

CARE NAVIGATION OF OLDER ADULTS



(Whatcom Community College)

Care Navigation of Older Adults

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About this Book

The course explores care coordination and navigation for the Older Adults. An overview of the aging process will be discussed, including psychosocial and biological theories of aging. Topics include individual and family centered service coordination, communication and health literacy with the older adult population, chronic diseases and preventative care, working with an interdisciplinary team, and resource and referral.

Course Content

1. An overview of the psychosocial and biological theories of aging.
2. Aging issues in a statewide and U.S. aging policy context, and the impact on programs and services for older adults.
3. Specialized coordination and navigation skills in working with older adults.
4. Negotiating family relationships with older adults.
5. Chronic illness: The impact on physical and emotional well-being.
6. Depression, chemical dependency and other behavioral health issues commonly experienced by older adults.
7. Wellness and prevention strategies for older adults: Disease and accident prevention; emotional, nutritional, dental and physical wellness strategies.
8. Communication: How to listen, speak, and dialogue with older adults.
9. Health literacy for older adults: Redesigning literature and media to meet the needs of older adults.
10. Transitioning from one care setting to another—from home to hospital/skilled nursing facility, etc. and back.
11. End of life transitions, options, and referrals. The role of the coordinator/navigator at the end of life.

Course Outcomes

- Describe the psychosocial and biological theories of aging.
- Identify unique characteristics of coordination and navigation with older adults and their families
- Examine chronic diseases common to older adults.
- Examine wellness and prevention strategies for older adults.
- Develop culturally appropriate health literacy and communication skills in working with older adults.
- Plan successful transitions for patient/clients through the continuum of care.
- Practice effective community-based referrals for older adults.
- Identify end of life needs and issues for older adults and their families.

1: AGING WELL

1.1: Course Materials

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1.4: Optional Resources

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1.1: Course Materials

[“An Aging Nation: The Older Population in the United States”](#)

U.S. Department of Commerce, Economics and Statistics Administration, U.S. Census Bureau

This report examines how the age structure of the U.S. population is expected to change over the coming decades and focuses on the older population in terms of age, sex, race, and Hispanic origin. The size and structure of the older population is important to public and private interests, both socially and economically.

[embeddoc url="https://www.census.gov/prod/2014pubs/p25-1140.pdf" download="all"]

[“Aging and Longevity – Theories and Effects”](#)

Mark Stibich, PhD

The study of aging – gerontology – is a relatively new science that has made incredible progress over the last 30 years. In the past, scientists looked for a single theory that explained aging. This article examines two main groups of aging theories. The first group states that aging is natural and programmed into the body, while the second group of aging theories say that aging is a result of damage which is accumulated over time. In the end, aging is a complex interaction of genetics, chemistry, physiology and behavior.

[“2016 Key Indicators of Well-being for Older Americans”](#)

Federal Interagency Forum on Aging-Related Statistics

A comprehensive, easy-to-understand picture of older adults in America. A compendium of indicators of well-being drawn from official statistics in the following areas: economic, health status, health risks and behaviors, health care, population demographics, and environment.

[“Communicating with Older Adults: An Evidence-Based Review of What Really Works”](#)

Gerontological Society of America, 2012

[embeddoc url="http://aging.arizona.edu/sites/aging...reading_1.pdf" download="all"]

[“A Clinician’s Handbook: Talking with your Older Patient”](#)

National Institute on Aging, National Institutes of Health, Department of Health and Human Services

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1.2: Videos

TED Talks – “Jane Fonda: Life’s Third Act”

Within this generation, an extra 30 years have been added to our life expectancy — and these years aren’t just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.



A TED element has been excluded from this version of the text. You can view it online here: <http://pb.libretexts.org/older/?p=26>

Ted Talks – “Dan Buettner: How to live to be 100+”

To find the path to long life and health, Dan Buettner and his team study the world’s “Blue Zones,” communities whose elders live with vim and vigor to record-setting age. In his talk, he shares the 9 common diet and lifestyle habits that keep them spry past age 100.



A TED element has been excluded from this version of the text. You can view it online here: <http://pb.libretexts.org/older/?p=26>

“The Blue Zones”

3 Videos based on Dan Buettner’s work and moderated by CNN reporter, Sanjay Gupta, MD. Includes interviews with centenarians around the world.

The Principles of Living Longer

<http://edition.cnn.com/videos/world/2015/02/20/spc-vital-signs-art-of-aging-c.cnn>

The Art of Aging

<http://edition.cnn.com/videos/world/2015/02/20/spc-vital-signs-art-of-aging-a.cnn>

The Secrets of Centenarians

<http://edition.cnn.com/videos/world/2015/02/20/spc-vital-signs-art-of-aging-b.cnn>

YouTube – Health Literacy

Overview of Health Literacy. A video presentation prepared by the American Medical Association – long and short versions.



A YouTube element has been excluded from this version of the text. You can view it online here: <http://pb.libretexts.org/older/?p=26>

1.3: Websites

[United States Administration on Aging, Administration on Community Living](#)

The principal agency of the US department of Health and Human Services designated to implement provisions of the Older Americans Act. The Older Americans Act is the founding legislation of the aging network and provides services and supports designed to help older adults live independently in the homes and communities.

Offers information and resources on many topics, including:

- Older Adults
- People with Disabilities
- Families and Caregivers

This website also provides comprehensive information on aging policy and policy initiatives.

[National Council on Aging](#)

A national non-profit organization dedicated to improving health, well-being and economic security of older adults.

Source of information and resources in the following areas:

- Healthy Aging Resources
- Public Policy Resources

[Center for Disease Control and Prevention](#)

The Center for the Disease Control is one of the major components of the US Department of Health and Human Services focused on public health and on promoting health and health security.

Additional information and resources in the following areas:

- [Health literacy](#)
- [Health promotion and disease prevention](#)

[Social Security and Medicare](#)

Comprehensive information on federal economic and health care policy and programs supporting older adults and people with disabilities. A resource for care coordinators who assist people to understand and apply for benefits.

[American Society on Aging](#)

National non-profit association dedicated to enhancing the skills of people who seek to improve the quality of life of older adults and their families. Provides conferences and webinars, and publishes the award-winning journal, *Generations*.

Additional information resources can be found in the following areas:

- [Education](#)
- [Diversity](#)
- [Elder Abuse and Prevention](#)
- [Aging Today](#), ASA's bimonthly newspaper
- ASA's [blog](#)

[Top Fifty Aging Blogs](#)

Resources for Healthcare Administration

A reviewed and rate compendium of social media activity and blogs focused on aging and aging resources. Excellent information

and assignment resource for teachers and students.

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1.4: Optional Resources

Healthy Aging: A Lifelong Guide to Your Well-Being

Andrew Weil, MD. Anchor Books, 2005.

Drawing on the new science of bio-gerontology (the biology of aging) as well as on the secrets of healthy longevity — diet, activity and attitude — Dr. Weil explains that there are a myriad of things we can do to keep our bodies and minds in good working order through all phases of life.

*This is a preview of *Healthy Aging: A lifelong Guide to your Physical and Spiritual Well-Being* provided by Google Books. More information on the book and/or author can be found [here](#).

The Art of Aging: A Doctor's Prescription for Well-Being

Sherwin Nuland, MD. Random House Trade Paperback Edition, 2007.

Melding a scientist's passion for truth with a humanist's understanding of the heart and soul, Nuland has created a wise, frank, and inspiring book about the ultimate stage of life's journey.

*This is a preview of *The Art of Aging: A Doctor's Prescription for Well-Being* provided by Google Books. More information about the book and/or author can be found [here](#).

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2: SOCIAL, ECONOMIC, AND CULTURAL INFLUENCES ON AGING

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2.1: Course Materials

[“Ageism in America Today: A Report”](#)

Defy Ageism by Toni Cerna, Christine Morley, Vincent Ninh, and Michelle Unice

The reality of age discrimination is increasingly an issue in American society. This article explores how and the consequences of today's age-based prejudices could have a tremendous impact on everyone's final decades of life. This Defy Ageism site includes additional information and resources for assignments and discussion.

[“Self-Empowerment in Later Life as a Response to Ageism”](#)

by Paul Irving in *Generations: Journal of the American Society on Aging*, Spring 2015

This article outlines how standing up to negative age bias can be a powerful step older adults can take as they redefine productivity and fulfillment in later life.

[“What is Elder Abuse?”](#)

Administration for Community Living, US Department of Health and Human Services

Elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. This article provides an overview of the types of elder abuse and links to resources.

2.2: Videos

[Ted Talks – “Elderhood Rising- The Dawn of a New World Age: Bill Thomas, MD”](#)

[Ted Talks – “How Societies Can Grow Old Better: Jared Diamond”](#)

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2.3: Websites

[**This Chair Rocks – a Manifesto Against Ageism by Ashton Applewhite**](#)

A book, a blog and a website on the topic of ageism; providing multiple resources for further comprehension of this topic.

[**Argentum – the Assisted Living Foundation of America**](#)

A resource for short films and other information, Argentum is the leading national trade association serving companies that own, operate, and support professionally managed senior living communities in the United States.

[**American Society on Aging**](#)

National non-profit association dedicated to enhancing the skills of people who seek to improve the quality of life of older adults and their families. Provides conferences and webinars, and publishes the award-winning journal, Generations. Also a source on information on elder abuse, cultural and diversity issues.

[**United States Administration on Aging, Administration on Community Living**](#)

The principal agency of the US department of Health and Human Services designated to implement provisions of the Older Americans Act. The Older Americans Act is the founding legislation of the aging network and provides services and supports designed to help older adults live independently in the homes and communities.

[**United States Department of Labor**](#)

Federal Department on labor policy and programs, including resources on age discrimination in employment.

[**National Resource Center on LGBT Aging**](#)

The National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and transgender (LGBT) older adults.

[**National Indian Council on Aging**](#)

A non-profit founded in 1976 by members of the National Tribal Chairman's Association to advocate for improved comprehensive health, social services, and economic well-being for aging American Indian and Alaska Native Elders.

[**Diverse Elder Coalition**](#)

The Diverse Elders Coalition was created in 2010 to ensure that the needs and perspectives of vulnerable elders would be heard when and where it mattered. Until the coalition formed, the needs and perspectives of LGBT elders and elders of color—as a unified voice—was largely absent from national policy discussions on aging. Today, the DEC represents millions of diverse older people and focuses on advocating for policies and programs that improve aging in our communities as racially and ethnically diverse people; American Indians and Alaska Natives; and LGBT people.

[**National Center on Elder Abuse and the National Committee for the Prevention of Elder Abuse**](#)

Both of these organizations aim to improve the national response to elder abuse, neglect, and exploitation by gathering, housing, disseminating, and stimulating innovative, validated methods of practice, education, research, and policy.

[**Washington State Long-Term Care Ombudsman Program**](#)

The Washington State Long-Term Care Ombudsman advocates for residents of nursing homes, adult family homes, and assisted living facilities. Its purpose is to protect and promote the Resident Rights guaranteed these residents under Federal and State law and regulations.

[**Washington State Adult Protective Services**](#)

Adult Protective Services receives and investigates reports of allegations of abuse, abandonment, neglect, self-neglect and financial exploitation of vulnerable adults living in the community and in facilities. Information on how to report abuse and resources in your local community.

3: AGING AND CHRONIC CONDITIONS

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3.1: Course Materials

“Chronic Disease and the Healthcare Delivery System”

National Institute of Health, National Institute of Diabetes and Digestive and Kidney Diseases, 2013.

An article that looks at how care has been delivered for persons with chronic conditions with information about it can be improved with better system and payment reforms.

“Chronic Conditions – A Challenge for the 21st century”

National Academy on an Aging Society. Number 1, November 1999.

Chronic conditions are the major cause of illness, disability, and death in the United States. Almost 100 million Americans have chronic conditions and millions more will develop them as America ages. The continued growth in the number of elderly—as baby boomers age and as people live longer—will cause an increase in the number of people who are most vulnerable to and most affected by chronic conditions. Projections indicate that by 2040, almost 160 million people will have chronic conditions.

[embeddoc url="http://www.civicengagement.org/aging...df/chronic.pdf" download="all"]

“The State of Aging and Health in America 2013”

Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion. 2013.

Twentieth-century advances in protecting and promoting health among older adults have provided many opportunities for overcoming the challenges of an aging society. The health indicators presented in The State of Aging and Health in America 2013 highlight these opportunities. By working to meet the goals for each of these key indicators, our nation can help to ensure that all of its citizens can look forward to living longer and living well.

“Chronic Conditions Among Older Americans”

American Association of Retired Persons (AARP).

Changes in medical science, combined with shifts in lifestyle and demographics have resulted in a rapid rise in the number and proportion of individuals living with one or more chronic illnesses. Older Americans are especially vulnerable to chronic disease. This AARP article provides an overview of chronic conditions and their effect on older adults.

Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis and other Conditions

Kate Lorig, DrPH, Halsted Holman, MD, David Sobel, MPH, et al., Bull Publishing. 4th edition, 2012.

People with chronic health conditions live most of their lives outside of hospitals and clinics. This book is designed to help them learn the information and skills to manage chronic conditions on a daily basis while doing the things they need and want to do.

*This is a preview of *Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and others* provided by Google Books.

Being Mortal

Atul Gawande, MD; Metropolitan Books, Henry Holt and Company, 2014.

How we can better live with age-related frailty, serious illness and approaching death.

*This is a preview of *Being Mortal* provided by Google Books.

Mindfulness-Based Interventions for Older Adults: Evidence and Practice.

Carla Martin, MD, Jessica Kingsley Publishers, 2014.

This book sheds new light onto how Mindfulness Based Stress Reduction (MBSR) can be used with older adults as an effective complementary intervention, identifying specific ways in which MBSR programs can be adapted and fine-tuned to meet the needs of this population.

*This is a preview of *Mindfulness-Based Interventions for Older Adults: Evidence and Practice* provided by Google Books. More information about the book and/or author can be found [here](#).

Mental Health and Aging: “Depression is Not a Normal Part of Growing Older”

Centers for Disease Control, 2015.

An Overview of Depression in later life and resource links.

“Evidence-based Practices for Preventing Substance Abuse and Mental Health Problems in Older Adults”

Older Americans Substance Abuse and Mental Health Technical Assistance Center .

A leading resource for prevention and early intervention in late-life substance use and mental health problems, including alcohol misuse, medication misuse, depression and anxiety, suicide, co-occurring disorders. Includes a list of evidence-based programs.

3.2: Videos

[YouTube – “Living well: A Chronic Disease Self-Management Program”](#)

A look at an evidence-based program that helps senior learn better management of their health and chronic conditions.



A YouTube element has been excluded from this version of the text. You can view it online here: <http://pb.libretexts.org/older/?p=44>

[National Council on Aging – “Falls Prevention Resources”](#)

NCOA's [National Falls Prevention Resource Center](#) supports the implementation of evidence-based falls prevention programs and serves as a national clearinghouse of tools and best practices. Explore materials related to falls prevention in the [Resources Library](#).

[You Have the Power to Prevent a Fall](#) from National Council on Aging on Vimeo.

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3.3: Websites

[Center for Disease Control and Prevention](#)

The Center for the Disease Control is one of the major components of the US Department of Health and Human Services focused on public health and on promoting health and health security. Explore information on Chronic Disease Prevention.

[Cleveland Clinic](#)

Cleveland Clinic is a non-profit academic center that integrates clinical care with research and education. Through its health education department patients, students and educators can access nearly 5,000 health articles, videos, and tools to help manage your health, including fact sheets on specific diseases, as well as diseases of aging.

[The Stanford Model – Better Choices, Better Health](#)

The Stanford Chronic Disease Self-Management Program is an evidenced-based 6-week workshop, offered in community settings, such as senior center, churches, libraries and hospitals. People with different chronic health problems attend together. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments.

[Chronic Disease Self-Management Program Washington State](#)

Information about the Chronic Disease Self-Management Program in Washington State.

[National Institute on Aging, National Institute of Health](#)

NIA is at the forefront of the Nation's research activities dedicated to understanding the nature of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people. The Health and Aging section of this site include information on specific topics related to aging, health, chronic disease and caregiving.

[National Caregivers Library](#)

The National Caregivers Library is an extensive resource of article, forms, checklists and topic-specific resources related to aging, chronic disease and caregiving. It includes a comprehensive section on end of life care, including palliative and hospice options.

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3.4: Optional Resources

[“Evidence Based Practices for Mental Health and Aging”](#)

National Association of States United for Aging and Disabilities

A PowerPoint presentation that highlights causes of depression in later life and evidence based programs that address it.

[embeddoc url="<http://www.nasuad.org/documentation/...T3RegencyD.pdf>" download="all"]

[PEARLS – Depression Treatment for Older Adults](#)

Program to Encourage Active Rewarding Lives for Seniors

The PEARLS Program is a method designed to reduce depressive symptoms and improve quality of life in older adults and in all-age adults with epilepsy. During six to eight in-home sessions that take place in the client's home and focus on [brief behavioral techniques](#), PEARLS Program counselors empower individuals to take action and to make lasting changes so that they can lead more active and rewarding lives.

[“Older Americans Behavioral Health: Reaching Diverse Older Adult Populations and Engaging them in Prevention Services and Early Interventions”](#)

Administration on Aging

An excellent article that contains strategies for working with diverse elders with substance abuse or behavioral health needs. Also addresses social isolation.

[embeddoc url="http://www.aoa.gov/AoA_Programs/HPW/...20Engaging.PDF" download="all"]

[Health Compass – Research information on Health and Aging](#)

How to search the internet and find reliable information about health and aging, includes useful non-profit and government sites.

[“Medications and Older Adults – The 2015 American Geriatrics Society Updated Beers Criteria”](#)

Includes information about managing medications for older adults, including medications that older adults should avoid or use with caution.

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4: COGNITIVE AND BEHAVIORAL CONDITIONS AFFECTING OLDER ADULTS

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This page titled [4: Cognitive and Behavioral Conditions Affecting Older Adults](#) is shared under a [CC BY 4.0](#) license and was authored, remixed, and/or curated by Master Textbook ([WCC Library Press](#)) via [source content](#) that was edited to the style and standards of the LibreTexts platform.

4.1: Course Materials

[Caring for A Person with Alzheimer's Disease](#)

An easy-to-use overview of the disease and guide for family and others who provide care for a person with Alzheimer's disease.

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4.2: Videos

HBO Documentary: “The Alzheimer’s Project”

This four-part documentary series focuses on the causes, symptoms, treatment and possible cures of the progressive brain disorder, and takes a close look at the effects the fatal disease has on both the patients and their loved ones. The series is part of a larger project, which includes 15 supplemental short films, a website and a national outreach campaign, to bring forth a new understanding of the disease.

- [The Memory Lost Tapes](#)
- [Caregivers](#)
- [Momentum in Science](#)
- [The Supplementary Series](#)

Ted Talk – “How I Am Preparing To Get Alzheimer’s: Alanna Shaikh”



A TED element has been excluded from this version of the text. You can view it online here: <http://pb.libretexts.org/older/?p=54>

YouTube – TedMed “How Will the World Handle 300 Million Alzheimer’s Patients: Gregory Petsko”



A YouTube element has been excluded from this version of the text. You can view it online here: <http://pb.libretexts.org/older/?p=54>

YouTube – TedMed “Can We Treat Alzheimer’s 20 Years Early: Reisa Sperling”



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4.3: Websites

Alzheimer's Association

Alzheimer's Association is a national non-profit with local chapters that advance research to end Alzheimer's and Dementia while enhancing care for those living with the disease and supporting their families.

Link to articles about the disease:

- [Know the 10 signs](#)
- [Basics of Alzheimer's Disease](#)
- [Prevention – Maintain your Brain Health](#)

Family Caregiver Alliance

Comprehensive resource for families and professionals on family caregiving. Fact sheets on many topics, information about public policy, and evidence-based practices.

ADEAR -Alzheimer's Disease Education and Referral Center – National Institutes of Health

The National Institutes of Health resource on Alzheimer's disease. Articles and research information for families and professionals. See "Caring for a Person with Alzheimer's Disease, Your Easy to Use Guide from the National Institute on Aging."

National Caregivers Library

The National Caregivers Library is an extensive resource of article, forms, checklists and topic-specific resources related to aging, chronic disease and caregiving. It includes comprehensive sections caregiving basics, caregiver resources and Alzheimer's disease.

Cleveland Clinic

Cleveland Clinic is a non-profit academic center that integrates clinical care with research and education. Though its health education department patients, students and educators can access nearly 5,000 health articles, videos, and tools to help manage your health.

Powerful Tools for Caregivers and the Caregiver Helpbook

An evidence-based group education programs for family caregivers that provides tools and strategies to reduce stress, communicate more effectively with providers and family, manage difficult feelings and make touch caregiving decisions. The Caregiver Helpbook is also available for purchase on this site.

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5: CARE COORDINATING AND CARE NAVIGATION

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5.4: Washington State Caregiver Resources

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5.1: Course Materials

Elder Care Handbook: A Guide to Elder Care Options

Nanette Lavoie-Vaughan. *Workforce Options*, 2015.

A basic understanding of the aging process and issues related to it can help in planning for the future and in assisting an older adult and their family members to access care. This handbook will provide information and resources to guide that process.

[embeddoc url="http://www.powerflexweb.com/pdf/Fina...book%20PDF.pdf" download="all"]

Helping Memory-Impaired Elders: A Guide For Caregivers

Vicki L. Schmall, Sally Bowman, Clara Pratt. *Oregon State University Extension*, Revised March 2016.

Discusses the causes of dementia and how to cope with a progressive dementing illness, respond to dementia-caused difficult behaviors, and communicate with a memory-impaired person. Provides guidelines for effective caregiving and for self-care for the caregiver. Covers specific problems such as driving, managing money, repetitive questions, wandering, catastrophic reactions, hiding objects, grooming, mealtimes, and incontinence. Includes sources of additional information.

Family Caregiving

Generations: the Journal of the American Society on Aging. Volume 39 Winter 2015-16.

Issue dedicated to Family caregiving.

"Care Coordination: Overview"

Agency for Healthcare Research and Quality, US Department of Health and Human Services, 2016.

Care coordination involves deliberately organizing patient care activities and sharing information among all of the participants concerned with a patient's care to achieve safer and more effective care. This means that the patient's needs and preferences are known ahead of time and communicated at the right time to the right people, and that this information is used to provide safe, appropriate, and effective care to the patient.

Care Coordination Measures Atlas Update, Chapter 2: "What is Care Coordination?"

Agency for Healthcare Research and Quality, U.S Department of Health and Human Services, 2014.

"Care coordination is the deliberate organization of patient care activities between two or more participants (including the patient) involved in a patient's care to facilitate the appropriate delivery of health care services. Organizing care involves the marshalling of personnel and other resources needed to carry out all required patient care activities and is often managed by the exchange of information among participants responsible for different aspects of care."

Taking Care of Aging Family Members: A Practical Guide

Wendy Lustbader, MSW and Nancy Hooyman, PhD. *The Free Press*, 1994.

A comprehensive guide for family members and professionals on all aspects of caring for the aged. Unlike other books on caregiving, *Taking Care of Aging Family Members* provides thorough and substantive advice and information on the complete range of psychological, social, and financial issues that face those involved in caring for an older person.

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5.2: Articles

[The Promise of Care Coordination: Transforming Health Care Delivery](#)

Families USA, April 2013.

Part of a series to help advocates understand and engage in key health system reform issues.

[embeddoc url="<http://familiesusa.org/sites/default...ordination.pdf>" download="all"]

[Services Offered by Private Health and Patient Advocates](#)

Tricia Torrey, August 2016.

Patient Advocate" is a very broad title that encompasses many types of patient advocacy services. The descriptions in this article will help you understand better the patient advocacy services a patient may need.

[What You Need To Know: What Is Aging Life Care?](#)

Aging Life Care Association.

Aging Life Care, also known as geriatric care management, refers to a client-centered approach to caring for older adults or others facing ongoing health challenges. This article highlights some of the services that may be provided by an aging life care professional.

[Geriatric Care Management – Questions and Answers](#)

Alzheimer's Association, 2008.

A geriatric care manager coordinates care and services to meet the full social, emotional, physical, and healthcare needs of an older adult. However, care managers do not specialize in all areas. This article looks at some of the ways a geriatric care manager may help older adults and families.

[embeddoc url="http://www.alz.org/stl/documents/GCM_Tips.pdf" download="all"]

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5.3: Websites

[Eric Coleman's Care Transitions Intervention Model](#)

Care Transitions Program

The Care Transitions Intervention is a 4-week program where patients with complex care needs and family caregivers receive specific tools and work with transitions coach, to learn self-management skills that will ensure their needs are met during the transition from hospital to home. This is a low-cost, low-intensity evidence-based intervention comprised of a home visit and three phone calls.

[Advance Care Planning: An Introduction for Public Health and Aging Services Professionals](#)

Center for Disease Control, 2011.

This free online course is intended to increase understanding among public health and aging services professionals about key issues related to advance care planning for end of life, including communicating and documenting one's wishes and preferences.

5.4: Washington State Caregiver Resources

Washington State Family Caregiver Support Program

Aging and Long-Term Support Administration, Department of Social and Health Services.

The Family Caregiver Support Program is a service available to unpaid caregivers of adults needing care and living in Washington State. There are local Family Caregiver Support Program offices throughout the state staffed with caring and knowledgeable people who can help with the following:

- [Find local resources/services.](#)
- [Find caregiver support groups and counseling.](#)
- [Get respite care.](#)
- [Talk through specific issues you are having and offer practical information and caregiving suggestions.](#)

Generally, these services are offered free or at low cost and are a service of your local Area Agency on Aging. Certain eligibility requirements may apply and availability varies from community to community. Find the telephone number for your local Family Caregiver Support Program.

Washington State Long-Term Care Services and Support (ALTSA)

Information about community long-term care options in Washington State with [links to local services](#).

Washington Community Living Connection

Community Living Connections is a website where Washington residents can learn about and access the full range of private and public long-term service and support options. Whether you are looking for help for yourself or help for a loved one, it will be easy to locate services that best fit your needs.

Washington Law Help

Many information resources about access for services for older adults and people with disabilities, including legal and financial information. See the section on "[Seniors](#)" for information about public long-term care programs and legal tools and forms.

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6: CREATING ELDER-FRIENDLY COMMUNITIES

6.1: Course Materials

6.2: Websites

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6.1: Course Materials

1. [“Age-Friendly Communities”](#)

Debra Whitman, AARP Executive Vice President for Policy Strategy, and International Affairs, AARP International, *The Journal*, 2013.

Communities that adapt age-friendly features become more desirable places to live, to visit and to spend time.

2. [The Benefits of Intergenerational Programs](#)

Generations United, 2007.

A fact sheet discussing Intergenerational Programs, which are social vehicles that offer younger and older generations the opportunities to interact and become engaged in issues concerning our society.

3. [“Culture Change in Aging Services \(pdf\)”](#)

Michele Holleran, PhD; American Association of Homes and Services for the Aging, 2009

This article discusses the impact that culture change has had on aging services. It also reviews the many different culture change models that have been recently adapted into patient care.

4. [“Aging in Community: the Communitarian Alternative to Aging in Place”](#)

Janice Blanchard. *Generations: Journal of American Society on Aging*, Winter 2013-2014.

In this article, the author talks about aging in community and the effects that this new approach has had on life expectancy, finances, and overall quality of life in the final stages.

5. [Indicators List: Essential Elements of an Elder Friendly Community](#)

Center for Homecare Policy and Research

A short report discussing the benefits of community living, as well as reviewing all the components of this emerging lifestyle trend.

6.2: Websites

[Changing Aging – Challenging Conventional Views on Aging](#)

Website and blog dedicated to a cultural shift about how aging is view by society, and how care is provided in communities. You can also find information about the [Green House philosophy of care](#). See the “Categories” Section for information on culture change, embracing elderhood and more.

[Village Movement – Village to Village Network](#)

Village to Village Network (VtV) is a national peer to peer network to help establish and continuously improve management of their own villages whether in large metropolitan areas, rural towns or suburban settings. The mission of VtV is to enable communities to establish and effectively manage aging in community organizations initiated and inspired by their members.

[The Eden Alternative](#)

The Eden Alternative is an international, non-profit organization dedicated to creating quality of life for elders and their care partners, wherever they may live. Through education, consultation, and outreach, the Eden Alternative offers person-directed principles and practices that support the unique needs of different living environments, ranging from the nursing home to the neighborhood street.

[Pioneer Network](#)

Pioneer Network supports models where elders live in open, diverse, caring communities. Pioneers are working for deep system change by both evolutionary and revolutionary means, using Pioneer values and principles as the foundations for change. In-depth change in systems requires change in governmental policy and regulation; change in the individual's and society's attitudes toward aging and elders; change in elders' attitudes towards themselves and their aging; and change in the attitudes and behavior of caregivers toward those for whom they care. We refer to this work as culture change. Our aim is nothing less than transforming the culture of aging in America.

[Generations United](#)

Improving the lives of children, youth, and older adults through intergenerational collaboration, public policies and programs.

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gerontology

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