State of Alaska \$450,000 grant for three years focusing upon education and prevention of elder abuse.

3. UAA Gerontology Training Series, 2004 & 2005
*Mental Health Trust Authority & Alaska Commission on Aging (ACoA) RSA-Reimbursable Service Agreement
PI-Tallman B. & Holloway, M. STATUS-Funded

Description: Training series provides education and training opportunities that will increase the knowledge and skills of health care professionals, direct care workers (paraprofessionals), and family members who provide care for older adults who are beneficiaries of the Mental Health Trust Authority, including those who experience mental illness, developmental disabilities, chronic alcoholism, or Alzheimer's disease and related dementia.

FY 2004 \$50,000 FY 2005 \$ 75,000

4. UAS Southeast Region Geriatric Education Center, 2004 & 2005
*Mental Health Trust Authority & Alaska Commission on Aging (ACoA) RSA-Reimbursable Service Agreement
PI-Jill Hanson. STATUS-Funded

Description: Alzheimer's Disease and Related Disorders (ADRD) distance-delivered certificate program and training conference. Provides education and training opportunities that will increase the knowledge and skills of health care professionals and direct care workers (paraprofessionals) in ADRD care. Certificate program runs from March through April and is composed of self-study, instructor led audio-conference discussions, and experiential activities. Conference takes place in April and is attended by students in distance delivered course as well as professional caregivers from the community.

FY2004 \$75,000 FY2005 \$75,000

5. UAF Northern Region Geriatric Education Center
Institute of Geriatric Social Work, Boston University
Judy Shepherd PI / Denise Daniello Co-PI
Status: Funded (7/05)

Description: Coordinate training on "Dignity & Meaning in End of Life Care" presented by 4 community faculty members working in the fields of long-term health care, hospice and spirituality.

FY 2005 \$1000

5. UAF Northern Region Geriatric Education Center
Hartford Foundation, CSWE Curriculum Development Institute (CDI)
Status: Funded (12/04)
Judy Shepherd PI / Denise Daniello Co-PI

Description: \$800 per year. Attend annual CDI institutes for three years to learn strategies for infusing gerontological knowledge, values and skills into foundation curriculum. Funding for 2 SWK faculty members to attend 3 annual CDI institutes covering the costs of airfare, hotel & per diem

FY 04 –FY 07 \$2400

3. National Institute on Health
Judy Shepherd PI / Anita Hartman Co-PI / Denise Daniello, Co-PI
Proposal submitted 6/05. STATUS-Pending

Description: Develop and pilot test methodologies and techniques for estimating elder mistreatment in rural and remote communities that can be replicated in a national study and to increase the scientific infrastructure for conducting scholarly research on this topic. Total amount requested \$355,553 for two years.

****Special Note: The purpose of the Reimbursable Services Agreement (RSA) is to provide education and training opportunities that increase the knowledge and skills of direct care workers (paraprofessionals), health care professionals, and family members caring for older adults who are beneficiaries of the Mental Health Trust Authority, (ADRD, Developmental Disability, Mental Health, Alcohol/Substance Abuse).**

***Outreach Director of Alaska Geriatric Education Center (AKGEC)
February 2004 – July 2005***

Rosich, R.M. (2005). Careers in Gerontology and Geriatrics, Raven's Quest Summer Institute, University of Alaska Anchorage, Anchorage, AK., July.

Rosich, R. M. (2005). UAA the next 50 years: Aging in the Last Frontier Panel Discussion. UAA Next 50 Years Commemorative Celebration, University of Alaska Anchorage, Anchorage, AK., Feb.

Rosich, R. M. (2004). Career Paths in Aging and the AKGEC, UA/UAA Celebrating Students, Partnerships, and Programs in Aging, University of Alaska Anchorage, Gerontology Program, Anchorage, AK., Nov.

Rosich, R.M. (2004). Update on UA activities in aging. Senior Advocacy Coalition, Anchorage, AK., Oct.

Rosich, R. M. (2004). Overview of the Geriatric Education training center and its relationship to CHD, University of Alaska Anchorage, Center of Human Development, Oct 8.

Rosich, R. M. (2004). An overview of the AKGEC. Administrative on Aging-Region X Seattle, Anchorage, AK, Sept 23.

Rosich, R.M. (2004). The Alaska Geriatric Education Center: Fact or Fiction. National Association of Social Workers-Alaska Chapter, Anchorage, AK., September 8.

Rosich, R. M. (2004). Careers in Gerontology and Geriatrics, Raven's Quest Summer Institute, University of Alaska Anchorage, Anchorage, AK., July.

Rosich, R.M. (2004). Geriatric training needs in the Alaska Tribal health services. Medical Services Network Committee (ANTHC), Anchorage, AK., June 3.

Rosich, R. M. (2004). Rasmuson Foundation Research Tour-meeting with directors of UAA health related institutes and centers, University of Alaska Anchorage, Anchorage., May 17.

Rosich, R. M. (2004). Training for Careers in Aging-The plan for Alaska, Careers in Aging Week, University of Alaska Anchorage, Anchorage, AK., April.

Rosich, R.M. (2004). Writing and submitting your fundable proposal: Preparing an evaluation plan. CAFÉ, University of Alaska Anchorage, Anchorage, AK., March.

Rosich, R.M. (2004). Opportunities in geriatrics and gerontology, Alaska Natives Into Psychology (ANPSYCH) University of Alaska Anchorage, Anchorage, AK., Feb.

Rosich, R.M. (2004). Update on UA activities in aging. Senior Advocacy Coalition, Anchorage, AK., Feb.

Rosich, R.M. (2004). Update of the newly funded Alaska Geriatric Education Center, UAA Retirees, Anchorage, AK., Feb.

* Special Note: This list is not totally inclusive and should be used as just a sample of outreach and informational meetings that took place during 2004 – 2005.

AKGEC Reports

Rosich, R. M. (2005). AKGEC and Gerontology Program Activities and Accomplishments, Final Report (June 30), FY'05, U.S. Department of Health and Human Services Health Resources Services Administration Binder (Years 1 & 2).

Rosich, R. M. (2005). Comprehensive Performance Management System and Uniform Progress Report (CPMS/UPR) for Alaska Geriatric Education Center, U.S. Department of Health & Human Services, Health Resources and Service Administration, Bureau of Health Professions. Reporting period 07/01/04 thru 6/30/05. Web-based: <https://performance.hrsa.gov/bhpr/cpmsupr> (not-available to non-grantees).

Rosich, R. M., & McBride, M. (2004). Report and Recommendations-Ethnogeriatric Consultant Visit, Alaska Geriatric Education Center (AKGEC), July, U.S. Department of Health and Human Development, Health Resources and Services Administration Binder (Years 1 & 2).

Rosich, R. M. (2004). Comprehensive Performance Management System and Uniform Progress Report (CPMS/UPR) for Alaska Geriatric Education Center, U.S. Department of Health & Human Services, Health Resources and Service Administration, Bureau of Health Professions. Reporting period 07/01/03 thru 6/30/04. Web-based: <https://performance.hrsa.gov/bhpr/cpmsupr> (not-available to non-grantees).

Rosich, R. M. (2004). AKGEC and Gerontology Program Activities and Accomplishments, Final Report (June 30), FY'04, U.S. Department of Health and Human Services, Health Resources and Services Administration Binder (Years 1 & 2).

Note:

For additional information and documentation on the AKGEC go to DHHS: Health Resources and Service Administration-Alaska Geriatric Education Center (AKGEC) Binder for FY 04 (Year 1) and FY 05 (Year 2)