



Resource Center on Aging University of California Berkeley

New Resources on Aging

A Biweekly Email Newsletter from

Cal

The University of California at Berkeley

Resource Center on Aging

May 9, 2008

For a comprehensive edition of this newsletter see

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

the Monday after you receive this email.

Continued thanks to all for your generosity and support.

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>

EDITOR'S NOTES

May, is Older Americans Month!

Interesting facts and figures (that should have been in the last edition; sorry for the oversight!) are included at the end of this newsletter for use during the month-long celebration. The document from which they came can be downloaded in pdf format for distribution at events. See:

<http://www.census.gov/Press-Release/www/releases/archives/cb08ff-06.pdf>

and,

May 6 (National Nurses Day) through May 12 is

National Nurses Week.

Remember, If you would like to **post an event in the newsletter**, **please** email it **at least 3 weeks in advance** of the event to allow our readers time to plan. **The next newsletter will be published Friday May 23rd.**

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. The library database can be seen at: <http://ist-socrates.berkeley.edu/~aging/library.html> Click on the sentence: *Click here to connect to the Resource Center on Aging Library online database.*

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

NEW ON THE WEB

Consumer Sites

Family Caregiver Alliance Launches the **Family Care Navigator**, a comprehensive Online State-by-State resource for Family Caregivers intended to help families in all 50 states and the District of Columbia locate government, nonprofit, and private caregiver support programs. The resource is available at:

http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=208. For further information about Family Care Navigator, contact Kathleen Kelly, Executive Director, <mailto:kkelly@caregiver.org>

Research & Reports

Don't forget to check **what's new at AARP Policy & Research** at:
<http://www.aarp.org/research/whatsnew.html>

RETIREMENT SECURITY FOR LOW-WAGE WORKERS: The Implications of Career Lengths for Social Security" By Melissa Favreault and C. Eugene , The Urban Institute.

This paper describes how work histories vary by gender, education, and other characteristics. Tying retirement benefits to years of service might protect low-wage workers who start their careers early, but higher disability rates and greater job volatility could offset lower-wage workers' early labor force starts. Those with the least education also have reduced protection because they work the least. See:

<http://www.urban.org/publications/411646.html>

Practice Resources

Tinetti Performance Oriented Mobility Assessment: Use this task-oriented assessment tool, that measures an older adult's gait and balance abilities, to gauge every patient's risk for falls. See:

<https://www.cebp.nl/media/m177.pdf>

Team Strategies and Tools to Enhance Performance and Patient Safety (TeamSTEPPS): Developed jointly by the Department of Defense and the Agency for Healthcare Research and Quality, TeamSTEPPS is a flexible, evidence-based toolkit to improve patient safety through enhanced communication and other teamwork skills. See:

<http://www.ahrq.gov/qual/teamstepps/>

Long-Term Care Transfer Form and Form Guidelines: Use this comprehensive resource for every discharge from a long-term care (LTC) facility. Along with completion instructions, the guidelines offer information on the purpose of the LTC form and who should complete it. See: <http://www.lumetra.com/resource-center/index.aspx?id=3662>

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>

Let's Talk about Restraints

http://www.rcn.org.uk/_data/assets/pdf_file/0010/157762/003208.pdf

Released by the Royal College of Nursing (UK) in March 2008, this guidance is applicable to all settings where nursing care is provided. It replaces the document *Restraint revisited: rights, risks and responsibility; guidance for nursing staff*.

While it has been written for all nursing staff, distinctions are made, where appropriate, between the roles and responsibilities of registered nurses, nursing students, and health care assistants. It also sets out what support and guidance nursing staff should expect their employing organization to provide and covers ethical and legal issues (in the UK context).

This guidance is intended for nurses working with adults, with examples and case studies particularly geared towards the care of older people, and may be helpful to regulators and inspectors of health and social care.

The appendix contains resources for good practice to help avoid the use of restraint.

Supporting Older People in Care Homes at Night

<http://www.jrf.org.uk/bookshop/eBooks/2192-night-care-older-people.pdf>

This report from the Joseph Rowntree Foundation, (University of Edinburgh), 2008 sought to explore night time care in nursing homes, an

understudied and less well understood aspect of nursing home care than daytime care.

The report is organized by the researcher's questions:

- What were we interested in?
- What did we do?
- What is a night in a care home like?
- What did night staff and their managers tell us about working nights?
- What are the views of residents about night-time care?
- What are the views and concerns of relatives?
- What are the key concerns for practice?
- What works?

Key messages and recommendations are also summarized.

NEW AT THE CENTER LIBRARY(The Center Library Database can be searched on line at: <http://ist-socrates.berkeley.edu/~aging/library.htm>. To use the library, make an appointment with the Center's Academic Coordinator, Desi Owens: <mailto:desiowens@berkeley.edu>)

Deeper into the Soul: Beyond Dementia and Alzheimer's Toward Forgetfulness Care (2008) by Nader Robert Shabahangi and Bogna Szymkiewicz, Elders Academy Press, San Francisco.

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/calendar.htm>.

UC Berkeley

May 15, 2008, 8:30 am - 4:30 pm

BRAIN HEALTH ACROSS THE LIFESPAN

Sponsored by the University of California, Berkeley Center for the Advanced Study of Aging Services and the Institute on AgingEvent Center, Saint Mary's Cathedral, 1111 Gough Street, San Francisco.

For specific details please visit: <http://education.IOAging.org> or to register visit: http://education.ioaging.org/sign_up.html For information: Call Danna Moore at (415) 750-4180 x227

May 15 1:00 p.m. EST

The Center for the Advanced Study of Aging Services at Berkeley is pleased to announce the opening of a **Creating Aging-Friendly Communities Community of Practice (CoP)**, developed by Community Strengths. The CoP provides online technical assistance to support individuals, organizations and communities in their efforts to make their communities more aging-friendly. Their first presentation, **What Is First? How to Begin** is open to the public. Kathryn Lawler and Phil Stafford will share from their extensive community organizing experience 'How to Begin' - the practical first steps to creating aging-friendly communities. For information contact Kristin Bodiford at 925-362-4736 or <mailto:communityofpractice@agingfriendly.org>

BAY AREA

Friday, May 16

6th Annual Older Americans Month Celebration

City of Oakland Aging and Adult Services

Join Us!

Friday, May 16, 2008

11 AM - 2 PM

Frank H. Ogawa Plaza, (14th & Broadway)

Celebrate Aging...Making Oakland a Great Place to Grow Old!

For more information call 510.238.2377

Terry Englehart, founder of Senior Center Without Walls, will receive a Gold and Silver Award for her service and commitment to elders in the community.

June 16 - 20

The Grant Institute: **Certificate in Professional Program Development and Grant Communication** will be held at Golden Gate University in San Francisco, California, June 16 - 20, 2008. Interested development professionals, researchers, faculty, and graduate students should register as soon as possible, as demand means that seats will fill up quickly.

All participants will receive certification in professional grant writing from the Institute, as well as 3.5 CEU units. For more information call (888) 824 - 4424 or visit The Grant Institute at:

<http://www.thegrantinstitute.com>

Golden Gate University

San Francisco, California

June 16 - 20, 2008

8:00 AM - 5:00 PM

The Grant Institute consists of four (4) courses that will be completed during the five-day workshop:

Program Development and Evaluation

Advanced Grant Writing

Strategic Grant Research

Advanced Communication Strategies: Institute for Communication

Improvement Persuasion and Argumentation Techniques

Registration Methods

- 1) On-Line - Complete the online registration form at <http://www.thegrantinstitute.com> under Register Now. Confirmation will be sent by e-mail.
- 2) By Phone - Call (888) 824 - 4424 to register by phone.
- 3) By E-mail - Send an e-mail with your name, organization, and basic contact information to <mailto:info@thegrantinstitute.com> and we will reserve your slot and send your Confirmation Packet.

June 28th meeting of OWL SF

Documentary Short Film:

[Let's Face It: Women Explore Their Aging Faces \(26'\)](#)

Directors: Wendy Oser, Joan Levinson, Beverly Spencer.

Seven women, 48 to 63, speak openly, honestly, and with wry humor about the reality of the wrinkles and lines on their faces. Ongoing reflections and conversations reveal the message of early family judgments and a culture that honors youth as the epitome of beauty.

(Post-screening discussion welcomed!)

10am-Business and Social (All welcome)

11 am - Noon: film Program

870 Market Street (Flood Building), Room 1185

Contact: Sheila Malkind, OWL Program Chair for additional info.

OWL is the ONLY national membership organization to focus exclusively on critical issues facing women as they age.

July 21-25

Stagebridge Theatre Company

Stagebridge Announces [2nd Annual Performing Arts Camp for Adults 50+](#)

EVENT: Let your creativity out of the box for five days of acting, clowning, drumming, singing, dancing, improvisation, storytelling, plus much more. No experience necessary to have fun at Stagebridge's second

annual Performing Arts Camp for adults over 50. **REGISTER NOW!**
Last year sold out early.

WHEN: July 21-25, daily 9:00 a.m.-3:30 p.m.

WHERE: Arts First Oakland, 2501 Harrison St. (at 27th St., near Lake Merritt, near BART, onsite parking), Oakland.

FEE: Early registration \$195 by June 1 - after June 1 fee is \$250.

CONTACT: To register or for more information, call (510) 444-4755 or visit <http://www.stagebridge.org/>

Stagebridge is a non-profit organization based in Oakland since 1978.

**For more information: Community/Special Events Maryann Maslan
(510) 444-4755 x112**

CALIFORNIA

Two 30-minute **lectures on Elder Abuse** by Laura Mosqueda, M.D., Director of Geriatrics and Professor of Family Medicine at the University of California, Irvine will be featured as part of the Coming of Age Lecture Series produced by UCTV. The lectures will be viewable in several formats: online through a live stream and then by video-on-demand at <http://www.uctv.tv> and YouTube, locally on cable television throughout California, and nationally on Dish network. They are scheduled to air initially on May 13th and 26th to commemorate Elder Abuse Awareness Month in California and to kick off activities for World Elder Abuse Awareness Day.

5/13/2008, 12:00 pm PST

[Forensic Markers of Elder Abuse](#)

This program details the forensic signs of elder abuse. Dr. Mosqueda's presentation is essential viewing by anyone who treats this vulnerable population. In this program, Dr. Mosqueda explains how to discern the normal signs of aging from signs of abuse.

5/26/2008, 7:30 pm PST

Elder Abuse

The lecture "Elder Abuse" addresses the lay public, describes the nature and scope of elder abuse, explaining some of the vulnerabilities to mistreatment and posing some ethical questions to ponder.

To access the UCTV lectures call Vicky Powell, Special Projects Manager, UCTV. UCTV, (858) 822-4485)

The link to local cable coverage of UCTV in California is

<http://www.uctv.tv/cable/>. The coverage is listed by county.

The online availability is on <http://www.uctv.tv> and it will be up on

YouTube as well <http://www.youtube.com/uctv>. There is an advantage to watching on YouTube for some people who are visually challenged, as the size of the screen can be enlarged to full screen for viewing archived programs, if one clicks on the little box on the lower right hand corner.

This cannot be done from our UCTV website for watching the live streaming programs online.

May 22

Town Hall Meeting on Quality and Safety of Patient Care

Learn how board members and quality improvement professionals can play a leading role in improving the quality and safety of patient care.

Attend the free, upcoming Institute for Healthcare Improvement (IHI) Five Million Lives Town Hall meeting on May 22, 2008 at **Scripps Memorial Hospital in La Jolla, CA**. This event is ideal for hospital CEOs, board members, hospital executives, nurses, quality professionals, and infection control personnel.

Receive training from national leaders in the field, and earn 3.5 hours of CEU credit! Blair Sadler, JD, IHI faculty member, will discuss board oversight responsibilities and roles regarding safety and quality. Bruce Spurlock, MD, President and CEO of Convergence Health Consulting, Inc., will discuss how to improve medication safety.

The meeting covers the following issues:

- Board oversight responsibilities and role regarding safety and quality
- How to make the case for change within the organizational culture
- How to improve medication safety
- Successful intervention strategies
- Best practices in improving quality and safety

Register at: <http://www.lumetra.com/events/index.aspx?id=3566>

June 23 - 25

Plan on attending the upcoming **spring conference of the California Association for Healthcare Quality (CAHQ)** on June 23 - 25. The annual event will be held at the Sheraton Universal Hotel in the recreational environs of Universal City, CA.

This year's theme is "**Destination Quality: Take the Ride.**" State updates will be presented by Kathleen Billingsley, RN, and Deputy Director of the Center for Healthcare Quality within the California Department of Public Health. Julie Braun, JD, LLM, MD, will present "Patient Safety: Legal Implications." Other speakers will follow. The last day is entirely dedicated to an Elder Abuse Mock Trial, hosted by several distinguished participants.

The program provides eligibility for 16 CPHQ credits, 20 contact hours of BRN credits, and 20 hours of MCLE credits.

To register see:

http://www.cahq.org/docs/Destination_Quality_June_E_2_Final.pdf

Facts & Figures on Older Americans from the Census Bureau: May 2008

http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/011603.html

A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month, a time to celebrate those 65 and older through ceremonies, events and public recognition.

37.3 million_The number of people 65 and older in the United States on July 1, 2006. This age group accounted for 12 percent of the total population. Between 2005 and 2006, this age group increased by 473,000 people. _Source: Population estimates <http://www.census.gov/Press-Release/www/releases/archives/population/010048.html>

86.7 million_Projected population of people 65 and older in 2050. People in this age group would comprise 21 percent of the total population at that time. _Source: Population projections <http://www.census.gov/Press-Release/www/releases/archives/population/001720.html>

147%_Projected percentage increase in the 65-and-older population between 2000 and 2050. By comparison, the population as a whole would have increased by only 49 percent during the same period. _Source: Population projections <http://www.census.gov/Press-Release/www/releases/archives/population/001720.html>

506 million_Projected 2008 midyear world population 65 and older. Projections indicate the number will increase to 999 million by 2030. _Source: Population projections <http://www.census.gov/ipc/www/idb/>

Income and Wealth

\$27,798_Median 2006 income of households with householders 65 and older, up 3.4 percent, in real terms, from the previous year. _Source: Income, Poverty, and Health Insurance Coverage in the United States:

2006 http://www.census.gov/Press-Release/www/releases/archives/income_wealth/010583.html

9.4% _Poverty rate for people 65 and older in 2006, down from 10.1 percent in 2005. There were 3.4 million seniors in poverty in 2006, a decline from 3.6 million in 2005. _Source: Income, Poverty, and Health Insurance Coverage in the United States: 2006

http://www.census.gov/Press-Release/www/releases/archives/income_wealth/010583.html

\$190,100 _Median net worth for families in 2004 whose head was between 65 and 74. For those whose head was 75 or older, the corresponding figure was \$163,100. _Source: Statistical Abstract of the United States: 2008

<http://www.census.gov/compendia/statab/> (Table 699)

Serving Our Nation

9.1 million _Estimated number of people 65 and older who are military veterans. _Source: 2006 American Community Survey

<http://factfinder.census.gov/>

Jobs

5.5 million _Number of people 65 and older who were in the labor force in 2006. Projections indicate that by 2016, the number will reach 10.1 million. _Source: Statistical Abstract of the United States: 2008

<http://www.census.gov/compendia/statab/> (Table 570)

23% _Percentage of people 65 to 74 in the labor force in 2006, up from 20 percent in 2000. _Source: 2006 American Community Survey at

http://www.census.gov/Press-Release/www/releases/archives/american_community_survey_acs/010601.html

Some of the highest rates were found in South Dakota, Nebraska and Washington, D.C., all with about one-third of people in this age group in the labor force. Among the 20 largest metro areas, Washington, D.C., had the highest percentage of people in the labor force in this age group (31.8 percent). Others with high percentages include Boston (28.1 percent), Dallas-Fort Worth (27.9 percent), Minneapolis-St. Paul (27.4 percent) and Houston (26.5 percent), none of which was statistically different from the other. Source: 2006 American Community Survey at

http://www.census.gov/Press-Release/www/releases/archives/american_community_survey_acs/010601.html

Education

76% _Proportion of people 65 and older in 2007 with at least a high school diploma. _Source: Educational Attainment in the United States: 2007

<http://www.census.gov/Press-Release/www/releases/archives/education/011196.html>

19% _Percentage of the population 65 and older in 2007 who had earned a bachelor's degree or higher. _Source: Educational Attainment in the

United States: 2007 [http://www.census.gov/Press-](http://www.census.gov/Press-Release/www/releases/archives/education/011196.html)

[Release/www/releases/archives/education/011196.html](http://www.census.gov/Press-Release/www/releases/archives/education/011196.html)

7.3 million _Number of people 66 and older taking adult education courses, comprising about 8 percent of these students. _Source: Statistical Abstract of the United States: 2008

<http://www.census.gov/compendia/statab/> (Table 298)

69,000 _Number of people 65 and older enrolled in high school or college in October 2005. _Source: School Enrollment - Social and Economic

Characteristics of Students: October 2005 [http://www.census.gov/Press-](http://www.census.gov/Press-Release/www/releases/archives/education/007909.html)

[Release/www/releases/archives/education/007909.html](http://www.census.gov/Press-Release/www/releases/archives/education/007909.html)

Marital Status and Living Arrangements

53% _Percentage of people 65 and older who were married in 2006.

_Source: 2006 American Community Survey <http://factfinder.census.gov/>

32% _Percentage of people 65 and older in 2006 who were widowed.

_Source: 2006 American Community Survey <http://factfinder.census.gov/>

64% _Percentage of people 65 and older in 2006 who lived with relatives.

Another 27 percent lived alone, while 5 percent lived in group quarters and 2 percent in a household with nonrelatives. In addition, 6 percent lived in their children's home, and 1 percent lived with unmarried partners.

_Source: 2006 American Community Survey <http://factfinder.census.gov/>

1.6 million _Number of people 65 and older who lived in nursing facilities in 2006. These residents comprised 4 percent of all people in this age group. _Source: 2006 American Community Survey

<http://factfinder.census.gov/>

Voting

79% _Percentage of citizens 65 and older registered to vote in the 2004 presidential election. Seventy-one percent of citizens in this age group reported actually casting a ballot. Source: Voting and Registration in the Election of November 2004 [http://www.census.gov/Press-](http://www.census.gov/Press-Release/www/releases/archives/voting/004986.html)

[Release/www/releases/archives/voting/004986.html](http://www.census.gov/Press-Release/www/releases/archives/voting/004986.html)

19% _In the 2004 presidential election, the percentage of votes cast by people 65 and older. _Source: Voting and Registration in the Election of November 2004 [http://www.census.gov/Press-](http://www.census.gov/Press-Release/www/releases/archives/voting/004986.html)

[Release/www/releases/archives/voting/004986.html](http://www.census.gov/Press-Release/www/releases/archives/voting/004986.html)

Homeownership

81% _Proportion of householders 65 and older in 2006 who owned their homes. This compares with 43 percent for householders at the other end of the age spectrum - younger than 35. _Source: Current Population

Survey/Housing Vacancy Survey

<http://www.census.gov/hhes/www/housing/hvs/hvs.html>

Businesses

11% _Percentage of the nation's business owners who are 65 and older.

Source: Characteristics of Business Owners: 2002

http://www.census.gov/Press-Release/www/releases/archives/business_ownership/007537.html

Population Distribution

Nation

72_The number of men 65 and older on July 1, 2006, for every 100 women in this age group. For those 85 and older, it drops to 47 men per 100 women. _Source: Population estimates <http://www.census.gov/Press-Release/www/releases/archives/population/010048.html>

5.3 million_The number of people 85 and older in the United States on July 1, 2006. _Source: Population estimates <http://www.census.gov/Press-Release/www/releases/archives/population/010048.html>

84,331_Estimated number of centenarians in the United States on Nov. 1, 2007. _Source: Population estimates http://www.census.gov/popest/national/asrh/2006_nat_res.html

580,605_Projected number of centenarians in the United States in 2040. Source: Population projections <http://www.census.gov/ipc/www/usinterimproj/>

States

3.9 million_Number of people 65 and older living in California on July 1, 2006, the highest total of any state. Florida, with 3 million, was the runner-up. _Source: Population estimates <http://www.census.gov/Press-Release/www/releases/archives/population/010048.html>

17% _Percentage of Florida's population 65 and older in 2006, which led the nation. Next to Florida, states with the highest percentages of older people include West Virginia (15.3 percent) and Pennsylvania (15.2 percent). _Source: Population estimates <http://www.census.gov/Press-Release/www/releases/archives/population/010048.html>

31.2% _Percentage of the population of Charlotte County, Fla., that was 65 and older on July 1, 2006, which led the nation. In fact, Florida contributed four of the top 10 counties. _Source: Population estimates <http://www.census.gov/Press-Release/www/releases/archives/population/010482.html>

Cars

75% _Percentage of households with a householder 65 and older who owns a motor vehicle. About 3 percent of these households have three or more cars. _Source: Statistical Abstract of the United States: 2008 <http://www.census.gov/compendia/statab/> (Table 964)

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