



Resource Center on Aging University of California Berkeley

New Resources on Aging

A Monthly Email Newsletter from
The Resource Center on Aging
University of California at Berkeley

December, 2008

EDITOR'S NOTES

*The staff and affiliated faculty
of the UC Berkeley Resource Center on Aging
wish you and yours a very
Happy Holiday Season*

A copy of this newsletter that includes all events that have not expired is updated monthly at:

<http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html>

Let us know if you have made a donation and would like to be included on our **Donation Page on our WEB site** at:

<http://ist-socrates.berkeley.edu/~aging/donation.html>

Continued thanks to all for your generosity and support.

If you would like to use the **UC Berkeley Resource Center on Aging library**, please email Desi Owens at: <mailto:desiowens@berkeley.edu> or phone Desi at 510-643-6427. We have a new program for our library database. Take a look at: <http://www.libraryworld.net/cgi->

bin/opac.pl?command=signin&libraryname=ucb_center_on_aging&guest=allow

The next edition of the newsletter will be published Friday, January 9th. Deadline for items to be included is Monday, January 5th. Please email to <mailto:ddriver@berkeley.edu>.

All Internet links in this newsletter have been checked. Please allow sufficient time for links to load, **especially pdf (Portable Document Format) documents**. To view a pdf document, you will need the [Adobe® Acrobat® Reader](http://www.adobe.com/products/acrobat/readstep2_allversions.html) available free from Adobe at:

http://www.adobe.com/products/acrobat/readstep2_allversions.html

If for some reason a link does not work, copy and paste the address into your browser.

NEW ON THE WEB

Aging in the Media

(continued thanks to readers who forward information.)

From the New York Times

- **Grandma's on the Computer Screen**, By AMY HARMON. The Web cam adventures of the nursery school set and their grandparents offer a glimpse at what can be gained - and what may be lost - by almost-being there. Read at: http://www.nytimes.com/2008/11/27/us/27minicam.html?_r=1&emc=eta1 (**Editor's Note:** I WEB cam with my niece and her children in New Zealand every so often as well as my daughter in Los Angeles, and a friend in Mexico; I **highly** recommend it! dd)
- **More Men Take the Lead Role in Caring for Elderly Parents** By JOHN LELAND, Published: November 28, 2008. See: http://www.nytimes.com/2008/11/29/us/29sons.html?_r=1&hp
- Published: November 21, 2008, **Unable to Sell Homes, Elderly Forgo Move to Assisted Living**. Read at:

<http://www.nytimes.com/2008/11/22/us/22home.html?pagewanted=2&r=2&hp>

- **Once Just an Aging Sign, Falls Merit Complex Care**, By JOHN LELAND, Published: November 7, 2008

<http://www.nytimes.com/2008/11/08/us/08falls.html?r=1&hp&oref=slogin>

Grandma Robinson Makes White House Transition. Arriana Huffington comments on Michelle Obama's mother moving into the Whitehouse. Watch at: <http://www.msnbc.msn.com/id/26315908/-27777003>

Researchers: New Explanation For Alzheimer's by Jon Hamilton *PBS's Morning Edition*, November 17, 2008. Listen at:

<http://www.npr.org/templates/story/story.php?storyId=97078496&sc=nl&cc=es-20081123&sc=emaf>

The Old Man and the Storm

Six months after Hurricane Katrina slammed into New Orleans, Frontline producer June Cross came across 82-year-old Herbert Gettridge working alone on his home in the lower Ninth Ward, a neighborhood devastated when the levees broke in August 2005. This is the story of the two years, Cross documented the extended Gettridge clan. Watch at:

<http://www.pbs.org/wgbh/pages/frontline/programs/info/2705.html>

Adaptive Computing: Computers are generally designed for the sighted user, but there are tools to enable almost anyone to use a computer. On the public radio program (KUSP, Santa Cruz) Geek Speak Learn about adaptive computing with Calais Ingel who runs the [Assistive Technology Lab](#) at Cabrillo College in Aptos, California. See:

<http://geekspeak.org/shows/2008/11/22/> Also see the Adaptive Computing courses offered at Cabrillo at: <http://www.cabrillo.edu/~cingel/> Contact

Ms. Ingel for information about adaptive computing at:

<mailto:caingel@cabrillo.edu>

Researchers Explore New Technologies, Treatments for Dementia Patients, November 12, 2008, The News Hour Health Unit, PBS. See:

http://www.pbs.org/newshour/bb/health/july-dec08/dementia_11-12.html

"Can You Afford to Retire?" FRONTLINE correspondent Hedrick Smith investigates the looming financial crisis of the baby boomer generation and the outlook for middle-class Americans. See:

<http://www.pbs.org/wgbh/pages/frontline/retirement/view/>

Consumer Sites

The Alzheimer's Disease Education and Referral Center of the National Institute on Aging has just published **Alzheimer's Disease: Unraveling the Mystery**. It can be downloaded from:

http://www.nia.nih.gov/NR/rdonlyres/0FA2EE06-0074-4C45-BAA3-34D56170EB8B/0/Unraveling_final.pdf or you can order a printed copy

at: <http://www.nia.nih.gov/Alzheimers/Publications/Unraveling/>

Medicare has a **new site for caregivers** to help navigate through Medicare, in home care and partner services. See:

<http://www.medicare.gov/caregivers>.

Research & Reports

Don't forget to check out **What's New on AARP Policy & Research** at:

<http://www.aarp.org/research/whatsnew.html>

For a complete list from the Census Bureau of **2007/2008 Older Worker Profiles** by state see:

http://lehd.did.census.gov/led/library/profiles_2007.html

MetLife Mature Market Institute has published **2008 national market survey data on nursing home and assisted living costs**. For the 2008 survey, daily private-pay rates for long-term (custodial) nursing home care were obtained for private and semi-private rooms in licensed facilities throughout the United States. See:

<http://www.metlife.com/FileAssets/MMI/MMIStudies2008NHALCosts.pdf>

Geography Is Destiny: Differences in Health Care Among Medicare Beneficiaries in the United States and California,

The Dartmouth Institute for Health Care Policy and Clinical Practice, November 2008. See:

<http://www.chcf.org/documents/hospitals/GeographyIsDestiny08.pdf>

The Fisher Center for Alzheimer's Research Foundation at The Rockefeller University has published **Counseling and Support Benefits Alzheimer's Caregivers Worldwide**, November 19, 2008. See:

<http://www.alzinfo.org/newsarticle/templates/newstemplate.asp?articleid=317>

Kaiser Family Foundation Fact Sheet: **Medicare at a Glance**, (November 2008, .pdf format, 2p.).

http://www.kff.org/medicare/upload/1066_11.pdf

November 2008, Trends in the Health of Older Californians Steven P. Wallace, Jennifer Lee, May Jawad Aydin, UCLA. See:

<http://www.healthpolicy.ucla.edu/pubs/publication.asp?pubID=278>

Established in 2005, The **Sloan Center on Aging & Work** at Boston College focuses on flexible work options because they represent an innovative response to the aging workforce. Research conducted by the Center examines employers' adoption of flexible work options, their implementation in the workplace, and their utilization by older workers. See a list of the Center's numerous publications on this topic at:

http://agingandwork.bc.edu/template_publications

From The Urban Institute:

- Are Baby Boomers Saving Enough for Their Retirement?, Rudolph G. Penner, November 2008.
http://www.urban.org/UploadedPDF/411794_baby_boomers_saving.pdf
- Are There Opportunities to Increase Social Security Progressivity despite Underfunding? Melissa M. Favreault, Gordon B.T. Mermin, Discussion Paper No. 30, November 2008.
http://www.urban.org/UploadedPDF/1001231_social_security.pdf
- How Do Disabilities Affect Future Retirement Benefits? Richard W. Johnson, and Gordon B. T. Mermin.
http://www.urban.org/UploadedPDF/411780_disabilities_affects.pdf

Reports from Around the World

The General Registrar Office of Scotland has published: **Centenarians in Scotland, 2002 - 2007**. See: <http://www.gro-scotland.gov.uk/statistics/population/population-estimates-for-scottish-centenarians/centenarians-in-scotland/index.html>

HSBC Insurance and the Oxford Institute of Ageing have published **Ageing emerging economies in Eastern Europe and Central Asia**, September, 2008. See:

http://www.ageing.ox.ac.uk/system/files/brief_aee.pdf

Practice Resources

Crane Library Web Picks of the Week Continued thanks to Laurie Blanchard for her generosity in letting us duplicate these. If you wish to subscribe to the Web Pick of the Week, go to:

<http://lists.umanitoba.ca/mailman/listinfo/info-ltc>

Holistic Approach to Transformational Change HATCh

http://www.riqualitypartners.org/cfmodules/objmgr.cfm?Obj=NH_OrganizationalCulture&pmid=121&mid=128&cid=128&clear=yes&bc=Individualized_Care&bcl=2

The HATCh model was developed through a collaboration led by Quality Partners, Rhode Island. The model is a guiding philosophy to assist with a nursing home's culture change journey and includes six inter-related topic areas or domains, that lead to individual, organizational, community and systems changes.

Web Pick of the Week looks at the Changes Idea Sheets, which can be issued as an educational tool to help nursing home staff talk about how to improve resident care. These tools include ideas implemented by nursing homes.

The Changes Ideas sheets include the following topics:

- Consistent Assignment
- Creating Home
- Dining
- Individual Choice
- Pleasant Bathing
- Waking and Sleeping

Active Living Coalition for Older Adults

<http://www.alcoa.ca/e/index.htm>

The Active Living Coalition for Older Adults (ALCOA) strives to promote a society where all older Canadians are leading active lifestyles that contribute to their overall well-being.

ALCOA, in partnership with its member organizations, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

The site features a variety of publications on physical activity: including:

- Physical activity and cancer
- Physical activity and mental health
- Ageism and active living
- Physical activity and coronary heart disease
- Exercise programming for Alzheimer disease and related dementias
- Healthy eating
- Aerobic Fitness

Monitoring and evaluating physical activity programs for older adults

How to prevent falls in adults over 65

The power of strength training for older adults

Diabetes and walking.

Each of these publications includes a research update; active living tips and in some cases, selected references.

Myth Busting: Medications: The Right Dosing Issue:

The June-Aug 2008 issue of BP Blogger: Cutting through the foggy myths using best practice guidelines in long term care is entitled: Myth Busting: Medications: the Right Dosing Issue.

BP Blogger is produced by the Regional Geriatric Program of Ontario (Central Program), St. Peter's Hospital, Hamilton, Ontario.

For this and other issues of BP Blogger, go to the Long Term Care Best Practices Resource Centre section of the website at

<http://www.rgpc.ca>

Training Care Workers to Safely Administer Medicines in Care

Homes <http://infoltc.blogspot.com/2008/11/training-care-workers-to-safely.html>

This document is published by the Commission for Special Care Inspection (CSCI), Quality Performance and Methods Directorate (UK)

and provides CSCI inspectors a guide to good practice on how care providers should train care workers to safely administer medicines in care homes.

It covers the following and more :

- what the regulations and minimum standards say
- who is allowed to administer medications
- levels of training
- what training can be offered in-house

Although information is based on UK standards, this document could be of interest to personal care home staff in all jurisdictions..

<http://www.csci.gov.uk/professional/default.aspx?page=7326&key>

Gastro-Info Gastroenteritis Kit for Aged Care: resources to assist residential aged care homes in preventing, identifying and managing outbreaks of gastroenteritis

<http://www.health.gov.au/internet/main/publishing.nsf/Content/ageing-publicat-gastro-kit.htm>

The Gastro-Info Gastroenteritis Kit for Aged Care is a resource kit developed by the Australian Government Department of Health and Aging and released in November, 2008 to assist residential aged care homes identify the signs and symptoms of an outbreak of gastroenteritis in order to respond quickly and appropriately.

This webpage contains the documents developed for the kit including an Outbreak Coordinators Handbook, a poster for recognizing and managing gastro outbreaks, gastro info sheets, and a brochure designed for families and friends on managing infectious diseases in aged care homes.

NEW AT THE CENTER LIBRARY

We have a new program for our library database. Take a look at:

http://www.libraryworld.net/cgi-bin/opac.pl?command=signin&libraryname=ucb_center_on_aging&guest=allow

To use the library, make an appointment with the

Center's Academic Coordinator, Desi Owens:

<mailto:desiowens@berkeley.edu>)

Nothing new this issue.

NEW PUBLICATIONS

SPRINGER PUBLISHING: **Preventing Patient Falls** by Janice Morse
(Second Edition, 2008, See:

http://www.springerpub.com/prod.aspx?prod_id=03895

CALENDAR OF EVENTS

Note: Except for UC Berkeley, the following are **all newly submitted events**. For a comprehensive calendar see *Resources on Aging* on our WEB site at:

<http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html>

The **Gerontological Society of America** maintains a national/international calendar at:

http://www.geron.org/Resources/Events_Calendar

UC BERKELEY

January 13, 2009

Meet the faculty of the The Osher Lifelong Learning Institute at the **Open House for the winter session** set for Tuesday, January 13, 2009 at the Berkeley Repertory Theatre, 2025 Addison St. at Shattuck Ave. The doors open at 9:30 a.m., and the program begins at 10 a.m.

RSVP at mailto:berkeley_olli@berkeley.edu or call 510.642.9934. Visit the Web site at <http://www.olli.berkeley.edu> for course details and online registration.

The Osher Lifelong Learning Institute (OLLI) brings together a community of older adults who are eager to get the latest scientific research and analysis of world events as well as explore a range of creative artistic expressions. OLLI @Berkeley's winter session (January 26 - March 9, 2008) includes courses on astronomy, the economic downturn, integrated medicine, jazz, Palestinian and Israeli film, hot spots in Islam, Shakespeare, and writing personal essays, short fiction and digital storytelling. Courses are taught by UC Berkeley faculty and renowned experts.

February 20, 21 and 22, 2009

Pacific Institute presents the **First International Film Festival on Aging**, offering new perspectives, exciting explorations and diverse images of elders from around the world as a new generation prepares to redefine what it means to be an elder.

Friday, February 20, 2009

Daytime and Evening Showings

Castro Theater, 429 Castro, San Francisco

Saturday, February 21, 2009

Sunday, February 22, 2009

Daytime and Evening Showings

AMC Van Ness 14, 1000 Van Ness Avenue, San Francisco

For tickets and information about the First International Film Festival on Aging call (415) 861-3455 or visit the <http://www.filmfestonaging.org>, or <http://www.pacificinstitute.org>. **This festival is co-sponsored by The UC Berkeley Resource Center on Aging.**

January 27th & 28th, 2009

A Private Gathering of Nonprofit Professionals:

Conference has been rescheduled!

OEG CONFERENCES is pleased to invite you to the San Francisco **Fundraising Conference** taking place at the University of California, Berkeley Conference Center on January 27th & 28th, 2008. Join approximately 250 other nonprofit professionals including 47 registered speakers.

IMPORTANT NOTICE

We have had to postpone this Conference several times and it is our responsibility to explain why! Since July our office has had to deal with the hurricane season which threatened South Florida and destroyed the Greater Houston area.

As a company we decided to help those affected by the hurricanes. In addition, we had to support a staff person who lost everything in a home fire. This is the kind of company we have, and we hope you will understand why it was necessary to postpone the Conference. Thank You!

To register: http://www.oegconferences.com/san_franc.html

BAY AREA

Stanford Geriatric Education Center Webinar Series for 2009

This series was developed as a way to stay current in the field of **ethno-geriatrics**.

Each month, one of our faculty members will present a new topic designed to share useful information. These webinars are open to everyone, but only with **PRIOR REGISTRATION**.

WHAT ARE WEBINARS? They are online classes and seminars that you can attend from anywhere using your computer!

Are you a LCSW, Nurse or MFCC? Learn invaluable therapeutic techniques in cultural competence with older adults and get CEU or CE credits by signing up for one of our Webinars!

Want to sign up for all of them? Just click on the "Webinar Series Package" on any webinar and you will be added to all of the webinars in this series.

For information and/or to register see: <http://sgec.stanford.edu/events.html>

Tuesday, December 9, 2008

East Meets West: Pharmacological and Non-Pharmacological Intervention in Aging

10:30 am to 12:00 pm (Doors open at 10:00 am) Drexler Auditorium, Buck Institute 8001 Redwood Blvd | Novato, CA 94945 | phone: (415) 209-2000 | fax: (415) 899-1810

Program:

21st Annual Community Meeting Annual Report to the Community

Bradford Gibson, PhD Buck Institute for Age Research

Introduction Julie Andersen, PhD Professor Buck Institute for Age Research

Speakers

Bradford Gibson, PhD, Professor, Buck Institute for Age Research *How the Drug Industry is Targeting Aging as a Disease*

Baxter Bell, MD Bell Yoga *Yoga Techniques as Sustainable Health Care*

How to register or for more information: Phone:415-209-2030 (you will receive a call back only if there is a problem with your reservation) -- or -- Email: <mailto:events-rsvp@buckinstitute.org>

Reservations are required. Seating is limited.

Sunday, February 15, 2009

Holistic Self-Care for the Family Caregiver

A Lecture and Practice Workshop

Time: 12:30 P.M. to 4:00 P.M.

Location: Concord Senior Center, 2727 Parkside Circle Concord, CA 94519

Fee: \$20 prior to Jan 15, \$25 after Jan 15

Join us for this educational and interactive event as a means of gaining and sustaining mind-body-spirit well-being in your role as a family caregiver.

Lecture includes:

Health issues and risks of being a long-term caregiver benefits of mind-body-spirit self-care and the holistic alternative and how each reduces stress/burnout and promotes well-being

Interactive Workshops include:

Caregivers engaging in 45-minute workshops scheduled in two timeslots. Each participant will experience two modalities of Yoga/Stretching, Tai Chi/Qigong/Meditation, Shiatsu/Self-Massage or Aromatherapy

For information contact: Marvelyn Davis, <mailto:marvelynd@ccjcc.org>, 925-938-7800 x257

February 27

A day-long Walnut Creek forum, presented by The Diablo Valley Foundation for the Aging will include speakers with expertise in the field of aging, plus some entertaining elements, and a message from Maggie Kuhn, the late founder of the Gray Panthers, as portrayed by local actress Carolyn Kraetsch.

Twenty exhibitors will provide information about their varied services, and furnish prizes and gifts next door to the forum. Admission is free for this event.

The forum will last from 8:45 a.m. to 3 p.m. at the Heather Farm Community Center, 301 N. San Carlos Drive, Walnut Creek.

For information call: (925) 945-8040 or Contact: Robert Kain, Executive Director, <mailto:robt@dv-fa.org> or Ted Fuller (925) 962-0268, <mailto:Tedpress@aol.com>

April 2009

Wind Through the Grass

This exhibition celebrates the culmination of a year of Center for Elders and Youth in Art (CEYA) work by residents at Vintage Senior Living. Please join us in celebrating their work with CEYA artist Augusta Talbot! **Gallery exhibit will be open through April 2009 from 2:00PM - 4:00PM.**

Location: Vintage at Golden Gate Park, 1601 - 19th Avenue @ Lawton in San Francisco. For more CEYA exhibitions visit http://ceya.ioaging.org/upcoming_events.html

CALIFORNIA

January 21 and 22

The California Lutheran Homes Center for Spirituality and Aging and Sunny View Lutheran Communities & Services offer “**Spiritual Care and the Physiology of Aging**” with Paul Brat, M D. This day-long seminar helps the person who is not a physician understand the characteristics of aging as they apply to the physical symptoms of the human body and the interplay between spirituality and physiology. The seminar also includes practical ideas and practices participants can use to help older adults maintain optimum health. Dr Brat is a retired internist who has completed an MA in ministry at Luther Seminary in St. Paul, MN. He is nationally known for his ability to make medical language and concepts understandable for non-medical audiences. Offered in two California locations:

8:30 a.m.-4:00 p.m. (Continental breakfast & lunch provided)

Walnut Manor Care Center and Walnut Village Retirement Community at the Holiday Inn 1240 S. Walnut St., Anaheim, CA 92802

Thursday, January 22, 2009

8:30 a.m.-4:30 p.m. (Continental breakfast & lunch provided)

Sunny View Retirement Community 22445 Cupertino Road, Cupertino, CA 95014

The cost is \$65. For more information go to

<http://www.spiritualityandaging.org/pdfs/OutlineBrat09.pdf> or email

<mailto:CSAdirector@frontporch.net> **Registration deadline is January**

16, for both sites. Please be sure to note which site you will be attending.

February 9-11, 2009

Join your fellow leaders at **Aging Services of California's 2009 Public Policy Conference** and "Experience Your Influence" at the State Capitol.

Place: Sheraton Grand Hotel, Sacramento, CA

Early Bird Registration Deadline December 31, 2008 - Register Now and Save

For a complete listing of all educational sessions and presenters participating in the "Experience Your Influence" Public Policy Conference and to register, visit: <http://www.aging.org/i4a/calendar/details.cfm?id=39>

or **Contact:** Margaret Morneau via e-mail at:

<mailto:mmorneau@aging.org> or call 916-932-1271

NATIONAL

March 15-19, 2009

Aging in America

What: 2009 ASA-NCOA Aging in America Conference

When: March 15-19, 2009

Where: Las Vegas, NV

URL: <http://www.agingconference.org>

Description: Aging in America is the largest gathering of a diverse, multidisciplinary community of professionals from the fields of aging, healthcare and education, along with business leaders from across the United States. Attendees come from around the country and abroad to find the answers, the experts, the research, the best practices, and the most comprehensive educational offerings available to professionals. It is a place to be if you want to learn about **what's new, what works, and how you can make it work** to respond to the ever-growing demands of serving an aging population. The conference provides attendees with the opportunity to network with new and old friends, gain insight from voices from the front line and find new grassroots and national partners for advocacy.

INTERNATIONAL

12. march to 15. march 2009

Ageing in the Mediterranean World

SCIENTIFIC CONFERENCE, MALTA

Organized by European Social Research (ESR), the European social science section of the International Association of Gerontology and Geriatrics (IAGG), in direct cooperation with The Institute of Gerontology in Malta.

For further details contact: <mailto:hans-joachim.kondratowitz@dza.de>
<mailto:sebastian.richter@dza.de>

COMMUNITY RESOURCES

What to look for during your annual visit to elderly relatives

By Mary Twomey, MSW, Co-Director, Center of Excellence in Elder Abuse & Neglect

For many of us, the holidays offer a once-a-year time to visit with elderly relatives who live at a distance. These holiday visits are a good time to assess what assistance parents or other elderly loved ones might need. There are many things to consider. Does an elderly loved one require help with chores or housekeeping, personal care, shopping and meal preparation, money management, transportation, medical checkups, or medications? Are they isolated or, do they live with others? If living with another, are they dependent on that person for care? Is that person an appropriate caregiver? During your visit, keep an eye out for warning signs of self-neglect, or abuse or neglect by others. If, before you make your trip, you suspect that your loved one needs extra assistance, plan a longer stay so that you can visit local aging service organizations during regular work hours. Allow enough time during your visit to accomplish necessary tasks.

Make the most of your visits by taking some private time with the elder to discuss future planning. Allow time for them to express anxieties. You can decide together what needs to be done and who can help. Be observant while you are visiting. Realize that you may need to arrange a visit to a doctor for a full evaluation.

Remember that 75-90% of elder abuse is committed by family members. Don't let denial become an obstacle to planning that could prevent future emergencies. This is not the time to hide your head in the sand, setting the stage for future regrets. Some warning signs of elder abuse are:

Self-Neglect - If the senior lives alone and does not have anyone providing assistance, self-neglect may become an issue. Some things to look for include:

Senior appears confused

Senior is no longer able to handle meal preparation, house cleaning, laundry, bathing, or timely bill payment

Senior seems depressed

Senior is drinking too much or is overusing drugs

Senior is falling frequently

Senior appears undernourished, dehydrated, under-medicated, or is getting care for problems with eyesight, hearing, dental problems, continence, etc.

Neglect or Abuse by others - If the senior lives with others or ostensibly has people helping with care, neglect or abuse may become an issue.

Some things to look for include:

Presence of “new best friend” who is willing to care for the senior for little or no cost

Recent change in banking or spending patterns

Caregiver isolates older person from friends and family

Caregiver has problems with drugs, alcohol, anger management, and emotional instability

Caregiver is financially dependent on the older person

Family pet seems neglected or abused

You find an abundance of mail and/or phone solicitations for money (“You're our lucky winner!”)

Senior seems afraid of the caregiver

Senior has unexplained bruises, cuts, etc.

Senior has “bed sores” (pressure sores from lying in one place for too long)

Senior appears dirty, undernourished, dehydrated, over- or under-medicated, or is not receiving needed care for problems with eyesight, hearing, dental issues, continence.

What should you do?

If you suspect your older loved one is at risk, call your local Adult Protective Services or Office on Aging or go to <http://www.centeronelderabuse.org> for more information.

Seniors may not be aware of a gradual decline and may be reluctant or unable to plan for needed care. Support and guidance from family members can help prevent serious accidents and/or future health complications. Noticing and correcting problems can help keep seniors safely in their homes.

Learn more about common geriatric conditions, medications and markers of abuse. Refer to *Geriatric Pocket Doc*, a compact guide book for non-physicians. For info, visit <http://www.centeronelderabuse.org> and click *Geriatric Pocket Doc* in the bottom right corner.

Introduce yourself to responsible neighbors and friends. Give them your address and phone numbers in case of an emergency.

Ask your elderly loved ones directly if they are afraid of anyone, if anyone is taking things without their permission; if anyone is asking them to do things they are not comfortable with, or if anyone is putting them down.

Please Note: Due to anti-spam filters on some e-mail services, many messages are blocked or deleted. **Please add lists@berkeley.edu** to your e-mail system's "safe" list of senders to ensure receipt of our messages.

If a colleague has forwarded this newsletter to you, why not get the newsletter directly? Send an e-mail to <mailto:ddriver@berkeley.edu> with "Newsletter Only" in the message's subject field. If you are interested in receiving job postings in the field of aging in California (primarily but not exclusively in the Bay Area) send an e-mail note with "Jobs Only" in the message's subject field. If you would like to receive both the newsletter and job announcements place "Jobs & Newsletter" in the message's subject field.

Postings in this newsletter are for informational purposes only and do not constitute endorsement by the Resource Center on Aging or the University of California. **Please do not contact the UCB Resource Center on Aging about information on these posts. Contact the provider directly. Thank you.**

Donations

The newsletter and jobs lists are complimentary services of the UC Berkeley Resource Center on Aging. Please consider making a donation to support this work.

Suggested amounts:

\$10 a year for newsletter

\$10 a year for job listings

\$20 a year for both

\$20 per job posting.

\$10 per newsletter posting.

We appreciate all donations, large or small. Thank you (Donation year is January 1 - December 31 or any portion thereof.)

Please mail checks to:

Resource Center on Aging
50 University Hall, MC 7360
Berkeley, CA 94720