



# GERIATRIC EMPOWERMENT

## Aging and Disability Resource Center Evaluation

Provides technical assistance to the Illinois Department on Aging to develop and evaluate community centers which provide information and facilitate access to long-term care services for older adults and people with disabilities. Current demonstration sites are in Rockford, which has a concentration of African American and Hispanic families, and Decatur. We are also developing and providing resource materials on aging and disabilities for center dissemination to staff, families and consumers.

### Partners:

UIC Applied Health Sciences

East Central Illinois Area Agency on Aging

Illinois Department on Aging

Macon County (IL) Department  
of Public Health

Northwestern Illinois Area  
Agency on Aging

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(see also *Rehabilitation  
and Disability Studies*)

## Center for Research on Health and Aging

Part of the university-wide Institute on Health Research and Policy, this center conducts rigorous applied research on health issues for older persons, including prevention, health maintenance, and the cost, quality, and effectiveness of health care delivery systems for this population, such as long-term care and managed care. Among the center's service activities is the annual SHAPE walk, held in Chicago's Soldier Field every May in partnership with many local agencies and organizations.

### Partners:

UIC Applied Health Sciences

UIC Liberal Arts and Sciences

UIC Medicine

UIC Public Health

American Association of Retired Persons

AARP Illinois

Blue Cross Blue Shield of Illinois

Service in the Neighborhood  
for Seniors Program

Brookdale Senior Living, Inc

Centers for Disease Control and Prevention

Chicago Department on Aging

Mather LifeWays

Merck & Co., Inc.

National Council on Aging (NCOA)

National Institute on Aging

Pfizer, Inc.

Rehabilitation Institute of Chicago

Retirement Research Foundation

Robert Wood Johnson Foundation

Rush University Medical Center RUSH

Generations Program

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(see also *Health and Wellness*)

## Central West Case Management Unit

CWCMU, administered by the Jane Addams College of Social Work under its Center for Social Policy and Research, offers programs to enable older adults to live as independently as possible and assists family and friends in care giving responsibilities. A professionally trained staff of case managers perform in-home and hospital-based assessments to evaluate an older person's needs and resources, secure and link them with needed services, and provide on-going monitoring of the individual care plan. The unit also serves as a field placement site for social work students.

### Partners:

UIC Social Work

Addus Healthcare, Inc.

American Spanish Institute (ASI)

Bethel New Life, Inc.

Casa Central Corporation

Catholic Charities of the Archdiocese of Chicago

Chicago Commons

Chicago Department on Aging

Chinese American Service League (CASL)

Community Care Systems, Inc.

European American Association

Family Home Health Services, Inc.

Gareda Diversified Business Services, Inc.

Gentiva Health Services, Inc.

Help at Home, Inc.

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Holistic Community Outreach

Illinois Department on Aging

Lutheran Social Services of Illinois

Nu-Day Home Health Care Services, Inc.

Polish American Association

Shay Health Care Services, Inc.

Third Age

YMCA

## Conceptualizing and Measuring Financial Exploitation and Psychological Abuse of Elderly Individuals

Financial exploitation and psychological abuse of elderly individuals (60 years of age or older) are hidden and pervasive problems that are neither well conceptualized nor well measured. In fact, measurements of financial exploitation and psychological abuse are seldom attempted. There is an urgent need for research that informs efforts to protect vulnerable populations from impoverishment resulting from financial exploitation as well as from the suffering engendered by psychological abuse. The assessment of these two crucial issues may open the door to detection of even more hidden areas such as physical and sexual abuse.

The first objective of this research is to develop definitions and measures to be used in screening and detecting financial exploitation and psychological abuse in older adults. The second objective is to field test financial exploitation and psychological abuse measures for the elderly. In Phase I, we will use concept mapping to conceptualize and organize measure development for these two abuse constructs. Phase 2 of this project will be comprised of a feasibility study of a financial exploitation measure and of a psychological abuse measure based on the concept map and expert panel input. Phase 2 will consist of focus groups and cognitive interviews at ten community sites (e.g., senior centers and case coordination units) to develop procedures for obtaining sensitive information concerning financial exploitation and psychological abuse and to develop new items and refine existing items assessing these areas. Phase 3 will be a full-scale field test of the two abuse subcomponents, i.e., financial exploitation and psychological abuse, with data collection on 200 clients and with a subsequent psychometric analysis of the resulting data.

### Partners:

UIC Applied Health Sciences

UIC Public Health

UIC Urban Planning and Public Affairs

Chicago Department on Aging

Council for Jewish Elderly

Loyola University of Chicago

United States Department of Justice,

National Institute of Justice

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### Dates active:

October 2006–September 2008

## Cost-Effective Health Promotion for Older Adults

The number of workers over age 55 is expected to increase from 19.2 million in 2002 to 31.8 million by 2015. Given these projected increases, the development and testing of cost effective health promotion interventions for this population is an urgent national priority. If we can reach older adults while they are still working and engage them successfully in sustained health promotion activities, we may be able to make a major impact on future health care expenditures. This project addresses this urgent problem by implementing and testing the comparative cost effectiveness of two evidence-based health promotion/behavior change interventions: the Health Enhancement Program, which has been implemented to date with older adults at senior centers across the country, and the Web-based RealAge program. Process and cost-effectiveness data are being collected and analyzed in addition to self-report psychosocial and physical function outcomes.

### Partners:

UIC Public Health  
Centers for Disease Control  
and Prevention

### Contacts:

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### Dates active:

September 2004–September 2007

## Creating Clinical Expertise across Geriatric Care Settings

The project extends the current Geriatric Education Project (funded 2003-2006) and includes three primary objectives:

**Objective 1:** To develop and disseminate educational programs tailored to the care needs of residents in Assisted Living (AL) environments. Currently, no consistent standards or regulations are available for AL care. Therefore, quality of care can vary greatly across settings. By creating and disseminating educational programs for all levels of care providers in AL environments, consistency and quality in care can be reinforced.

**Objective 2:** Based on consistent feedback from the first three years of the program, the need for development of “in-house” mentors and experts has been identified across care settings.

**Objective 3:** The third objective builds on the outcomes of the first three program years by extending the newly established educational programs to a certificate program for professional disciplines and an elective course appropriate to graduate-level nursing students.

This program offering increases the opportunities for graduate students to learn about geriatric nursing, without needing to commit to geriatrics as a major. To facilitate the dissemination of the certificate program, distance learning formats are utilized to deliver the program. A variety of distance learning techniques are utilized including on-line interactive programming, CD-ROM and DVD formats, electronically facilitated communications with clinical experts, and case study methods. All content is adapted as appropriate for professional (baccalaureate prepared) from a variety of disciplines. The certificate program is disseminated throughout the Midwest through the facilitation of the UIC CON Nursing Institute and the multi-campus network of the College of Nursing.

### Partners:

UIC Nursing  
Health Resources and Services  
Administration (HRSA)

### Contacts:

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Dean, College of Nursing  
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### Dates active:

July 2006–June 2009

## Developing Clinical Competence in Geriatric Care

Utilizing the multi-campus network of the University of Illinois College of Nursing, the central goal of this proposed program is to develop and dissemination continuing education programs throughout the state targeting major care issues of older adults: 1) assessment and treatment of delirium and depression; 2) management of challenging behaviors in cognitively impaired older adults; 3) assessment of nutritional status and interventions for managing inadequate nutrition, and 4) identification and management of medication adverse effects and polypharmacy in older adults. A variety of formats will be utilized to deliver the continuing educational programs including on-line content and communications with clinical experts, on-site nursing grand rounds, and case study methods. All content will be adapted as appropriate for the level of nursing staff: RN, LPN, and nursing assistants. With over ten clinical sites identified for participation, over 1,500 nursing personnel are included in the target audience. Two additional program goals include: 1) the development and offering of summer clinical experiences in geriatrics, targeting educational experiences with expert practicing geriatric advanced practice nurses; and 2) the participation of clinical faculty in selected aspects of the educational offerings to increase expertise of geriatric care in College of Nursing faculty members. The continuing education offerings will be disseminated throughout the Midwest through the facilitation of the Nursing Institute.

Funded through a grant from HRSA.

### Partners:

UIC Nursing	Danville Veterans Administration
Boxwood Health Care Center	Medical Center
Carle Clinic Association	Mattoon Health Care Center
Carle Foundation Hospital	Sarah Bush Lincoln Health Center

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### Dates active:

2003–2006

## Family Caregiver Support Project

Provides training and technical assistance to state and local aging and developmental disability agencies on joint outreach, planning, and service delivery to meet the needs of unserved and underserved older families caring for an adult relative with developmental disabilities. The project serves the Chicago metropolitan area, the state of Illinois, and is available to cities in other states.

### Partners:

UIC Applied Health Sciences	Illinois Office of Developmental
Arc of Illinois	Disabilities Services
Arc of the United States	Illinois Department on Aging
Chicago Department on Aging	United States Department of Education
Illinois Department of Human Services	National Institute on Disability and
	Rehabilitation Research

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### Dates active:

2000–present

(see also *Rehabilitation and Disability Studies*)

## Maintenance of Exercise Adherence among Older Adults with Osteoarthritis

This study will use a multi-site randomized controlled trial with repeated measures to assess the comparative effects of two different ways of enhancing long-term adherence to and benefits associated with participation in the evidence-based, Fit and Strong multi-component exercise intervention for older persons with lower extremity OA (Hughes et al., in press). We will recruit 600 persons to participate in the eight-week Fit and Strong program.

### Partners:

UIC Public Health  
Chicago Department on Aging  
National Institute on Aging

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### Dates active:

September 2003–August 2008

## Medicare Part D Activities

JoAnn Stubbings, RPh, MCHA, and pharmacy students including Scott Siegert have helped University of Illinois medical Center at Chicago patients who are senior citizens to enroll for Medicare prescription drug discount cards and now are working with these and other patients to determine what plan to select as their provider for Medicare Part D drug benefits. Professor Stubbings is working on a program to educate Medical Center health professionals about Medicare Part D. She has been working closely with Centers for Medicare and Medicaid Services personnel (e.g., Gregory Dill, PharmD) on these projects.

### Partners:

UIC Pharmacy  
United States Department of Health and  
Human Services, Centers for Medicare and  
Medicaid Management

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### Dates active:

2004–present

(see also *Healthcare for  
At-Risk Populations*)

## Medication Monitoring and Safety in Older Adults

Community-based education program. Professors and students visit residents of senior citizen communities to record as well as discuss and advise individuals about the fears and misconceptions many older adults have regarding immunizations.

College of Pharmacy faculty and students work with elderly patients from ten different ethnic groups who have English as their second language or do not speak English. Work with patients to understand how to take their medications appropriately, monitor for drug interactions and adverse effects, and how to interact with their physicians to ask questions.

### Partners:

UIC Pharmacy  
Suburban Area Agency on Aging

### Contacts:

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### Dates active:

2000–present

(see also *Healthcare for  
At-Risk Populations*)

## Medication Therapy Management Program

Program provided by the UIC College of Pharmacy/University of Illinois Medical Center at Chicago Ambulatory Care Pharmacy to better care for Medicaid patients and others who need extra care in how to use their medications appropriately. These individuals in many cases are elderly or have medical conditions that interfere with their ability to understand and use their medications appropriately. Most patients are on ten or more medications.

### Partners:

UIC Pharmacy

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*(see also Healthcare for At-Risk Populations)*

## Project HEALTHY

The Mid-Illinois Talking Book Center (MITBC), part of the Alliance Library System, in partnership with the UIC Library of the Health Sciences-Peoria (LHS-Peoria), will be conducting twelve monthly sessions on timely consumer health topics of interest to Illinois seniors. MITBC provides library content and services to the print-impaired population—largely seniors—in central and northwest Illinois. Project HEALTHY will utilize the expertise of UI College of Medicine personnel and other Peoria-area health professionals to plan, produce, distribute, and archive topical presentations and discussions.

### Partners:

UIC University Library

Alliance Library System

Mid-Illinois Talking Book Center

National Network of Libraries of Medicine,  
Greater Midwest Region

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### Dates active:

2004—present

## Rehabilitation Research and Training Center on Aging with Developmental Disabilities

Works closely with local community agencies in conducting training, technical assistance and intervention research; focus is on promoting the health of adults with developmental disabilities and providing support and training to the families.

### Partners:

UIC Applied Health Sciences

National Center on Physical Activity  
and Disability

United States Department of Education,  
National Institute on Disability and  
Rehabilitation Research

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1998—present

*(see also Rehabilitation  
and Disability Studies)*