

**THE UNIVERSITY OF TEXAS
STEVE HICKS SCHOOL OF SOCIAL WORK**

Course Number:	SW 387R	Instructor:	Namkee G. Choi, PhD, MSW
Unique Number:	59690	Email:	nchoi@austin.utexas.edu
Semester:	Fall 2020	Zoom link:	https://utexas.zoom.us/j/4303565093
Assigned class time:	8:30-11:20 AM CT	Phone:	(512) 797-9102
Zoom Class Time:	Group 1: 8:50-9:50 AM CT; Group 2: 10:00-11:00 or 11:15 (for guest speakers) AM CT		
Office Hours (zoom, telephone, or in-person):	By appointment; email consultation: Any time		

The instructor is not going to send the zoom link every week; students should log in using the above zoom link every week, and the course TA will let you into the zoom class.

SOCIAL WORK PRACTICE WITH OLDER ADULTS: HEALTH AND MENTAL HEALTH ISSUES

I. STANDARDIZED COURSE DESCRIPTION

This course is designed to integrate the theories and practice skills needed for effective social work with older adults with major physical and mental health concerns and the older adults' families. The course builds upon the basic theoretical foundations and the practice methods and skills the students have acquired in their introductory courses. Specific focus will be on in-depth understanding of the nature and course of chronic illnesses and mental health problems, including cognitive declines, utilization of interdisciplinary (multidimensional) geriatric assessment tools, and evidence-based intervention models and processes. Understanding the issues of vital aging, developmental processes, fostering an alliance, overcoming stigma, use of self, therapeutic bias, and ethical dilemmas with this population will also be studied. Emphasis will be placed on older adults at risk due to poverty, lack of informal social support, disability, and discrimination based on race/ethnicity, sexual orientation. The course will be conducted using lectures, class discussions, case analysis, role plays, presentation by expert community practitioners, films, and specialized practice assignments to actively engage students in learning practice.

II. STANDARDIZED COURSE OBJECTIVES

At the completion of this course, the student will be expected to:

1. Demonstrate the ability to explore, identify, and resolve his or her biases, myths, and stereotypes about older adults and the aging process by engaging in self-reflection;
2. Analyze the impact of their own biases on practice with this population;
3. Demonstrate advanced knowledge of theories and practice concepts regarding the unique and diverse needs and capacities of older adults and their families;
4. Identify and understand the signs, symptoms, and trajectories of particular health and mental health problems of older adults;
5. Identify changes in cognitive functioning and address attendant challenges to independent living and safety issues;
6. Be able to select and utilize appropriate assessment and diagnostic methods, including comprehensive geriatric assessment tools (e.g., ADL/IADL check list; home safety check off list; Geriatric Depression Scale; mini-mental status exam);
7. Critique and identify the most effective treatment models and methods to employ for the identified health and mental health problems;
8. Identify gaps in community services that support older adults with health and mental health problems;
9. Demonstrate the capacity to assess the challenges faced by older adults' families caring for them;
10. Develop care plans to address the needs of the informal support system with psycho-educational and supportive model and by linking them to health and social service resources;
11. Demonstrate cultural sensitivity toward diverse population groups (e.g., gender; race/ethnicity; immigrant status; sexual orientation and gender expression) and utilize culturally sensitive approaches in assessment and intervention;
12. Demonstrate expertise in responding to ethical dilemmas common to aging, chronic illness, cognitive

decline, and death and dying;

III. TEACHING METHODS

Since spring 2020, we are living in an unusual and challenging time brought forth by the Covid-19 Pandemic. All aspects of our lives have been affected and will continue to be affected by this pandemic in major ways into the foreseeable future. Statistics show that 43+% of the US Covid-19 fatalities were residents of nursing homes or other long-term care facilities, and that older than younger adults in general are at higher risk of the infection and a longer post-infection recovery time and more severe complications. In the face of all these challenging and tragic realities, we will have to accommodate our course contents and teaching methods as described below.

This will be a fully online course consisting of asynchronous (i.e., independent learning tasks before you come to a zoom class each week; 1.5-1.75 hours) and synchronous (i.e., meeting via zoom each week; 1-1.25 hours) components.

- In the asynchronous part of the class, students are required to review reading assignments (1-2 short-to-medium length articles/chapters on average), power point slides, and/or other class materials (e.g., videos) independently. Please answer the critical thinking and discussion (CTD) questions at the end of each chapter by Segal et al. (our main text book). For other articles, PPT slides, and videos, you will be required to generate at least one question/comment/discussion idea (QCD) per selected reading/viewing assignment as noted in Section IX. Your responses to the CTDs and QCDs should be submitted to Canvas before joining the synchronous part of the class.
- In the synchronous part of the class, I (instructor) will meet with the students in zoom sessions to discuss the class materials based on each student's CTDs and/or QCDs. We will also use the synchronous class time for guest speakers. All students are required to have video on during the class to facilitate more in-person-like interactions and collaborations. Please use a virtual background if you do not want to show your own background. I will be using a virtual background. Telephone connection will be allowed when internet connection is suboptimal or unavailable.
- In order to allow more speaking time for each student, I will divide the students (n=15 total) into two groups (n=7 for Group 1 and n=8 for Group 2). I will meet with those in Group 1 from 8:50 to 9:50 AM CT and those in Group 2 from 10:00 to 11:00 AM CT. (I use these two meeting times in consideration also for those located in the Pacific Time zone.) For productive collaborative learning, students are required to actively participate in class discussions of the assigned class materials and other topics that may arise during class time (refer to class participation grade [i.e., class attendance and CTD/QCD grades] in the section below).
- On the days of guest speaker presentations, both Group 1 and Group 2 will zoom in at 10:00 AM CT and will stay on till 11:15 AM CT.

IV. REQUIRED TEXT AND MATERIALS

With the exception of the textbook chapters, all required reading/viewing assignments are available on the UT course Canvas. Please go to the Canvas "Modules" section for each weekly class outline, reading assignments, instructor-developed PPTs, urls for videos, and CTD and/or QCDs that are due that week. (Sorry that I am not able to upload the textbook chapters for copyright issues.)

Required text:

Segal, D., Qualls, S. H., & Smyer, M. A. (2018) *Aging and mental health* (3rd ed.): **Part III (Chapter 8 through 13)**. Wiley Blackwell. (ebook/print version/rental available from <https://www.amazon.com/Aging->

[Mental-Health-Understanding-ebook-dp-B077FHL9B3/dp/B077FHL9B3/ref=mt_other?_encoding=UTF8&me=&qid=\)](https://www.cengage.com/ebooks/9780130777777/9780130777777.pdf)

Sahlins, J. (2010). *Chapter 3 of Social work practice in nursing homes: Creativity, leadership, and program development*. Chicago, IL: Lyceum. (Chapter 3 available on Canvas)

Required journal articles: All of the articles that are required readings are shown in **Section IX** and available on the course Canvas.

Required PPT presentation files: These are instructor-developed PPT files. Please review these PPT files before zoom class. Some files contain urls/links to youtube videos or training programs. Students are required to review contents in these videos and complete training before zoom class for further discussion.

Recommended books and book chapters: Available on Canvas Files section

Knight, B. G. & Pachana, N. A. (2015). *Psychological assessment & therapy with older adults*. New York: Oxford University Press (Chapters 3, 4, 5, 7, & 9 available on Canvas Files section).

Arean, P. A. (2015). *Treatment of late-life depression, anxiety, trauma, and substance abuse*. Washington, DC: American Psychological Association. (Chapters 7 & 8 available on the course Canvas Files section)

Institute of Medicine. (2015). *Psychosocial interventions for mental and substance use disorders: A framework for establishing evidence-based standards*. Washington, DC: National Academies Press. (Chapter 3 available on Canvas Files section)

Recommended books for your leisure time reading:

Leland, J. (2018). *Happiness is a choice you make: Lessons from a year among the oldest old*. New York: Sarah Crichton Books.

Corttrell Foule, M., & Eckstrom, E. (2015). *The gift of caring: Saving our parents from the perils of modern healthcare*. New York: Taylor Trade Publishing.

Agronin, M. E. (2018). *The end of old age: Living a longer, more purposeful life*. New York: Da Capo Press.

Coughlin, J. F. (2017). *The longevity economy: Unlocking the world's fastest-growing, most misunderstood market*. New York: Public Affairs.

V. COURSE REQUIREMENTS (Please upload a word file of each assignment onto Canvas Assignment tab.)

1. **Journals (Dates are noted in Section IX; 2 points each; 6 points total):** Self-reflections and exploration and articulation of our views, feelings, and experiences enhance our ability to grow and develop greater empathy for people around us. You are expected to turn in three journal entries in the following topical areas: (1) your thoughts and feelings about aging, including fears, expectations, and stereotypes; try to think about how your perceptions may have been influenced by older people who influenced you in positive and/or negative ways; (2) one thing (policy and/or practice) that will have to change/improve in an aging society for the well-being of all members of the society: you are welcome to refer to your experiences/learnings during the ongoing Covid-19 pandemic; and (3) the kind of gerontological social work you want to engage in—reasons, aspirations, goals, and plans. If you are not planning to practice gerontological social work, please feel free to describe your choice of the field of practice and how this class may (not) be helpful for that field. Each journal entry should be one single-spaced page. References are not required for journals #1 and #3, but 2-3 references are required for Journal #2.

2. **Weekly assignments (CTDs for Segal et al. and QCDs for articles, PPT slides, or videos; each CTD or QCD is for 2 points for a total of 46 points for all required submissions):** Starting from week 2, each student is required to submit answers to the critical thinking and discussion (CTD) questions at the end of each chapter by

Segal et al. You have to answer all the questions in the CTD to earn two points (i.e., do not skip any question). For other reading materials (book chapter, journal articles, and PPTs) and videos that are required to read/view, each student is required to bring at least one question/comment/discussion idea (QCD) per selected reading/viewing assignment as noted in Section IX. This can be a question related to the contents of the reading/viewing assignment, a pertinent case example from your own practice/internship to add to the examples shown in the reading materials or other comments/thoughts/ideas that need to be discussed in class. This assignment is designed to make sure that each student comes to zoom class having read/viewed the assignments and prepared to actively participate in zoom class discussions. Please submit your CTDs and QCDs onto the Course Canvas Assignment tab and also bring them to each class for you discuss with other students. Please note the chapter/article title, date of submission, and your name on top of your submission. No late submission of this assignment will be accepted under any circumstance.

3. Chronic Disease Research Brochure and Presentation (10 points; due 11/03/20): A student dyad is required to research one chronic medical condition that has been associated with older adults. Please refer to the list of the most common medical conditions in late life below. The research will include etiologies, signs, and symptoms of the disease, its usual process, common treatments, and prognosis. Describe how each condition may affect activities or instrumental activities of daily living. Discuss available treatments and common risks and benefits of the treatments, including economic issues such as ongoing medication costs.

For each condition, you will develop a one-page (front/back) brochure (that could be used to educate an older adult on the condition) that contains pertinent information regarding the chronic condition. This brochure will be shared with classmates and turned in for grade. Students have to keep the concepts of health literacy in mind when creating the brochure for older adults. However, during class presentation (10 minutes), they must impart necessary medical information and terms that social workers need to be equipped with in multidisciplinary team work settings (e.g., hospitals, health clinics, long-term care settings).

Most common chronic medical conditions in late life: Adult onset diabetes; Arthritis; Kidney and bladder problems; Parkinson's disease; Glaucoma and cataracts; Macular degeneration; Lung disease; Lung cancer; Osteoporosis; Enlarged prostate / Prostate cancer; Cardiovascular disease: HP, Heart disease and Stroke; Colon / Rectal cancer; Chronic pain; Sleep disorders; Falls prevention. While falls are not a disease per se, its consequences can be life-threatening to older adults' health. Thus, falls prevention education is an important topic. (I understand some of you may want to research on Covid-19; however, since we do not yet have enough scientific knowledge about it (them), it may be premature to develop a brochure for it at this point.)

Short Report on Innovative Aging Service Programs/Resources (5 double-spaced pages, 10 points, due when completed): Each student is expected to research an innovative program/service for older adults and write a report on the program/service. To describe a program/service, you will have to interview (via email, phone, Skype) at least one major player for the program or to attend a webinar in addition to any web-based resource. Many aging-service programs are relying on technology or other innovative ways to deliver their services to reduce social isolation among older adults during the Covid-19 pandemic, and you can certainly report on one of these services. You can also report on any other technology-based innovative program: e.g., artificial intelligence/other technological platforms/monitoring devices to assist frail/cognitively older adults with their activities of daily living and their caregivers, prevent fall-related fractures, or to engage older adults in evidence-based chronic disease prevention/self-management approaches (e.g., exercise and other life style changes). Please submit any form of verification (e.g., email exchanges, webinar screen shots) of your contact with the person in charge of the program or webinar attendance. Each student will have a 5-min presentation of his/her short report during zoom class sessions.

4. Assessment and Intervention Plan Paper or Innovative Aging Service Program Review Paper & Presentation (12 double-spaced pages; 28 points; due 12/01/2020). Please refer to Section X of this syllabus for specific guidelines. Each student is required to complete an interview (via telephone, Skype, or in-person when safe) of an older adult (age 60+ and a relative or a friend who is willing to help you with your education). The goal of the interview is to allow the student opportunity to practice assessment skills with an older adult who may have multiple physical and psychosocial problems. In addition to the interview with the older adult, the students are

expected to interview (with the permission of the older adult) - a collateral contact, such as a service provider, friend or family member. After the interviews, the student will summarize the assessment findings and the most effective (evidence-based) and feasible intervention plans for this client, and identify gaps in community services that support older adults who have similar needs. A basic assessment instrument (available in both English and Spanish)—including sociodemographic items, measures of chronic conditions and overall health status, ADL/IADL impairment, scales for depression, stressful life events, social service utilization, social engagement, and many other items—is available on Canvas (see BWTL assessment) in the Files tab. You are welcome to revise and add questions and scales for your assessment with a specific client.

VI. Accumulated points and UT Austin graduate school grading scale

94.0 and Above	A
90.0 to 93.999	A-
87.0 to 89.999	B+
84.0 to 86.999	B
80.0 to 83.999	B-
77.0 to 79.999	C+
74.0 to 76.999	C
70.0 to 73.999	C-
67.0 to 69.999	D+
64.0 to 66.999	D
60.0 to 63.999	D-
Below 60.0	F

VII. CLASS POLICIES

Class Attendance and Participation Policies: It is important for social work practitioners to be punctual in attending meetings and adherent to deadlines. Thus, students are expected to zoom in all synchronous classes, if at all possible. A student will be considered absent if she or he zooms in more than 5 minutes late to class or does not zoom in without a medical documentation. Students who miss one class, without a medical documentation, during the semester will lose 3 points, those who miss two classes will lose 6 points, and those who miss three or more classes will lose 10 points. Leaving class early will be counted as an absence unless the student provides a reasonable cause for doing so in advance and receives the professor's permission.

For this class, it is critical that students complete assigned readings/videos before each zoom class time and actively participate in class discussions. Since the zoom classes will be devoted to discussing the reading/viewing assignments, zooming to class without reading/viewing these materials will be a waste of time and you will not earn any point for CTDs/QCDs.

Late Assignment Policies: No late submission of CTD and QCD assignments will be accepted under any circumstance. For other assignments, except in the case of extreme emergencies, and then only with the permission of the professor, late assignments will be accepted without penalty. Students are expected to upload all required assignments to Canvas at the beginning of the class on the specified due date. (Email attachments will be allowed only under special circumstances when the student could not upload it unto Canvas or for late submission.) Students will lose 3 points for each day that an assignment is late. If the due date is a problem, then the student must contact the professor and negotiate another due date at least **48 hours PRIOR** to the date specified in the course syllabus.

Feedback on Learning: During this course the professor will ask students to provide feedback on their learning in informal as well as formal ways. It is very important for the professor to know the students' reactions to what is taking place in class, so students are encouraged to inform the professor on how her teaching strategies are helping or hindering student learning, ensuring that together the professor and students can create an environment

effective for teaching and learning.

VIII. UNIVERSITY POLICIES

THE UNIVERSITY OF TEXAS HONOR CODE. The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

DOCUMENTED DISABILITY STATEMENT. Any student who requires special accommodations must obtain a letter that documents the disability from the Services for Students with Disabilities area of the Division of Diversity and Community Engagement (471- 6259 voice or 471-4641 TTY for users who are deaf or hard of hearing). A student should present the letter to the professor at the beginning of the semester so that needed accommodations can be discussed and followed. The student should remind the professor of any testing accommodations no later than five business days before an exam. For more information, visit: <http://diversity.utexas.edu/disability/>.

PROFESSIONAL CONDUCT AND CIVILITY IN THE CLASSROOM. The professor expects students to act as professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. A course brings together a group of diverse individuals with various backgrounds. Students are influenced and shaped by such factors as race, ethnicity, gender, sex, physical abilities, religious and political beliefs, national origins, and sexual orientations, among others. We expect to learn from each other in an atmosphere of positive engagement and mutual respect. This atmosphere includes working intentionally to recognize and dismantle racism, sexism, heterosexism, and ableism in the classroom. Social Work also deals with complex and controversial issues. These issues may be challenging and uncomfortable, and it would be impossible to offer a substantive classroom experience that did not include potentially difficult conversations relating to challenging issues. In this environment, we will be exposed to diverse ideas and opinions, and sometimes we will not agree with the ideas expressed by others. Nevertheless, the professor requires that students engage one another with civility, respect, and professionalism.

UNANTICIPATED DISTRESS. Students may experience unexpected and/or distressing reactions to course readings, videos, conversations, and assignments. If so, students are encouraged to inform the professor. The professor can be responsive and supportive regarding students' participation in course assignments and activities, but students are responsible for communicating clearly what kind of support is desired. If counseling is needed, students may contact a service provider of their choosing, including the UT Counseling Center at 512-471-3515 or online at <https://cmhc.utexas.edu/>.

POLICY ON SOCIAL MEDIA AND PROFESSIONAL COMMUNICATION. Public social networks are not private. Even when open only to approved or invited members, users cannot be certain that privacy will exist among the general membership of sites. If social work students choose to participate in such forums, please assume that anything posted can be seen, read, and critiqued. What is said, posted, linked to, commented on, uploaded, subscribed to, etc., can be accessed and archived, posing potential harm to professional reputations and prospective careers.

Social work students who use social media (e.g. Facebook, Twitter, Instagram) and other forms of electronic communication (e.g. blogs) must be mindful of how their communication may be perceived by clients, colleagues, faculty, and others. Social work students are expected to make every effort to minimize material which could be considered inappropriate for a professional social worker in training. Because of this, social work students are advised to manage security settings at their most private levels and avoid posting information/photos or using any language that could jeopardize their professional image.

Students are asked to consider the amount of personal information posted on these sites and are obliged to block any client access to involvement in the students' social networks. Client material should not be referred to in any

form of electronic media, including *any* information that might lead to the identification of a client or compromise client confidentiality in *any* way. Additionally, students must critically evaluate any material that is posted regarding community agencies and professional relationships, as certain material could violate the standards set by the School of Social Work, the Texas Code of Conduct for Social Workers, and/or the NASW Code of Ethics.

Social work students should consider that they will be representing professional social work practice as well as The University of Texas at Austin School of Social Work program while in the classroom, the university community, and the broader area communities.

POLICY ON SCHOLASTIC DISHONESTY. Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, the student may refer to the Web Site of the Student Judicial Services, Office of the Dean of Students: <http://deanofstudents.utexas.edu/sjs/>.

SHARING OF COURSE MATERIALS IS PROHIBITED No materials used in this class, including, but not limited to, lecture hand-outs, videos, assessments (quizzes, exams, papers, projects, homework assignments), in-class materials, review sheets, and additional problem sets, may be shared online or with anyone outside of the class unless you have my explicit, written permission. Unauthorized sharing of materials promotes cheating. It is a violation of the University's Student Honor Code and an act of academic dishonesty. I am well aware of the sites used for sharing materials, and any materials found online that are associated with you, or any suspected unauthorized sharing of materials, will be reported to Student Conduct and Academic Integrity in the Office of the Dean of Students. These reports can result in sanctions, including failure in the course.

USE OF COURSE MATERIALS. The materials used in this course, including, but not limited to exams, quizzes, and homework assignments, are copyright protected works. Any unauthorized duplication of the course materials is a violation of federal law and may result in disciplinary action being taken against the student. Additionally, the sharing of course materials without the specific, express approval of the professor may be a violation of the University's Student Honor Code and an act of academic dishonesty, which could result in further disciplinary action. This sharing includes, among other things, uploading class materials to websites for the purpose of distributing those materials to other current or future students.

CLASSROOM CONFIDENTIALITY. Information shared in class about agencies, clients, and personal matters is considered confidential per the NASW Code of Ethics on educational supervision and is protected by regulations of the Family Educational Rights and Privacy Act (FERPA) as well. As such, sharing this information with individuals outside of the educational context is not permitted. Violations of confidentiality could result in actions taken according to the policies and procedure for review of academic performance located in sections 3.0, 3.1, and 3.2 of the Standards for Social Work Education.

CLASS RECORDINGS. Class recordings are reserved only for students in this class for educational purposes and are protected under FERPA. The recordings should not be shared outside the class in any form. Violation of this restriction by a student could lead to Student Misconduct proceedings.

USE OF E-MAIL FOR OFFICIAL CORRESPONDENCE TO STUDENTS. Email is recognized as an official mode of university correspondence; therefore, students are responsible for reading their email for university and course-related information and announcements. Students are responsible for keeping the university informed about a change of e-mail address. Students should check their e-mail regularly and frequently—daily, but at minimum twice a week—to stay current with university-related communications, some of which may be time-sensitive. Students can find UT Austin's policies and instructions for updating their e-mail address at <http://www.utexas.edu/its/policies/emailnotify.php>.

RELIGIOUS HOLIDAYS. By UT Austin policy, students must notify the professor of a pending absence at least fourteen days prior to the date of observance of a religious holy day. If the student must miss a class,

examination, work assignment, or project in order to observe a religious holy day, the professor will give the student an opportunity to complete the missed work within a reasonable time after the absence.

TITLE IX REPORTING. In accordance with Title IX of the Education Amendments of 1972, the University of Texas at Austin is committed to maintaining a learning environment that is free from discriminatory conduct on the basis of sex <https://titleix.utexas.edu/>. Faculty, field instructors, staff, and/or teaching assistants in their supervisory roles are mandated reporters of incidents of sex discrimination, sexual harassment, sexual violence, stalking, dating violence, or any other forms of sexual misconduct. Students who report such incidents will be informed of University resources. Incidents will be reported to the University's Title IX Coordinator. Further information, including student resources related to Title IX, may also be found at <https://titleix.utexas.edu/>.

CAMPUS CARRY POLICY. The University's policy on concealed firearms may be found here: <https://campuscarry.utexas.edu>. You also may find this information by accessing the Quick Links menu on the School's website.

SAFETY. As part of professional social work education, students may have assignments that involve working in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practices related to agency and/or community safety. Students should notify the professor regarding any safety concerns.

BEHAVIOR CONCERNS ADVICE LINE (BCAL). If students have concerns about their behavioral health, or if they are concerned about the behavioral health of someone else, students may use the Behavior Concerns Advice Line to discuss by phone their concerns. This service is provided through a partnership between the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <http://www.utexas.edu/safety/bcal>.

EMERGENCY EVACUATION POLICY. Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:

- Familiarize yourself with all exit doors in the classroom and the building. Remember that the nearest exit door may not be the one you used when entering the building.
- If you require assistance to evacuate, inform the professor in writing during the first week of class.
- In the event of an evacuation, follow the professor's instructions.
- Do not re-enter a building unless you are given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

COVID CAVEATS. To help keep everyone at UT and in our community safe, it is critical that students report COVID-19 symptoms and testing, regardless of test results, to [University Health Services](#), and faculty and staff report to the [HealthPoint Occupational Health Program](#) (OHP) as soon as possible. Please see this [link](#) to understand what needs to be reported. In addition, to help understand what to do if a fellow student in the class (or the instructor or TA) tests positive for COVID, see this [University Health Services link](#).

IX. COURSE SCHEDULE

Zoom class time is 8:50-9:50 AM CT for Group 1 and Group 2: 10:00-11:00 AM CT for Group 2 unless there is a guest speaker presentation. All guest speaker presentations will begin at 10:00 AM for both groups.

Zoom link for all classes: <https://utexas.zoom.us/j/4303565093>

All assignments due each week should be uploaded onto Canvas before zoom class that week.

Week 1 (9/01/20): Introduction, The Older Americans Act, & Theories of Aging

Independent tasks	<ul style="list-style-type: none"> ✓ Course syllabus review ✓ Reading materials: The Older Americans Act & aging service network ✓ Review of power point presentation: Biopsychosocial changes; Theories of aging (PPT)
Assignments due	Please bring your QCDs about the above reading and PPT file. I will not grade the QCDs for this first assignment.
Zoom class	<ul style="list-style-type: none"> • Introduction: Please let your classmates know who you are and why you have decided to take this course. • Discussion of theories from the PPT slides
Week 2 (9/08/2020): Reducing Social Isolation during Covid-19 Zoom class time is 10:00 AM CT for every one	
Independent tasks	<ul style="list-style-type: none"> ✓ Van Order et al. (2020). Strategies to promote social connections among older adults during 'Social Distancing' restrictions. <i>American Journal of Geriatric Psychiatry</i>. ✓ Choi et al. (2020). Improving social connectedness for homebound older adults: Randomized controlled trial of tele-delivered behavioral activation versus tele-delivered friendly visits. <i>American Journal of Geriatric Psychiatry</i>.
Assignments (6 pts)	<ul style="list-style-type: none"> ✓ QCD for Van Orden et al. ✓ QCD for Choi et al. ✓ Journal 1
Zoom class	<ul style="list-style-type: none"> • Guest speaker: Dr. Renee Pepin, Research Scientist, Community and Family Medicine, Dartmouth Centers for Health and Aging • Q&A with Dr. Pepin
Week 3 (9/15/20): Cognitive Disorders: Dementia & Delirium	
Independent tasks	<ul style="list-style-type: none"> ✓ Segal et al. Ch 8 ✓ Week 3_Dementia Description (word file) ✓ Week 3_AAGP Dementia Short Version (PPT)
Assignments (6 pts)	<ul style="list-style-type: none"> ✓ CTD for Segal et al. ✓ QCD for Dementia Description ✓ QCD for AAGP Dementia Short Version
Zoom class	<ul style="list-style-type: none"> • CTD & QCD discussion
Week 4 (9/22/20): Clinical Interview; Capacity Evaluations; Ethical Issues: Zoom class time is 10:00 AM CT for every one	
Independent tasks	<ul style="list-style-type: none"> ✓ Teepa Snow's streaming videos: Progression of dementia and gems (Please do NOT share the links with others; these were paid to use by the instructor for this class only under a contract). These are extremely helpful videos, so please try to review them all if at all possible, especially the gem parts. <p> <i>Chapter 1: How Does Dementia Progress?</i> Vimeo link: https://vimeo.com/320568931/2299f7957d <i>Chapter 2: It's All About the Money</i> Vimeo link: https://vimeo.com/320568744/9f77940ef0 <i>Chapter 3: GEM Levels – Diamonds vs Emeralds</i> Vimeo link: https://vimeo.com/320568785/bc056b06f2 <i>Chapter 4: Ambers</i> Vimeo link: https://vimeo.com/320568837/832ed5b107 <i>Chapter 5: Rubies</i> Vimeo link: https://vimeo.com/320568870/5eecl1c59f <i>Chapter 6: Pearls</i> Vimeo link: https://vimeo.com/320568889/6bae341cea </p>

	<p>Recommended: Youtube videos by Teepa Snow: Vascular dementia: http://www.youtube.com/watch?v=QTbdgHgmTgw Lewy body dementia: http://www.youtube.com/watch?v=lq1FJc3xsBw&feature=relmfu</p> <p>Kim Warchol: Shifting the perception of Alzheimer's and creating positive outcomes: http://www.youtube.com/watch?v=zXK1Ujd5Reg</p>
Assignments (4 pts)	<ul style="list-style-type: none"> ✓ QCD for Teepa Snow (you can have just one or more QCDs for all chapters shown above.) ✓ Journal 2
Zoom class	<ul style="list-style-type: none"> • Guest Speaker: Char Hu, PhD, Director/CEO of Georgetown Living and Helper Bees • QCD discussion
Week 5 (9/29/20) : Interventions for Dementia	
Independent tasks	<ul style="list-style-type: none"> ✓ Week 5_Nonpharmacological Dementia Interventions (PPT) ✓ Teepa Snow: How to deal with challenging behavioral problems in dementia care (please do NOT share the links with others; these were paid to use by the instructor for this class only under a contract): <p><i>Chapter 1: Resistive & Distressed Behaviors</i> Vimeo link: https://vimeo.com/304847200/95d54b4798 <i>Chapter 2: Sexual Advances & Explicit Behaviors</i> Vimeo link: https://vimeo.com/304847545/d5c5ac70a0 <i>Chapter 3: Six Pieces of the Puzzle</i> Vimeo link: https://vimeo.com/304848097/f1bde84ef6 <i>Chapter 4: Hallucinations and Q&A</i> Vimeo link: https://vimeo.com/304849797/3ff28637cd</p> <ul style="list-style-type: none"> ✓ Sahlins, J. (2010). Reminiscence and reminiscence groups, Ch. 3 of <i>Social work practice in nursing homes: Creativity, leadership, and program development</i> (pp. 37-63). Chicago, IL; Lyceum. <p>Recommended: Creative Alzheimers Solutions ALZ TX</p>
Assignments (6 pts)	<ul style="list-style-type: none"> ✓ QCD for Nonpharmacological Dementia Interventions ✓ QCD for Teepa Snow (you can have just one or more QCDs for all chapters shown above.) ✓ QCD for Sahlins
Zoom class	<ul style="list-style-type: none"> • QCD discussion
Week 6 (10/06/20): Depression: Assessment & Current Status of Medical/Pharmacological Treatment and Psychotherapy	
Independent tasks	<ul style="list-style-type: none"> ✓ Segal et al. Ch 9 ✓ Week 6_Depression_2020 (PPT): Please do take the PHQ-9 online training (about one hour) and watch PATCH: Treatment of Depression in Older Adults Evidence-Based Practices: https://www.youtube.com/watch?v=1aGaVws-ntY (into 15 minutes) (The links are embedded in the PPT file)
Assignments (4 pts)	<ul style="list-style-type: none"> ✓ CTD for Segal et al. ✓ QCD for Depression PPT
Zoom class	<ul style="list-style-type: none"> • CTD/QCD discussion; PHQ-9 role playing
Week 7 (10/13/20): Treatment of Depression & Suicide Prevention	

Zoom class time is 10:00 AM CT for every one	
Independent tasks	<ul style="list-style-type: none"> ✓ Week 7_Depression Treatment (PPT) ✓ Week 7_Suicide Prevention (PPT)
Assignments (4 pts)	<ul style="list-style-type: none"> ✓ QCD for Depression Treatment ✓ QCD for Suicide Prevention
Zoom class	<ul style="list-style-type: none"> • QCD discussion; Demonstration of Behavior Activation: Kelly Vences and Julieta Caamano
Week 8 (10/20/20): Anxiety Disorders: Signs & Symptoms & Treatment	
Independent tasks	<ul style="list-style-type: none"> ✓ Segal et al. Ch 11 ✓ Week 8_Anxiety in Late life (PPT) <p>Recommended: Segal et al., Ch 10 for psychosis and personality disorder</p>
Assignments (4 pts)	<ul style="list-style-type: none"> ✓ CTD for Segal et al. ✓ QCD for Anxiety PPT
Zoom class	<ul style="list-style-type: none"> • CTD & QCD Discussion
Week 9 (10/27/20): Treatment of Substance Abuse Disorder & Motivational Interviewing	
Independent tasks	<ul style="list-style-type: none"> ✓ Segal et al. Ch 13 ✓ Week 9_Substance Abuse Treatment (PPT) ✓ Short videos: SBIRT for older adults: https://www.youtube.com/watch?v=Xli_ImmFafQ Brief intervention: "Jill": https://www.youtube.com/watch?v=MaxHuf17A44 Pain Management: Discontinuing Opioids: https://www.youtube.com/watch?v=GhPoWgLAvfU
Assignments (6 pts)	<ul style="list-style-type: none"> ✓ CTD for Segal et al. ✓ QCD for Substance Abuse Treatment ✓ QCD for any of the above videos
Zoom class	<ul style="list-style-type: none"> • CTD & QCD Discussion
Week 10 (11/03/20): Nursing Home Residents during Pandemic	
Independent tasks	<ul style="list-style-type: none"> ✓ Abbasi, J. (2020). "Abandoned" nursing homes continue to face critical supply and staff shortages as COVID-19 toll has mounted nursing home residents. <i>JAMA Medical News & Analysis</i>, E1-E3. ✓ Berridge, C., Halpern, J., Levy, K. (2019). Cameras on beds: the ethics of surveillance in nursing home rooms. <i>AJOB Empirical Bioethics</i>, 10(2): 55-62. <p>Recommended: Please review many great resources on the https://theconsumervoicework.org/ (most recent bills, legislations, visitation rights, tele-visitations, essential workers,...) Recommended: Levy, K., Kilgour, L., & Berridge, C. (2019). Regulating privacy in public/private space: the case of nursing home monitoring laws. <i>Elder Law Journal</i>, 26, 323-364 (I will refer to more updated materials as they become available, as nursing home residents and workers face enormous challenges during the pandemic.)</p>
Assignments (4 pts)	<ul style="list-style-type: none"> ✓ QCD for Abbasi. ✓ QCD for Berridge et al.
Zoom class	<ul style="list-style-type: none"> • QCD Discussion (Instructor will present updated data on resources for NH residents during Covid-19.) • Course TA (SY) presentation: Japanese long-term care workforce issues
Week 11 (11/10/20): Chronic Disease Brochure Presentation	

Independent tasks	<p>Recommended Reading: Intro to Stanford Chronic Disease Self-Management Program and Better Choices, Better Health (online CDSMP): https://www.ncoa.org/healthy-aging/chronic-disease/chronic-disease-self-management-programs/#intraPageNav0 PODCAST: Psychology of Aging with Dr. Regina Koepf: https://www.drreginakoepp.com/blog/older-adult-refusing-to-go-to-the-doctor-try-these-5-expert-tips</p>
Assignments (10 pts)	✓ Chronic Disease Brochure
Zoom class	• Chronic disease Brochure presentation (each dyad will have 15 mins)
<p>Week 12 (11/17/20): Underrepresented Population Groups; Minority Elders, LGBT Elders, and Older Prison Inmates Zoom class time is 10:00 AM CT for every one</p>	
Independent tasks	<ul style="list-style-type: none"> ✓ Putney, J.M., Keary, S., Hebert, N., Krinsky, L., & Halmo, R. (2018). "Fear runs deep." The anticipated needs of LGBT older adults in long-term care, Journal of Gerontological Social Work, 61(8), 887-907. ✓ Movement Advancement Project (2017, December). Dignity denied: Religious exemptions and LGBT elder services: http://www.lgbtmap.org/file/Older-Adults-Religious-Exemptions.pdf ✓ Fault Lines - Dying Inside: Elderly in Prison https://www.youtube.com/watch?v=RCw_5gfBzVs
Assignments (4 pts)	<ul style="list-style-type: none"> ✓ QCD for Putney et al. ✓ QCD for Fault Lines
Zoom class	<ul style="list-style-type: none"> • Guest speaker: Kelly Vences: Navaho and Hopi culture ; • Guest speaker: Julieta Caamano: Mexican Elders
<p>Week 13 (11/24/20): Elder Scams, Abuse and Neglect; Guardianship Zoom class time is 10:00 AM CT for every one</p>	
Independent tasks	<ul style="list-style-type: none"> ✓ NCOA (n.d.). Top 10 financial scams targeting seniors: https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/ ✓ NCOA (n.d.). 8 tips how seniors can protect themselves from money scams: https://www.ncoa.org/economic-security/money-management/scams-security/protection-from-scams/ ✓ Aviv, R. (2017, October 9): How the elderly lose their right: https://www.newyorker.com/magazine/2017/10/09/how-the-elderly-lose-their-rights
Assignments (4 pts)	<ul style="list-style-type: none"> ✓ QCD for Aviv. ✓ Journal 3
Zoom class	• Guest speaker: Sam Cortina, APS, DFPS, Community Engagement Specialist
<p>Week 14 (12/01/20): Final Paper Presentation</p>	
Independent tasks	✓ Complete the final paper
Assignment (28 pts)	✓ Final paper submission
Zoom class	• Paper presentations: Each student will be given 12-15 minutes to present her/his paper—assessment and intervention plans

X. Final Assessment and Intervention Plan Paper Guidelines (12 pages; 28 points total. Please use section headings.)

The purpose of this assignment is to provide students with opportunities to practice their assessment skills with older adults and their support systems and plan interventions for the older adults. The focus of this assignment is on applying comprehensive bio-psycho-social assessment skills and planning for case management, evidence-based interventions, and/or advocacy for the problems that the older person is dealing with.

- **Title page:** Descriptive title of the paper and your name
- **Introduction (1 page; 1 point):** (1) Description of the older adult client and his/her support system; and (2) a brief statement of the client's problems/issues, assessment methods, the goals of the client and his/her support system and your goals as a social worker.
- **Literature review (3 pages; 5 points):** A brief review of relevant literature related to the client's problems/issues focusing on their etiologies and effects
- **Assessment (4 pages; 10 points):** (1) Description of the assessment methods (e.g., self-report, your behavioral observations and ratings; in-depth qualitative interviews) and instruments used ; the rationale for these choices, and duration of the assessments with the older adult and his/her support system; (2) discussion of the comprehensiveness and depth of assessment as well as any potential assessment errors that may have compromised the reliability and validity of your assessment; and (3) summary of assessment findings, especially those that are relevant to developing intervention plans.
- **Intervention plan (4 pages; 10 points):** (1) Description of and reasons for the chosen intervention/s (case management, evidence-based intervention/s, advocacy, and/or others); and (2) discussion of related theory and evidence bases—citing previous studies/meta analyses that showed their efficacy and/or effectiveness and focusing on critical appraisal of the major methodological strengths and weaknesses of previous studies that form the evidence base, what is already known, and what needs to be known. If any intervention with the best scientific evidence is not feasible, then select an alternative intervention that is feasible and has the best evidence among those that are feasible. That is, you must provide justification for your choice of intervention/s based on scientific evidence and feasibility (compared to other possible intervention/s).
- **References (1 points):** Follow the APA format.
- **Appendix (1 points):** Copies of completed, de-identified data collection instruments.

XI. BIBLIOGRAPHY

Covid-19 related resources (Updated resources will be announced throughout the semester)

- Advocacy organizations for nursing home residents and low-income older adults (excellent resources for rapidly changing rules and regulations per Covid-19):
The National Consumer Voice for Quality Long-Term Care ("Consumer Voice):
<https://theconsumervoic.org/>
 - Long-term Care Community Coalition: <https://nursinghome411.org/>
 - Center for Medicare Advocacy: <https://medicareadvocacy.org/>
 - Justice in aging: <https://www.justiceinaging.org/>
- Social connections among older adults during Covid-19 (Kim Van Orden)
<https://www.youtube.com/watch?v=0WL7hLz45p8>
- Coronavirus in Context: COVID-19 Impact on Nursing Homes: What Can We Do? | WebMD
https://www.youtube.com/watch?time_continue=846&v=xFaMnA7RNDk&feature=emb
- The John A. Hartford Foundation COVID-19 Resources for Nursing Homes & Long-Term Care (updated regularly)
<https://www.johnahartford.org/dissemination-center/view/nursing-home-long-term-care-resources>
- Webinar Recording: Aging Native American, Rural, and Homeless Populations: Engagement and Advocacy During COVID-19
<https://www.youtube.com/watch?v=foIyj3wu-o8&feature=youtu.be>

Ageism

Levy, B. R., Chung, P. H., Bedford, T., & Navrazhina, K. (2014). Facebook as a site for negative age stereotypes.

The Gerontologist, 54(2), 172-176.

Luo, B., Zhou, K., Jin, E. J., Newman, A., & Liang, J. (2013). Ageism among college students: A comparative study between US and China. *Journal of Cross-Cultural Gerontology*, 28(1):49-63.

Robinson S, Briggs R, O'Neill D. (2012). Cognitive aging, geriatrics textbooks, and unintentional ageism. *Journal of the American Geriatrics Society*, 60 (11), 2183-2185.

Huber, R., Nelson, H. W., Netting, F. E., & Borders, K. (2008). Elder advocacy: Essential knowledge & skills across settings. Belmont, CA: Thompson

Caregiving

Persons with Dementia: Skills for Addressing Challenging Behaviors

<https://www.youtube.com/watch?v=hgVMKEkvHo>

UCLA Alzheimer's and Dementia Care Videos: Caregiver training part 1~6

<https://www.youtube.com/watch?v=cpV57QGdU7I>

https://www.youtube.com/watch?v=hke8ek_aHkE

Savvy caregiver disks

<https://www.youtube.com/watch?v=au6eG1UexoA>

<http://www.nextavenue.org/what-to-say-to-someone-whos-dying/>

Miyawaki, C. E. (2016). Caregiving practice patterns of Asian, Hispanic, and Non-Hispanic White American family caregivers of older adults across generations. *Journal of Cross-Cultural Gerontology*, 31, 35-55.

Warchol-Biedermann K, Mojs, E, Gregersen, R, Maibom, K., Millán-Calenti, J. C., & Maseda, A. (2014). What causes grief in dementia caregivers? *Archives of Gerontology and Geriatrics*, 59 (2), 462-467.

Mast, M. E. (2013). To use or not to use. A literature review of factors that influence family caregivers' use of support services. *Journal of Gerontological Nursing*, 39 (1), 20-28.

Ward-Griffin, C., McWilliam, C. L., & Oudshoorn, A. (2012). Relational experiences of family caregivers providing home-based end-of-life care. *Journal of Family Nursing*, 18 (4), 491-516.

Pinquart, M., & Sörensen, S. (2011). Spouses, adult children, and children-in-law as caregivers of older adults: a meta-analytic comparison. *Psychology & Aging*, 26(1), 1-14.

Alzheimer's disease

Schneider, L. S., Mangialasche, F., Andreasen, N., Feldman, H., Giacobini, E., Jones, R., Mantua, V., et al. (2014). Clinical trials and late-stage drug development for Alzheimer's disease: An appraisal from 1984 to 2014. *Journal of Internal Medicine*, 275 (3), 251-283.

Rongve, A., Vossius, C., Nore, S., Testad, I., & Aarsland, D. (2012). Time until nursing home admission in people with mild dementia: comparison of dementia with Lewy bodies and Alzheimer's dementia. *International Journal of Psychogeriatrics*. Aug 13. doi: 10.1002/gps.4015. [Epub ahead of print]

Sorocco, K. H., Bratkovich, K. L., Wingo, R., Qureshi, S. M., & Mason, P. J. (2013). Integrating care coordination home telehealth and home based primary care in rural Oklahoma: A pilot study. *Psychological Services*, 10 (3), 350-352.

Perilli, V., Lancioni, G. E., Laporta, D., Paparella, A., Caffò, A. O., Singh, N. N., et al. (2013). A computer-aided telephone system to enable five persons with Alzheimer's disease to make phone calls independently. *Research Development and Disability*, 34(6), 1991-97.

Elder abuse

Burnes, D. P., Rizzo, V. M., & Courtney, E. (2014). Elder Abuse and Neglect Risk Alleviation in Protective Services. *Journal of Interpersonal Violence*, 29(11), 2091-2113.

Andersen, E., Raffin-Bouchal, S., & Marcy-Edwards, D. (2013). "Do they think I am a pack rat?" *Journal of Elder Abuse and Neglect*, 25(5), 438-452.

Mukherjee, D. (2013). Financial exploitation of older adults in rural settings: a family perspective. *Journal of Elder Abuse and Neglect*, 25(5), 425-437.

Manthorpe, J., Samsi, K., & Rapaport, J. (2013). Elder abuse and neglect in institutional settings: the resident's perspective. *Journal of Elder Abuse and Neglect*, 25(5), 339-354.

Substance abuse

SAMHSA TIP 26: Substance Abuse Among Older Adults

Directions for downloading or ordering publications from the Substance Abuse and Mental Health Services Administration (SAMHSA). If you have not ordered the full publications at the beginning of the quarter, cited chapters can be read on-line or downloaded by following these directions:

Visit: <http://www.Treatment.org>

Select: Documents (pull-down menu)

CSAT TIPS

Scroll down and choose TIP 26: Substance Abuse Among Older Adults

Read Chapter 4: Identification, Screening, and Assessment & Chapter 5: Referral and Treatment Approaches

Cummings, S. M., Cooper, R. L., & Johnson, C. (2013). Alcohol misuse among older adult public housing residents. *Journal of Gerontological Social Work*, 56 (5), 407-422.

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Nursing home residents

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Grandparents as caregivers

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Van Etten, D., & Gautam, R. (2012). Custodial grandparents raising grandchildren: lack of legal relationship is a barrier for services. *Journal of Gerontological Nursing*, 38(6), 18-22.

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Elders of color / Oppressed groups

Whitfield, K., & Baker, T. (Eds) (2013). *Handbook of Minority Aging*. New York: Springer. (This new book contains a diverse array of minority-aging related chapters, and includes a Social Work section.)

Grandbois, D. M., & Sanders, G. F. (2012). Resilience and stereotyping: The experiences of Native American elders. *Journal of Transcultural Nursing*, 23(4), 389-396.

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Nguyen D. (2012). The effects of sociocultural factors on older Asian Americans' access to care. *Journal of Gerontological Social Work, 55*(1), 55-71.

Older gays and lesbians; People with HIV/AIDS

Fenge, L. A. (2014). Developing understanding of same-sex partner bereavement for older lesbian and gay people: Implications for social work practice. *Journal of Gerontological Social Work, 57*(2-4), 288-304

Serafin, J., Smith, G. B., Keltz, T. (2013). Lesbian, gay, bisexual, and transgender (LGBT) elders in nursing homes: It's time to clean out the closet. *Geriatric Nursing, 34*(1), 81-3.

Van Wagenen, A., Driskell, J., & Bradford, J. (2013). "I'm still raring to go": successful aging among lesbian, gay, bisexual, and transgender older adults. *Journal of Aging Studies, 27*(1), 1-14.

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Spirituality, End-of-Life care, Grief & loss

Nelson-Becker H. (2013). Spirituality in end-of-life and palliative care: what matters? *Journal of Social Work, End of Life, and Palliative Care, 9*(2-3), 112-116.

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Ardelt, M. (2000a). Antecedents and effects of wisdom in old age. *Research on Aging, 22*, 360-394.

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Bluck, S., & Gluck, J. (2004). Making things better and learning a lesson: Experiencing wisdom across the lifespan. *Journal of Personality, 72*, 543-572.

Aging Web Sites

Administration on Community Living: <http://www.acl.gov>

Aging Parents and Elder Care <http://www.aging-parents-and-elder-care.com/>

American Association of Homes and Services for the Aging <http://www.aahsa.org/>

AARP <http://www.aarp.org>

Alzheimer's Association <http://www.alz.org/>

Alzheimers Texas <https://www.txalz.org/>

American Society on Aging <http://www.asaging.org/>

ARCH Respite Main Page <http://www.archrespite.org/>

Association for Gerontology in Higher Education <http://www.aghe.org/site/aghewebsite>

CareScout: Elder Care resources—nursing homes and assisted living facilities <http://www.carescout.com/>

CDC STEADI (Centers for Disease Control & Prevention Stopping Elderly Accidents, Deaths, & Injuries) fall Prevention Toolkits <https://www.cdc.gov/steady/index.html>

Centers for Medicare and Medicaid <http://www.CMS.gov/>

Centre for Policy on Ageing <http://www.cpa.org.uk/>

Children of Aging Parents (CAPS) <http://www.caps4caregivers.org/>

Commission on Accreditation of Rehabilitation Facilities (CARF) <http://www.carf.org/>

Council on Social Work Education Gero-Ed Center <https://www.cswe.org/Centers-Initiatives/CSWE-Gero-Ed-Center.aspx>

Dementia Research Group <http://dementia.ion.ucl.ac.uk/>
Elder Abuse Law Center <http://www.elder-abuse.com/>
Elder Care of Wisconsin <http://elderc.org/cms/home.php>
Elderhostel <http://www.elderhostel.org/>
Elder Law Answers <http://www.elderlawanswers.com/>
Family Caregiver Alliance <http://www.caregiver.org/>
Friends and Relatives of Institutionalized Aged <http://www.fria.org/>
Home Care Companion - Training and Tools for Caregivers <http://www.homecarecompanion.com/>
Hospice Web <http://www.hospiceweb.com/>
Medicare: the official U.S. Government Site for Medicare information <http://www.medicare.gov/>
Medicare Rights <http://www.medicarerights.org/>
National Adult Day Services Association (NADSA) <http://www.nadsa.org/publications/default.asp>
National Aging Information Center <http://www.aoa.dhhs.gov/naic/>
National Alliance for Caregiving <http://www.caregiving.org/>
National Association of Professional Geriatric Care Managers <http://www.caremanager.org/>
National Center on Elder Abuse <http://www.elderabusecenter.org/>
National Citizens' Coalition for Nursing Home Reform <http://www.nccnhr.org/>
National Council on the Aging <http://www.ncoa.org/>
National Institute on Aging—Aging and Alcohol Abuse <http://www.nia.nih.gov/>
National PACE Association <http://www.npaonline.org/website/article.asp?id=4>
National Resource Center on Nutrition, Physical Activity and Aging <http://nutritionandaging.fiu.edu/>
Native Elder Research Center <http://www.uchsc.edu/ai/nerc/>
North/Eastside Senior Coalition <http://www.nescoinc.org/>
Plan of Action on Rural Aging [http://www.hsc.wvu.edu/coa/publications/pa ra/PARA2004.asp](http://www.hsc.wvu.edu/coa/publications/pa%20ra/PARA2004.asp)
Resource Centers for Minority Aging Research <http://remar.musc.edu/>
SABE: Salud, Bienestar, y Envejecimiento <http://www.ssc.wisc.edu/sabe/home.html>
Social Security Administration <http://www.SSA.gov/>
Social Work Leadership Institute <http://www.socialworkleadership.org/>
Today's Seniors <http://www.todaysseniors.com/>

General aging and health issues

Kaiser Health News (for Aging): Health care for older adults, innovative care and training; other eldercare issues
<http://khn.org/topics/aging/>
The John A. Hartford Foundation Blog (multiple aging-related issues)
<http://www.jhartfound.org/blog/>
The Stanford's chronic disease self-management programs:
<http://patienteducation.stanford.edu/programs/>
<http://www.hmohelp.ca.gov/library/reports/news/AlvarezMarch12.pdf>

Mental health issues

Guidelines for psychological practice with older adults:
<http://www.apa.org/practice/guidelines/older-adults.pdf>
What practitioners should know about working with older adults:
<http://www.apa.org/pi/aging/resources/guides/practitioners-shouldknow.aspx>
Dementia Care Central (resources/practical tips for dementia care)
<http://www.dementiacarecentral.com/node/1563>
Jane Gross blog:
<http://newoldage.blogs.nytimes.com/author/jane-gross>
Psychotherapy and older adults resource guide:
<http://www.apa.org/pi/aging/resources/guides/psychotherapy.aspx>
Psychological services for long-term care resource guide:
<http://www.apa.org/pi/aging/resources/guides/psychotherapy.aspx>
Depression and suicide in older adults:

<http://www.apa.org/pi/aging/resources/guides/depression.aspx>

Psychiatric evaluation of adults:

http://www.psychiatryonline.com/pracGuide/pracGuideTopic_1.aspx

Treatment of major depressive disorder:

http://www.psychiatryonline.com/pracGuide/pracGuideTopic_7.aspx

Assessment and treatment of suicidal behaviors:

http://www.psychiatryonline.com/pracGuide/pracGuideTopic_14.aspx

Substance abuse relapse prevention for older adults: A group treatment approach:

<http://www.kap.samhsa.gov/products/manuals/pdfs/sarp4olderadults.pdf>

Promoting emotional health & preventing suicide: A toolkit for senior living communities:

<http://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA10-4515>