



RSA Fiscal Year '05

UAA Gerontology Training Series

Final Report

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UAA Gerontology Training Series FY05 Final Annual Report

The purpose of this Reimbursable Services Agreement (RSA) is to provide education and training opportunities increasing 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 (MHTA), (ADRD, Developmental Disability, Mental Health, Alcohol/Substance Abuse). The resources provided through the Gerontology Training Series RSA resulted in **682** people receiving training during FY05. The table below shows the approximate number of attendees at each event.

Date	Event Title	# Attendees
July 22-23, 2004	Summer Institute: Keeping Elders Healthy	120
Sept. 17-18, 2004	Care of the Elderly	102
Oct. 11, 2004	Alaska Chapter NASW Conference	24
Nov. 29-Dec. 2, 2004	Alaska Public Health Summit	62
Dec. 3, 2004	Fairbanks Seminar	17
April 21-22, 2005	Full Lives Conference	70
April 23, 2005	Health and Wellness Strategies for Alaska Elders	38
June 6, 2005	Summer Institute Workshop: The Aging Brain	50
June 7, 2005	Summer Institute Workshop: Aging and the Brain	60
June 9-10, 2005	Summer Institute Conference: Promoting Best Practices in Elder Health (Formerly "Keeping Elders Healthy")	140
	Total	682

The UAA Gerontology Program and the Alaska Geriatric Education Center work collaboratively to develop and offer the conferences and workshops supported by the Geriatric Training Series. Partnerships with the Health Summit Elders track planning committee, Alaska Commission on Aging, and staff from the Division of Senior and Disabilities Services, helped to determine subject matter relevant to those working with Alaskan elders. Topics were selected to fit the time slots allotted per conference scheduling and presenters were selected based on their expertise in the topic areas. In order to meet the Alaska Nurses Association continuing education criteria, each presenter was asked to submit a biological-sketch, resume, learning objectives, and handout materials for each presentation.

At each conference and workshop, all attendees were asked to fill out a Participant Profile Form (PPF), detailing the participants' personal backgrounds, professional backgrounds, and the clients they serve. Respondents were asked to fill out the participant profile form only once during the conference to assure an unduplicated count of attendees. Information collected utilizing the PPF was then compiled and a comprehensive report was prepared by the Alaska Center for Rural Health through a contract with the AKGEC. Each venue consisted of a slightly different mix of individuals in attendance

Attendees were also asked to complete a separate evaluation form for each presentation attended and to rate the learning objectives per the following criteria:

- Effectiveness of the presentation.
- Effectiveness of the teaching method.
- Expertise of the presenter.
- Physical environment where the workshop was held.
- How the information will be used in their work with older adults.

The following narrative provides an overview of each conference or workshop session and information collected from the Participant Profile Forms. The Participant Profile information includes three tables displaying the participant's community (regional breakdown), participant's discipline or profession, and the participant's primary role in their current position.

UAA Summer Institute on Aging–July 22-23, 2004

This workshop was held at the BP Energy Center in collaboration with the University of Washington Northwest Geriatric Education Center. **One hundred-twenty** participants attended this conference and participant profiles were collected from sixty-five attendees for both days. The NWGEC sponsored speakers for July 22 and the Gerontology Training Series sponsored speakers for July 23. Topics supported by RSA funding included:

- Herbal and Nutritional Supplements–The good, the bad and the dangerous for older adults. (Dr. Jeff Wallace)
- Challenges for Aging Families–How the family structure impacts support, the challenges of family caregiving, and intergenerational and ethical concerns. (Marty Richards)

Table 1a. Participant's Community: Regional Breakdown

	Frequency	Percent (%)
Southcentral	52	83 %
Interior	4	6 %
Northwest	3	5 %
Aleutian/Pribilof/Kodiak	2	3 %
Outside Alaska	1	2 %
Southeast	1	2 %
Total responses	63	100%
No Answer	2	

Table 1b. Discipline or Profession

	Frequency	Percent (%)
Nurse Practitioner/Advanced Practice Nurse	1	2%
Registered Nurse	11	17%
LPN	3	5%
Health Administrator	3	5%
Public Health Worker	2	3%
Health Educator	2	3%
Clinical Psychologist	2	3%
Social Worker	7	11%
Counselor/Therapist	2	3%
Dietician/Nutritionist	1	2%
Health Information (Med. Records/Transcription)	2	3%
Rehabilitation (OT,PT,RT/Activity, Speech/Audio)	2	3%
Assistants(CNA,PCA,Home Health Aide, MA, CHR)	8	13%
No formal training	3	5%
Other	15	23%
	Total responses	64
	No Answer	1
		100%

"Other" responses included: Adm Director Adult Day Program; Adm/Director Care Provider; Adult Ed, Admin; Economist; Educator; Elder Provider (n=6); Geriatric Counseling; Health Marketing; Legal Field; Lifespan Development Psychology; Management; Masters in Global Studies; Researcher; and Therapeutic Recreation.

Table 1c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	20	32%
Direct Care Provider*	13	21%
Care Coordinator/Case Manager	10	16%
Health Educator	6	10%
Student (inc. medical residents & fellows)	2	3%
Academic Faculty	1	2%
In-service/Continuing Education Coordinator	1	2%
Family Caregiver	1	2%
Other (specify)	9	14%
	Total responses	63
	No Answer	2
		100%

**Anyone in a field of health care who shares responsibility for delivery of care or related services.*

Care of the Elderly Conference Sitka–September 17-18, 2004

The UAA Gerontology Training Series sponsored **five** speakers for the 12th Annual Care of the Elderly Conference: Aging and the Mind. The goal for the Care of the Elderly Conference is to assure optimal quality of life for elders through care and treatment that encompasses the mind, body, and spirit and to understand health care problems common to the elderly and strategies to provide health care solutions for the whole person. **One hundred-two** people attended the conference and participant profiles were collected from ninety-two attendees for both days. Topics supported by the Gerontology Training Series included:

- Assessing Spirituality in Older Populations–Values that foster physical, psychological and spiritual health. (Ann Jache)
- Strategies for Health Educators Teaching Older Adults–The learner centered approach to teaching new information to older adults. (Diane Erickson and Susan LaBelle)
- Understanding Where I am from and the Path I Have Walked–Factors in how older adults deal with new illness symptoms and manage chronic conditions. (Colleen Murphy-Southwick and Rosellen Rosich)

Table 2a. Participant’s Community: Regional Breakdown

	Frequency	Percent (%)
Southeast	59	69 %
Southcentral	17	20 %
Interior	6	7 %
Southwest	1	1 %
Outside Alaska	2	2 %
Total responses	85	100%
No Answer	7	

Table 2b. Discipline or Profession

	Frequency	Percent (%)
Internal Medicine Physician	1	1 %
Pharmacist	1	1 %
Nurse Practitioner/Advanced Practice Nurse	2	2 %
Registered Nurse	20	22 %
LPN	5	5 %
Health Educator	4	4 %
Clinical Psychologist	1	1 %
Social Worker	10	11 %
Counselor/Therapist	4	4 %
Rehabilitation (OT,PT,RT/Activity,Speech/Audio)	4	4 %
Other Technician (EEG,EKG,EMT)	1	1 %
Assistants(CNA,PCA,Home Health Aide, MA, CHR)	15	16 %
CHA/CHP	4	4 %
Other (specify)	14	15 %
No Formal Training	6	7 %
Total responses	92	100%
No Answer		

“Other” responses included: Human Services, Management; Anthropology/Sociology; Care Coordinator; Elder Advocate; Geriatric Counseling & Education; Gerontologist; Kit/Elderly Chef/Advocate/Tribal Chef; Non-Profit AK Native Association; Professor Developmental Psychology/Director; Senior Center Manager; Site Manager Senior Services; Transportation Manger; Wife Of Chronically Ill Person; Working With Poor People

Table 2c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	19	22 %
Academic Faculty	1	1 %
Clinical Faculty	3	3 %
Direct Care Provider*	35	40 %
In-service/Continuing Education Coordinator	1	1 %
Family Caregiver	4	5 %
Health Educator	5	6 %
Care Coordinator/Case Manager	12	14 %
Other (specify)	7	8 %
Total responses	87	100%
No Answer	5	

▪ **NASW Alaska Chapter 18th Annual Conference – October 10-12, 2004**

This year's conference "Living Healthy Commitments: Enriching Social Work Practice in the Midst of Multiple Challenges" was chosen due to the ongoing multiple challenges that exist in every practice area in our State. To help address challenges for social workers in long-term care settings with older adults, the Geriatric Training Series sponsored a workshop on providing person centered care and strength based care-planning techniques. **Twenty-Four** people attended this workshop with seventeen completing the participant profile form (unduplicated count).

- Person Centered Care—Creating healthy environments and services for Alaska's Elders. (Christine Krugh)

Table 3a. Participant's Community: Regional Breakdown

	Frequency	Percent (%)
Southcentral	9	56 %
Southeast	2	13 %
Interior	2	13 %
Southwest	2	13 %
Far North	1	6 %
Total responses	16	100%
No Answer	1	

Table 3b. Discipline or Profession

	Frequency	Percent (%)
Social Worker	13	77 %
Counselor/Therapist	3	18 %
Registered Nurse	1	6 %
Total responses	17	100%
No Answer	0	

Table 3c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	3	19 %
Clinical Faculty	1	6 %
Direct Care Provider*	7	44 %
Student (incl. medical residents & fellows)	2	13 %
Care Coordinator/Case Manager	2	13 %
Other (specify)	1	6 %
Total responses	16	100%
No Answer	1	

**Anyone in a field of health care who shares responsibility for delivery of care or related services.*

Alaska Public Health Summit–November 29th - December 1, 2004

This is the second year AKGEC has sponsored a specific track addressing the needs of Alaska's senior and elderly population. The Healthy Seniors Track committee was comprised of Robert Albertson, Ella Craig, Beverly Tallman, Michelle Holloway and Pat Luby.

Approximately 300 people attend the Health Summit each year. Efforts were made to draw attention to the growing senior population in our state and the important role of public health in addressing the needs of seniors based on knowledge and understanding of the aging process. **Sixty-two** participants attended this conference and participant profiles were collected from forty-one attendees for all three days. Topics supported by the Gerontology Training Series included: Walking in Our Shoes–Listening to Our Stories: Elder Health Assessment Training included the following six presentations.

- Addressing the Aging Boom in Alaska – How the aging revolution will impact Alaska's future need for elder services and a workforce to meet these needs. (Jim Kohn)
- The Meaning of Home to Elders – The importance of home and community to elders and the sense of loss when the home setting is disrupted by relocation or the inclusion of service providers. (Jim Kohn)
- Potential Risk Factors in the Home Environment – The factors associated with risks in the home and community including, fall prevention, safe driving, and fire prevention. (Jim Kohn)
- Elder Abuse, Neglect and Self Neglect – The role of professionals in the field of aging to protect at-risk elders. (Jim Kohn)
- Use and Misuse of Medications and Alcohol – Review of the proper use of medications in the older adult population and the symptoms and warning signs of misuse and abuse. (Robert Albertson)
- Building Senior Capacity for Self Care – Emphasizing methods older adults, health professionals and family members can utilize to improve the quality of life for older adults with chronic health conditions. (David Spero)

Table 4a. Participant's Community: Regional Breakdown

	Frequency	Percent (%)
Southcentral	15	39 %
Southeast	8	21 %
Interior	5	13 %
Southwest	6	16 %
Far North	4	11 %
Total responses	38	100%
No Answer	4	

Table 4b. Discipline or Profession

	Frequency	Percent (%)
Internal Medicine Physician	1	2 %
Pharmacist	1	2 %
Physician Assistant	1	2 %
Nurse Practitioner/Advanced Practice Nurse	2	5 %
Registered Nurse	12	29 %
LPN	1	2 %
Dentist	1	2 %
Public Health Worker	4	10 %
Social Worker	7	17 %
Assistants (CNA, PCA, Home Health Aide, MA, CHR)	1	2 %
CHA/CHP	4	10 %
Other (specify)	5	12 %
No Formal Training	1	2 %
Total responses	41	100%
No Answer	1	

"Other" responses included: Care Coordinator; Cooperative Extension Service, Geriatric Counseling Education; Jesuit Volunteer

Table 4c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	8	20%
Academic Faculty	1	3%
Clinical Faculty	3	8%
Direct Care Provider*	14	35%
Family Caregiver	1	3%
Health Educator	3	8%
Care Coordinator/Case Manager	6	15%
Other (specify)	4	10%
Total responses	40	100%
No Answer	2	

**Anyone in a field of health care who shares responsibility for delivery of care or related services.*

Northern Region Geriatric Education Center mini-conference was held at the Fairbanks Memorial Hospital with additional support from UAF Social Work Department. The following **five** presentations were supported by the training series:

- A Step in My Shoes–Impact of Sensory and Other Changes in Late Life. (Vicki Schmall)
- The Deadly Triangle–Depression, Suicide and Other Changes in Late Life. (Vicki Schmall)
- “I’m Not an It”: Intimacy, Sexuality and Older Adults. (Vicki Schmall)
- Keeping Hopes and Dreams Alive–Exploring what hope and dreams mean for older adults, families and those who share caring with them. (Marty Richards)
- Challenges in Celebrating Gifts and Riches of Aging-(Marty Richards)
- “Friendship” as a Model for Aging Together (Marty Richards)

Table 6a. Participant’s Community: Regional Breakdown

	Frequency	Percent (%)
Interior	27	79%
Northwest	1	3%
Southwest	5	15%
Southeast	1	3%
Total responses	34	100%
No Answer	3	

Table 6b. Discipline or Profession

	Frequency	Percent (%)
Registered Nurse	4	11%
LPN	1	3%
Social Worker	13	37%
Counselor/Therapist	4	11%
Rehabilitation (OT, PT, Recreation/Activity, Speech/Audio)	1	3%
Assistants (CNA, PCA, Home Health Aide, MA, CHR)	2	6%
Other (specify)	7	20%
No Formal Training	3	9%
Total responses	35	100%
No Answer	2	

“Other” responses included: Agency Director/Human Service; Anthropology/Sociology; Care Coordinator; Care Coordinator/Case Manager; Community Planner; Human Services; Management; Massage License

Table 6c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	2	5 %
Academic Faculty	3	8 %
Direct Care Provider*	8	22 %
In-service/Continuing Education Coordinator	1	3 %
Student (inc. medical residents & fellows)	4	11 %
Family Caregiver	1	3 %
Care Coordinator/Case Manager	7	19 %
Other (specify)	11	30 %
Total responses	37	100%
No Answer	0	

**Anyone in a field of health care who shares responsibility for delivery of care or related services.
“Other” responses included: Adult Center Senior Services; Adult Center Specialists; Coordinating Educational Funct.; Occupational Health; Paratransit Driver; Recreation Coordinator; Retired; School Nurse; Statewide Long Term Care Coord.; Support & Follow Up*

▪ **UAA Summer Institute on Aging 2005**

The UAA Summer Institute is a training series presented by UAA and AKGEC. The program consists of courses for university credit, workshops, and two conferences. As part of the Summer Institute, the Gerontology Training Series sponsored speakers and presentations for sessions at the Full Lives Conference in April and Promoting Best Practices in Elder Health in June as well as two presentations by Ron Lucchino, “The Aging Brain” and “Aging and the Brain.” A combined total of 320 Participant Profile forms were collected from participants at these events. Below is a description and demographic breakdown of participants by event.

• **Full Lives Conference–April 21-22, 2005**

The Full Lives conference is sponsored by the Center for Human Development at UAA, AKGEC, Governors Council on Disabilities and Special Education, MHTA, DSDS, and the DBH with additional support from Alaska Commission on Aging, AADSC, The Stone Soup Group, People First of Anchorage, Hope Community Resources, Geneva Woods Health Care Services, Assets, Inc., The Arc of Anchorage, and Center for Continuing Education in Rehabilitation at Western Washington University. Conference attendees represent paraprofessionals and professionals providing direct care and services to people needing long-term care supports due to disabilities, mental health issues, substance abuse issues, and dementia. There were approximately **351** participants attending the conference this year, with 70 participants completing Participant Profile forms at sessions sponsored by the Gerontology Training Series. The following **six** sessions, as well as the White House Conference on Aging Forum (Marty Richards), were part of the training series:

- Assessing Spirituality in Older Persons. (Ann Jache)
- Vulnerable and Abused: Resolving an Alaskan Tragedy (Michelle Holloway & Kelly Donnelly)
- Aging with a Life Long Disability: Impacts on People with Cognitive, Mental, Physical Disabilities and TBI (David Frain, Phil Tafs, Beverly Tallman, and Megan Wilts)
- Keeping Hope and Dreams Alive for Elders and Those who Care About Them (Marty Richards)

- Faith Based Initiatives–Partners in Long-term Care (Panel discussion with Beverly Tallman, Darcy Mollett, Brenda Moore, and Linda Shepard)
- Improving Quality of Life Through Cultural Change (Michelle Holloway and Panel)

Table 7a. Participant’s Community

	Frequency	Percent (%)
Anchorage/Eagle River	33	51 %
Matsu Valley	5	8 %
Anchorage and Matsu Valley	1	2 %
Juneau	4	6 %
Kenai/Soldotna	5	8 %
Sterling/Kenai Peninsula	1	2 %
Fairbanks	3	5 %
Homer	3	5 %
Nome	2	3 %
Bethel	2	3 %
Kotzebue	2	3 %
Cordova	1	2 %
Kodiak	1	2 %
Barrow	1	2 %
Talkeetna	1	2 %
Total responses	65	100%
No Answer	5	

Table 7b. Discipline or Profession

	Frequency	Percent (%)
Registered Nurse	1	2 %
LPN	3	5 %
Health Administrator	3	5 %
Health Educator	2	3 %
Social Worker	11	17 %
Counselor/Therapist	7	11 %
Dietician/Nutritionist	1	2 %
Rehabilitation (OT, PT, Recreation/Activity, Speech/Audio)	2	3 %
Assistants (CNA, PCA, Home Health Aide, MA, CHR)	5	8 %
Other (specify)	21	33 %
No Formal Training	8	13 %
Total responses	64	100%
No Answer	6	

“Other” responses included: BA Art, Minor Education; Care Coordinator; Cartography; Case Manager; Case Manager (Life Coach); Direct Care; Direct Care Staff; Direct Service Provider; DV Community Educator; General AA Degree; Health Program Staff; Home Care; Home Economics; Homemaker & Freelance Writer; ISP; Medical Librarian; PCA; Planner/Organization; Researcher; Service Provider; Special Education Teacher

Table 7c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	9	13%
Academic Faculty	2	3%
Clinical Faculty	2	3%
Direct Care Provider*	19	28%
In-service/Continuing Education Coordinator	2	3%
Student (inc. medical residents & fellows)	1	2%
Family Caregiver	6	9%
Health Educator	3	4%
Care Coordinator/Case Manager	17	25%
Other (specify)	7	10%
Total responses	68	100%
No Answer	2	

**Anyone in a field of health care who shares responsibility for delivery of care or related services. "Other" responses included: Computer Graphics; Job Coach, Assisted Living; Personal Support Assistant; Policy; Project Mgr; Volunteer*

• The Aging Brain-June 6, 2005

This one day workshop was presented at the Kenai River Center in Soldotna, Alaska and co-sponsored by AKGEC, Frontier Community Services, United Way, and the Gerontology Training Series. Ronald Lucchino, PhD provided information regarding normal changes of the brain as adults grow older, dispelling common myths of dementia. Dr. Lucchino also discussed the different types of dementia, the effects of medication on older adult cognitive behavior, and possible preventive measures to avoid dementia in later life. There were **fifty** participant profile forms collected at this event.

Table 8a. Participant's Community: Regional Breakdown

	Frequency	Percent (%)
Southcentral	45	98%
Outside Alaska	1	2%
Total responses	46	100%
No Answer	4	

Table 8b. Discipline or Profession

	Frequency	Percent (%)
Registered Nurse	5	11 %
LPN	1	2 %
Dentist	1	2 %
Health Administrator	1	2 %
Clinical Psychologist	1	2 %
Social Worker	7	16 %
Counselor/Therapist	2	5 %
Rehabilitation (OT, PT, Recreation/Activity, Speech/Audio)	1	2 %
Assistants (CNA, PCA, Home Health Aide, MA, CHR)	8	18 %
Other (specify)	11	25 %
No Formal Training	6	14 %
Total responses	44	100%
No Answer	6	

“Other” responses included: Administrative; BBA; Care Coordinator; Accounting; Caregiver; Case Manager; Certificate Teacher; Human Resources; Senior Care Coordinator; Special Educator; Teacher

Table 8c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	11	22%
Direct Care Provider*	7	14%
In-service/Continuing Education Coordinator	1	2%
Family Caregiver	8	16%
Care Coordinator/Case Manager	14	29%
Other (specify)	8	16%
Total responses	49	100%
No Answer	1	

**Anyone in a field of health care who shares responsibility for delivery of care or related services.*

“Other” responses included: CDPCA Program Assoc.; Elder Person Age 89; Retired; Teacher/Trainer; Volunteer

- **Aging and the Brain-June 7, 2005**

This two hour presentation, hosted by the UAA Campus Bookstore, UAA, AKGEC, and the Gerontology Training Series, featured Ronald Lucchino, PhD as the speaker. Dr. Lucchino, Director of the Institute of Gerontology Emeritus, Utica College of Syracuse University discussed the changes one may expect, regarding the brain, as they age and possible ways to reduce the effects of aging on the brain. There were **60** persons in attendance with 32 participant profile forms completed.

Table 9a. Participant's Community: Regional Breakdown

	Frequency	Percent (%)
Southcentral	25	96%
Southeast	1	4%
Total responses	26	100%
No Answer	6	

Table 9b. Discipline or Profession

	Frequency	Percent (%)
Registered Nurse	2	7%
Dental Hygienist/Assistant/Dental Health Aide	1	4%
Health Educator	1	4%
Social Worker	3	11%
Rehabilitation (OT, PT, Recreation/Activity, Speech/Audio)	1	4%
Assistants (CNA, PCA, Home Health Aide, MA, CHR)	2	7%
Other (specify)	15	54%
No formal training	3	11%
Total responses	28	100%
No Answer	4	

"Other" responses included: Biologist; Business Major; Engineer; Esthetician; Accountant; Architect; Paralegal; Research/Teaching/Counseling; Retired Business Man; Senior; Student; Teacher/Medical Call Center Operator; Educator; Volunteer Hospice Work; Writer/Actress/Economist; Writer/Tutor

Table 9c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	4	18%
Academic Faculty	3	14%
Direct Care Provider*	2	9%
Student (inc. medical residents and fellows)	3	14%
Family Caregiver	2	9%
Other (specify)	8	36%
Total responses	22	100%
No Answer	10	

**Anyone in a field of health care who shares responsibility for delivery of care or related services.
"Other" responses included: Call center operator; Caregiver for aging parents; Currently housewife; Retired; Social worker*

- **Promoting Best Practices in Elder Health (Formerly "Keeping Elders Healthy")-June 9-10, 2005**

The goal of this two-day conference, held at the BP Energy Center, is to offer an array of training options in geriatric health promotion and gerontology to Alaska health care and social service providers and students preparing for careers in the field of aging. The workshop this year was a collaborative effort between the Alaska Geriatric Education Center, Northwest Geriatric Education Center at the University of Washington, Qualis Health, and the National Resource

Center for American Indians, Alaska Natives, and Native Hawaiian Elders. The Gerontology Training Series sponsored **seven** speakers for **fifteen** presentations regarding aging and dementia, depression in older adults and effective treatments (from the perspectives of a psychiatrist and a psychologist), normal and possible biological changes of older adults, intimacy and spirituality in later life, and health issues affecting Alaska Native elders. There were **140** conference attendees with ninety-eight participant profile forms completed. Listed below are the presentations sponsored by the training series:

- Aging and the Life Course (Ronald Lucchino, PhD) **66 Attendees**
- Aging and Developmental Disabilities: Myths and Stereotype Beliefs (Ronald Lucchino, PhD) **46 Attendees**
- The Deadly Triangle: Depression, Suicide and Alcohol Problems (Vicki Schmall, PhD, presented twice) **40 Attendees in first presentation, 25 in second**
- Comprehensive Assessment and Diagnosis of Dementia: Medical and Psychosocial Issues (Soo Borson, MD and Rebecca Logsdon, PhD) **68 Attendees**
- Integrating Medical and Psychosocial Treatments for Cognitive and Behavioral Changes in Dementia (Soo Borson, MD and Rebecca Logsdon, PhD) **59 Attendees**
- “I’m Not an It”: Intimacy, Sexuality and Older Adults (Vicki Schmall, PhD) **17 Attendees**
- Supporting the Health and Spirit of Those Who Have Supported Us (Art Nash, MS) **32 Attendees**
- Early and Late Symptom’s of Alzheimer’s Disease (Ronald Lucchino, PhD) **18 Attendees**
- Cardiac Risk Factors and the Elderly (Loren Lipson, MD) **25 Attendees**
- Home is Where the Heart Is (Jim Kohn, RN) **30 Attendees**
- Elder Abuse (Loren Lipson, MD) **23 Attendees**
- Depression in Older Adults: A Team Approach to Assessment and Diagnosis (Soo Borson, MD and Rebecca Logsdon, PhD) **46 Attendees**
- Effective Depression Treatment: Psychiatric and Psychological Collaboration (Soo Borson, MD and Rebecca Logsdon, PhD) **42 Attendees**
- Living with Chronic Disease: Arthritis (Jim Kohn, RN) **29 Attendees**

Table 10a. Participant’s Community

	Frequency	Percent (%)
Southcentral	60	67 %
Southwest	3	3 %
Interior	3	3 %
Northwest	6	7 %
Southeast	11	12 %
Aleutian	4	4 %
Outside AK	3	3 %
Total responses	90	100%
No Answer	7	

Table 10b. Discipline or Profession

	Frequency	Percent (%)
Family Medicine Physician	1	1 %
Nurse Practitioner/Advanced Practice Nurse	4	4 %
Registered Nurse	13	14 %
LPN	1	1 %
Health Administrator	3	3 %
Public Health Worker	2	2 %
Health Educator	4	4 %
Clinical Psychologist	2	2 %
Social Worker	13	14 %
Counselor/Therapist	3	3 %
Dietician/Nutritionist	3	3 %
Health Information (Med. Records/Transcription)	1	1 %
Assistants (CNA, PCA, Home Health Aide, MA, CHR)	9	10 %
CHA/CHP	1	1 %
Other (specify)	19	20 %
No Formal Training	15	16 %
Total responses	94	100%
No Answer	3	

“Other” responses included: Assistant LTC Ombudsman; BA Psych-Gero Minor Adult Day; Care Coordinator; Elder Care; Faculty-Administration; Health Administrator & Counsel; Human Resource Development; Human Services Advocacy; Human Services Professional; Law-Currently Disabled; Naturopathic Doctor; Pilot; Program Director/Care Coord.; Psychiatry; Rural Care Advocate; Teacher/Educational Admin; Trainer, Research Assistant; Tribal Liaison & Emergency Mgmt

Table 10c. Primary Role

	Frequency	Percent (%)
Administrator/Manager	25	27 %
Academic Faculty	5	5 %
Direct Care Provider*	19	21 %
In-service/Continuing Education Coordinator	1	1 %
Student (inc. medical residents & fellows)	7	8 %
Family Caregiver	1	1 %
Health Educator	2	2 %
Care Coordinator/Case Manager	20	22 %
Other (specify)	12	13 %
Total responses	92	100%
No Answer	5	

**Anyone in a field of health care who shares responsibility for delivery of care or related services.
“Other” responses included: Advocate & Investigator; Disaster Rsp & Grant Program; Disease Prevention; Investigator/Advocate; Outpatient CDC; Outreach Specialist; Rural Advocate For Clients; Self-Employed Contractor; Student Hospice Volunteer; Volunteer, Volunteer Coordinator*

Travel Scholarships

To encourage attendance at the Gerontology Training Series conferences and workshops, travel scholarships were offered to Care Coordinators/Care Managers throughout the state. The RSA funding for FY05 has provided an opportunity for **twenty-five** care coordinators to receive continuing education in geriatrics through these training opportunities. The determination for scholarship funding is based on the following criteria: 1) applicants must be working in the field of aging services, 2) have their supervisors approval, 3) complete a written report of what they learned and how they will apply their new knowledge in the work setting and share that knowledge with others in their current work setting, and 4) complete a travel expense report with appropriate receipts. Once all criteria are met, individuals or agencies are reimbursed up to \$400 to off set any travel costs accrued including conference registration, airfare, per-deim, accommodations, and ground transportation. Promotion and marketing for the travel scholarships is through the AKGEC website at www.alaskagec.org and the quarterly UA Gerontology Update newsletter. Our numerous partners also promote these educational opportunities. The table below shows the number of scholarships awarded and pending per geographic region and the event requested for attendance.

Region	Event Title	# Awarded
Southcentral	Alaska Public Health Summit	1
	Full Lives Conference	4
	Promoting Best Practices in Elder Health	6
Northern	Full Lives Conference	2
	Promoting Best Practices in Elder Health	5
Southeast	Promoting best Practices in Elder Health	6
	Angoon/Forum on Benefits & Entitlements and Caregiver Support	1
Total		25

Comments by scholarship recipients were gracious and informative. The following comments are quotes written by recipients regarding the scholarship program and the conferences they attended. Their comments were written to fulfill the requirements of the scholarship.

“In the future I plan to reach out more to the seniors in our community and network with existent groups to advocate for community education and health promotion.”

“On my way back to Nome [in April] the weather did not cooperate as [it] was too foggy to land in Nome...we returned to Anchorage and I had to spend an extra night in Anchorage.”

“Stop and listen real well what your clients need and want and don’t quit asking.”

“I think living and working in the rural area is very hard...because all of my clients are not a drive away. We have to travel by plane or boat or on the ice road to do our monthly visits. ...I am thankful I got the opportunity to attend the Full Lives Conference and hope to attend again.”

“In teaching the CNA classes, I will be able to share a lot of the information with future CNAs. Thank you for this training opportunity, I really enjoyed it and all the networking.”

“The ...session taught me the importance of ‘home’ to seniors and how many times they are ripped out of the social fabric of their lives. It is important for us, their caregivers, to be sensitive to this and try to structure our care accordingly.”

“I learned about ways the brain is affected and symptoms of dementia manifest when Alzheimer’s disease or stroke is not present. We [also] explored techniques for spotting depression and teasing that out from dementia. The aspects of what I learned and scope of application for [new] knowledge will never fit on one piece of paper. It will impact my ability to serve effectively when clients come to my desk or through our department in need of services.”

“As a staffing coordinator, I will be able to better train my staff when working with elders facing any of the challenges mentioned. Being armed with a more empathetic view point will make my staff better care providers to our customers.”

“I learned the signs of depression, the risk of suicide, the barriers to receiving treatment, and the challenges to detection and treatment of those experiencing [depression]. The awareness that was brought to the forefront regarding dementia, Alzheimer’s and this entire aging process will be something I can build on for many years to come.”

“We have monthly mandatory training for our staff at the Senior Center and I would like to bring what I have learned to the monthly training in a series of classes.”

“I’m thankful for the opportunity to attend these classes. Living in Kodiak is very isolated. I’m always interested in learning the current research on Alzheimer’s disease and associated dementias as it pertains to my clients.”

“I will share information gleaned from this two-day conference not just with co-workers, but with entire community via use of a weekly radio program I host on Sunday evenings....”