Moving Psychology Forward In An Aging Society: Progress & Possibility

Michael A. Smyer
Bucknell University

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- **CONA's Founding & Mission**
- **Examples of CONA's efforts**
- **A Look Ahead**

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Would you have invested?

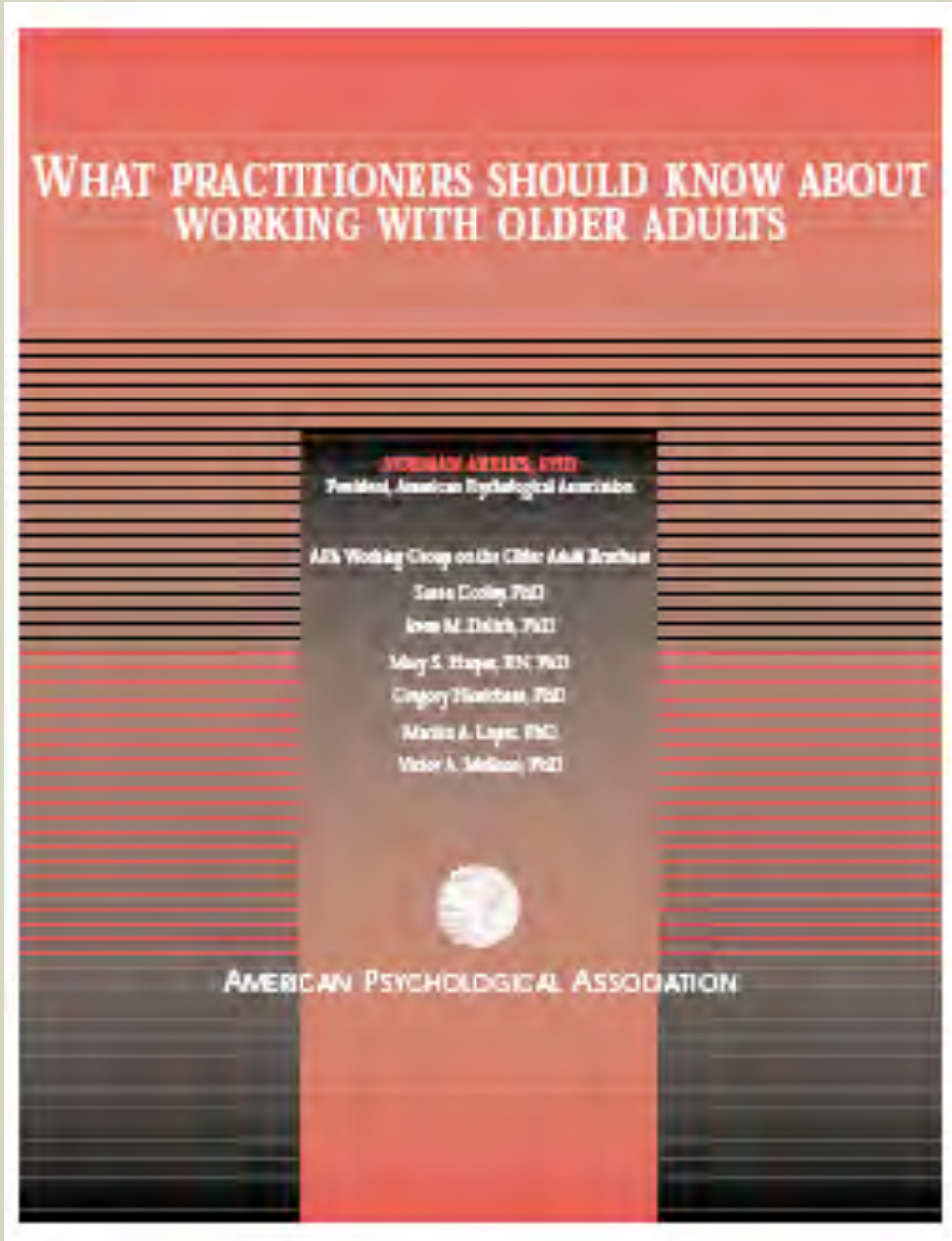


Microsoft Corporation, 1978

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CONA Mission Statement:

There shall be a Committee on Aging that shall concern itself with furthering the major purpose of APA to advance psychology as a science and as a means of promoting health and human welfare by ensuring that older adults, especially the growing numbers of older women and minorities, receive the attention of the Association.

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Science

Provide strong and visible advocacy for a scientific agenda on aging to policymakers and private and public funding agencies

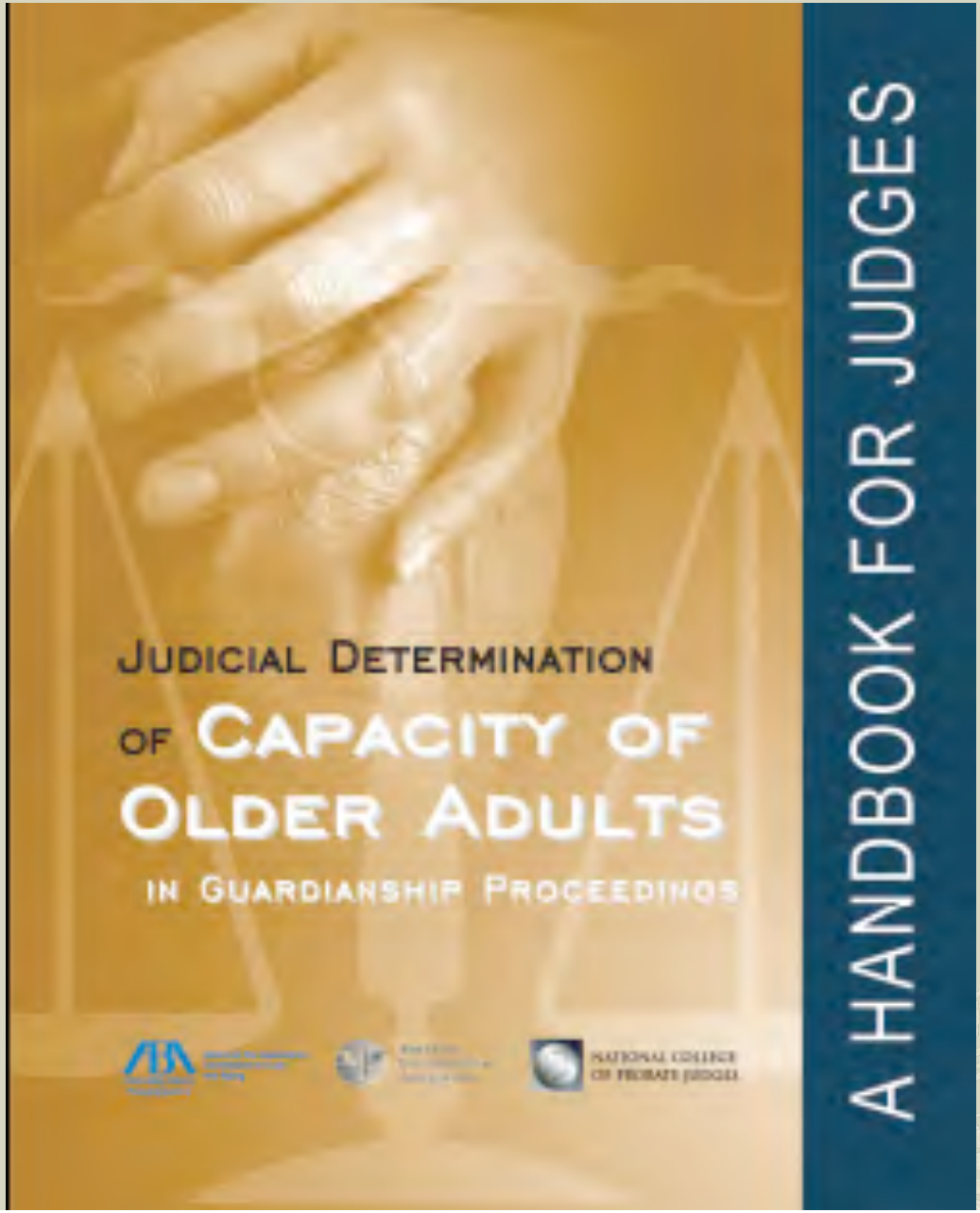


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Responding to the Challenges of Aging: Lessons from Medicine, Psychology, & Law

- *Determining the legal capacities of elders: Myths & realities* Charles P. Sabatino
- *Genetic risk assessment for Alzheimer's disease: The REVEAL study.* Robert C. Green, M.D.
- *Psychology's role in an aging society.* Sara H. Qualls, Ph.D.
- Rosemary Blieszner & Mick Smyer

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Practice

- *Promote the practice of psychology by advocating policies than enhance the availability and reimbursement of health and mental health services to older adults and their families*



REPORT OF THE ASSOCIATION

Guidelines for Psychological Practice With Older Adults

American Psychological Association

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- “Older Boulder I” – Boulder, CO, 1981
- “Older Boulder 2” – Washington, DC, 1992
- Growth of gero internship/postdoc programs
- Geropsychology recognized as proficiency by CRSPPP – 1998, 2005
- Guidelines for Psychological Practice with Older Adults (APA, 2004)
- Geropsychology : growing area of practice and training

source: Michele Karel

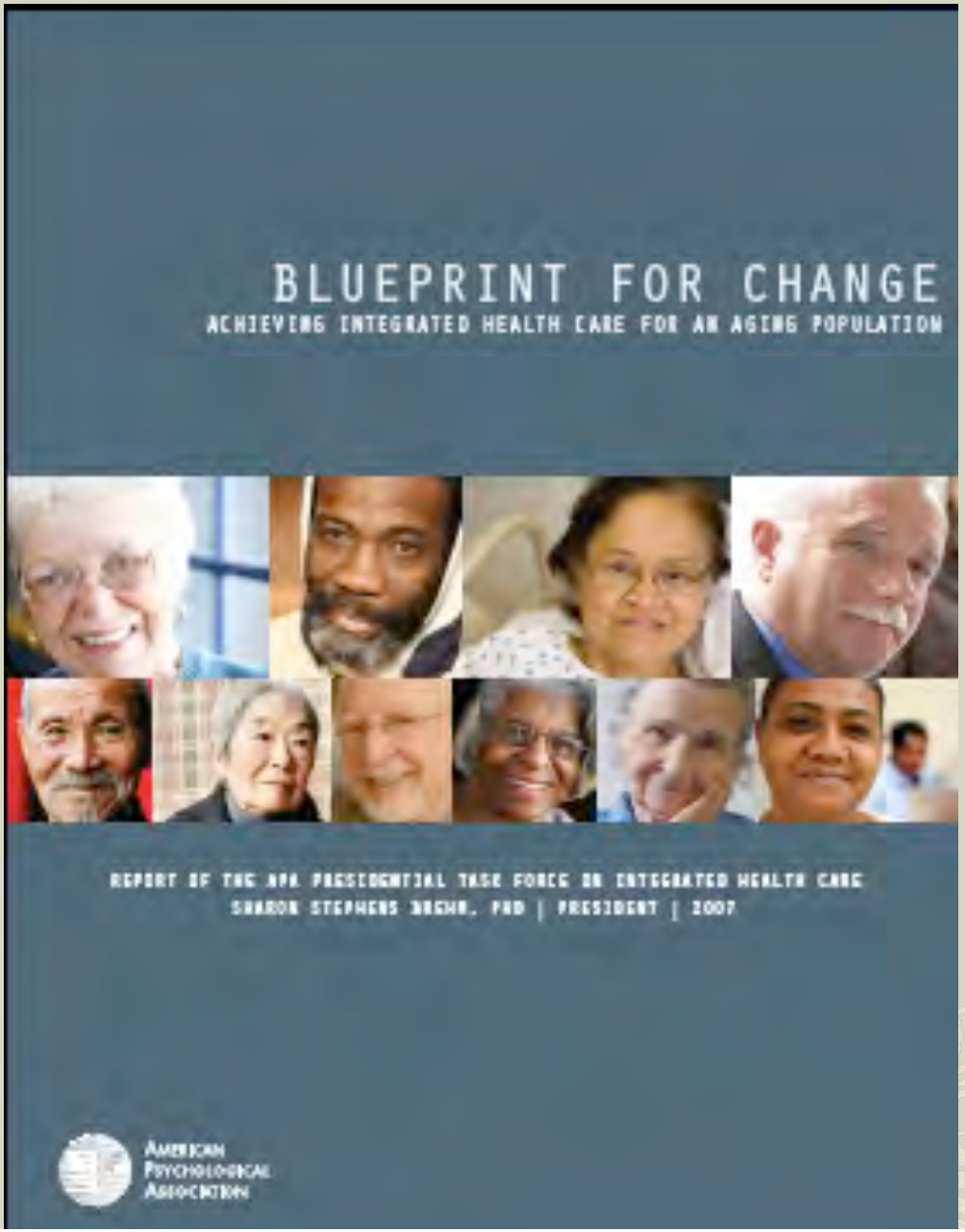
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Monitor on Psychology
Volume 37, No. 8 September 2006

- **"The Pikes Peak Model will provide guidelines for training in professional geropsychology that should be useful to both programs and individuals."**

Bob Knight
National Conference on Training in Professional Geropsychology

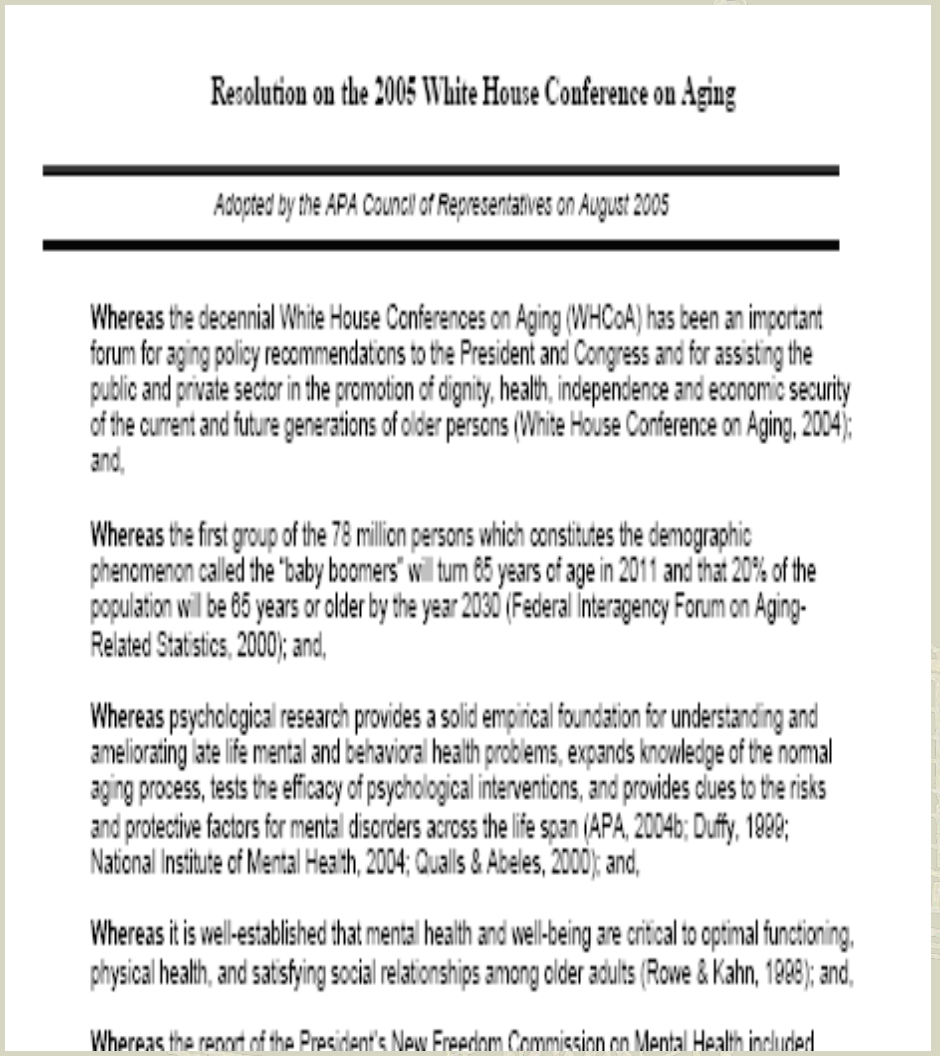
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Policy

Contribute to the formulation and support of public policies and associated regulations that promote optimal development of older adults, facilitate psychological practice with older persons, and expand scientific understanding of adult development and aging



Resolution on the 2005 White House Conference on Aging

Adopted by the APA Council of Representatives on August 2005

Whereas the decennial White House Conferences on Aging (WHCoA) has been an important forum for aging policy recommendations to the President and Congress and for assisting the public and private sector in the promotion of dignity, health, independence and economic security of the current and future generations of older persons (White House Conference on Aging, 2004); and,

Whereas the first group of the 78 million persons which constitutes the demographic phenomenon called the "baby boomers" will turn 65 years of age in 2011 and that 20% of the population will be 65 years or older by the year 2030 (Federal Interagency Forum on Aging-Related Statistics, 2000); and,

Whereas psychological research provides a solid empirical foundation for understanding and ameliorating late life mental and behavioral health problems, expands knowledge of the normal aging process, tests the efficacy of psychological interventions, and provides clues to the risks and protective factors for mental disorders across the life span (APA, 2004b; Duffy, 1999; National Institute of Mental Health, 2004; Qualls & Abeles, 2000); and,

Whereas it is well-established that mental health and well-being are critical to optimal functioning, physical health, and satisfying social relationships among older adults (Rowe & Kahn, 1998); and,

Whereas the report of the President's New Freedom Commission on Mental Health included

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White House Conference on Aging

December 2005









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monitor on psychology

Volume 37, No. 2 February 2006



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Past conferences have contributed to the establishment of aging programs such as Medicare and Medicaid, the Older Americans Act and the National Institute on Aging.

Bracing for the Baby Boom

The White House Conference on Aging listed a mental health resolution as a key priority that will be included in the conference's final report.

By Zak Stambor
***Monitor* Staff**
Print version: page 30

In December, 929 of the 1,200 national delegates at the White House Conference on Aging (WHCoA) voted to improve "recognition, assessment and treatment of mental illness and depression among older Americans," making the resolution one of the conference's top 10 priorities in dealing with America's aging population.

Moreover, mental health was included in numerous other resolutions' "implementation strategies." For example, a resolution seeking to "strengthen and improve the Medicare program for seniors" included a call for mental health parity that will be included in the conference's final report. Throughout the past 15 months, both APA's Office on Aging and Committee on Aging have advocated for mental health's inclusion into the conference's agenda.

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CONA Capitol Hill Day

September 2006







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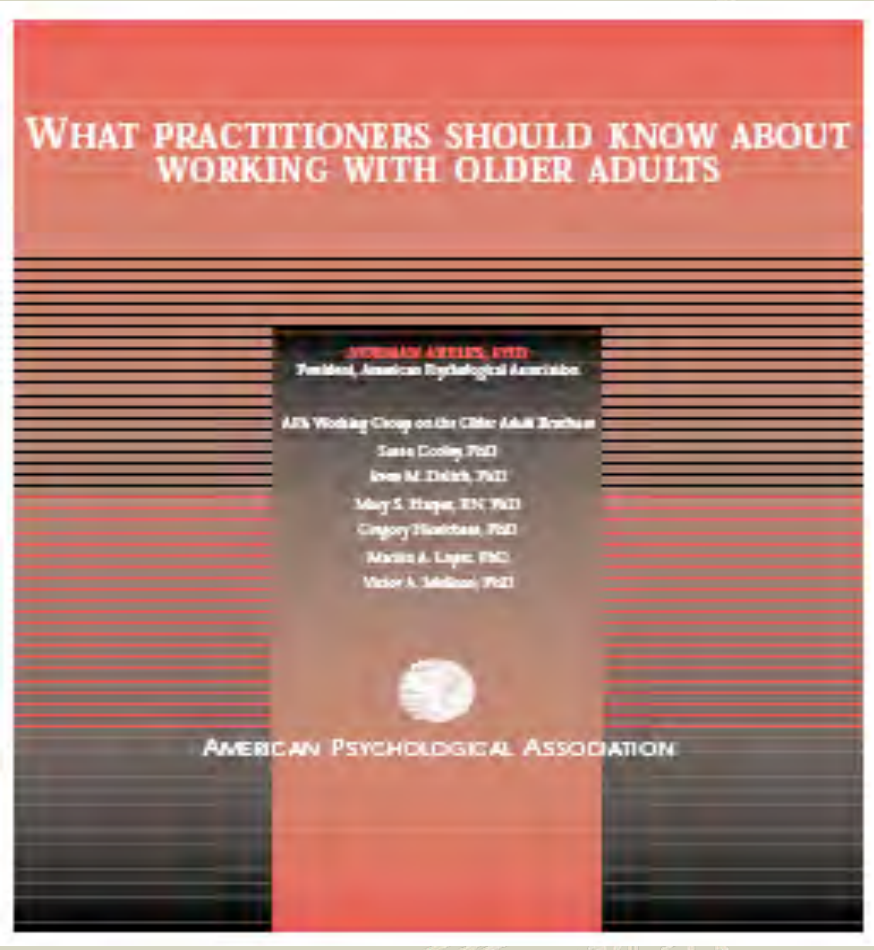




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Education

Promote inclusion of knowledge about adult development and aging in all levels of education, including continuing education, training programs, and professional development of psychologists



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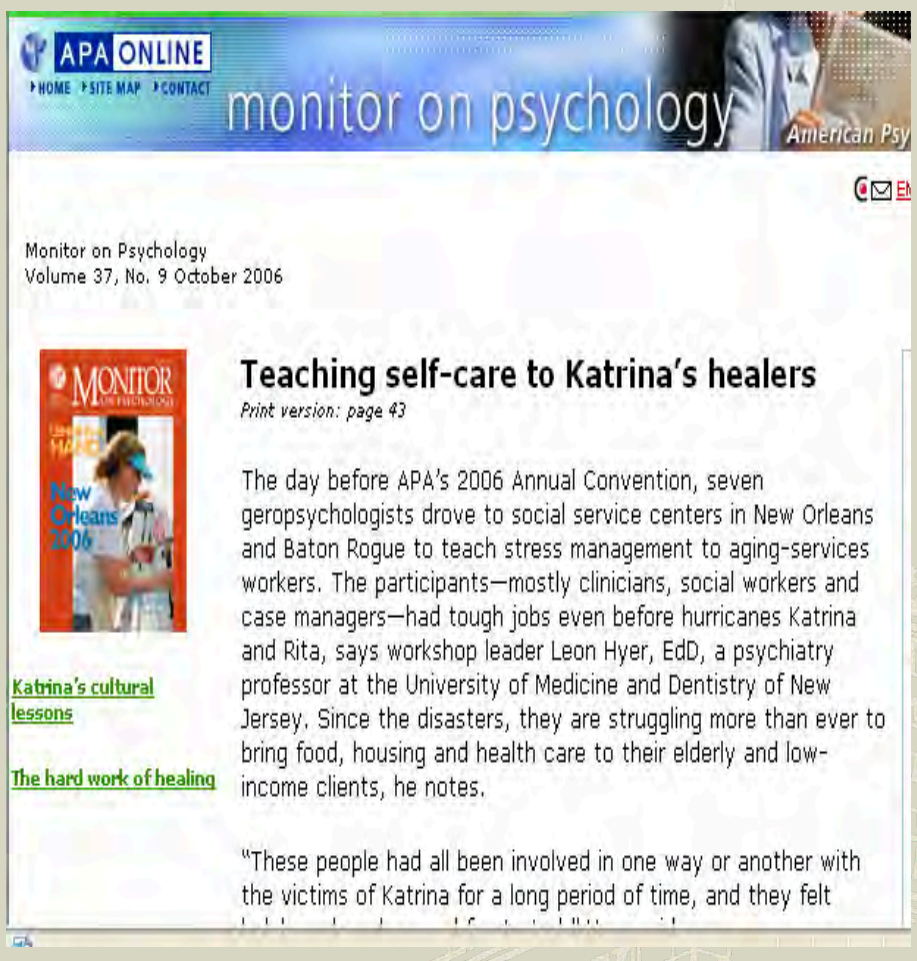
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Public Interest

Promote the application of psychological knowledge to the well-being of older people, with special attention to the influence of gender, ethnicity, culture, sexual orientation and family in science, practice and policy relating to older adults.



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Volume 36, No. 10 November 2005



Instilling skills for treating minority elders

It takes practice to gain cultural astuteness in clinical work, said a convention speaker.

BY BRIDGET MURRAY LAW
***Monitor* Staff**
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Geropsych training on the Web

Poor literacy predicts cognitive decline in elders

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"If the patient's explanatory model is not elicited, and the

Yeshiva University geropsychology training director Richard A. Zweig, PhD, finds that his psychology supervisees often lack the cultural-competence skills necessary for their geropsychology doctoral practica.

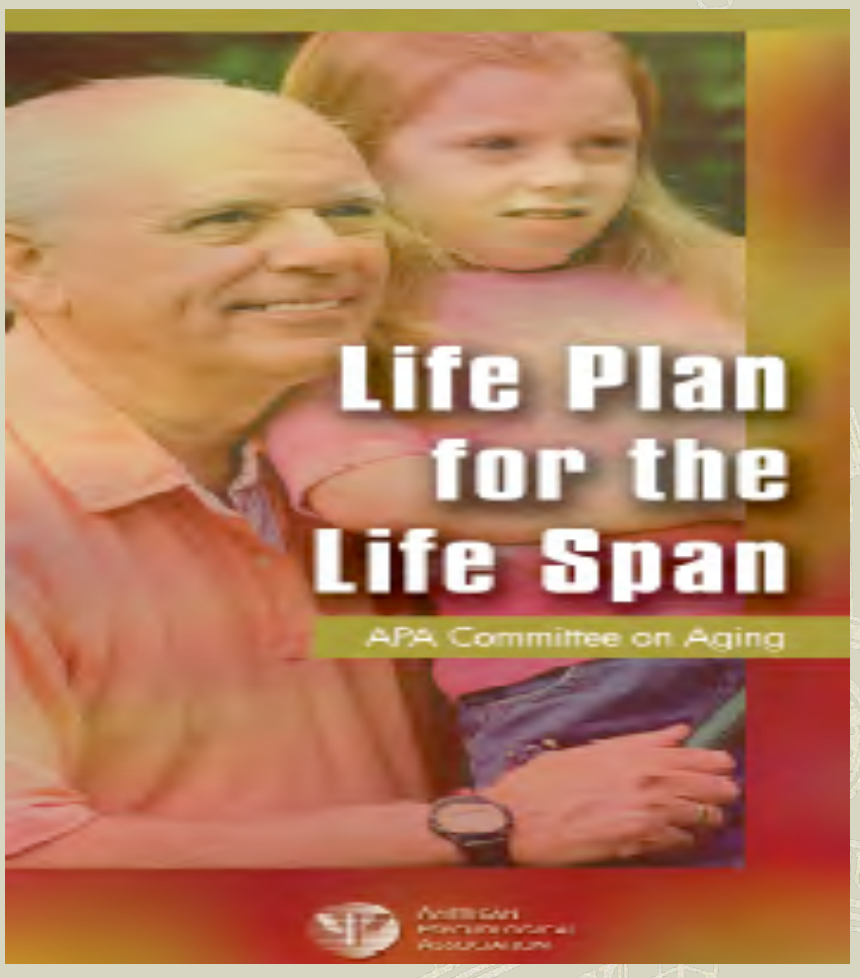
"Our university's multicultural training consists of one required course in multicultural issues, and occasional infusion of multicultural issues into other coursework," said Zweig, of Yeshiva's Ferkauf Graduate School and Albert Einstein College of Medicine, at APA's 2005 Annual Convention. "We're at best at a level of

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Public Affairs

Develop and disseminate information concerning… scientific findings and practice issues about older adults to psychologists, other professionals, policymakers, and the public.

www.apa.org/pi/aging/lifespan_2008.pdf



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Recipients of the CONA Award for the Advancement of Psychology & Aging

Norman Abeles

George Niederehe

Margaret Gatz

Antonette Zeiss

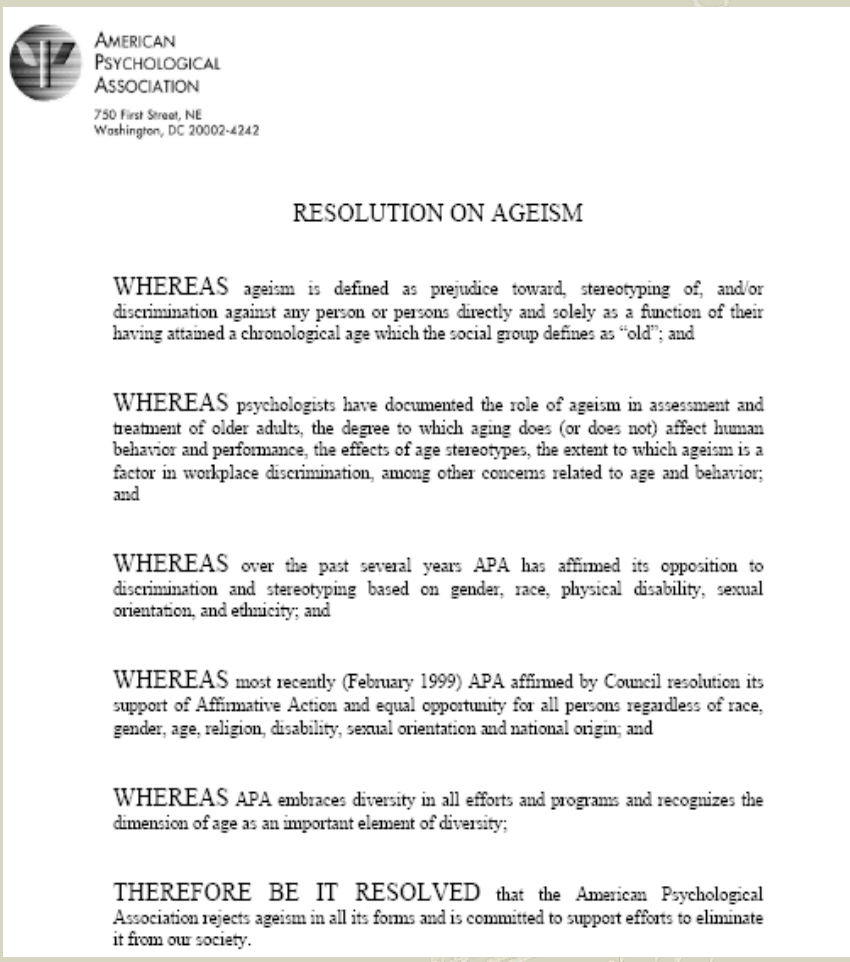
Martha Storandt

Gregory Hinrichsen

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APA

Serve as a visible focus for the coordination of information among groups within APA that address aging issues and offer consultation to relevant APA boards, committees, divisions, state associations, and directorates; also ensure that older members of APA receive the appropriate attention of the association.



AMERICAN PSYCHOLOGICAL ASSOCIATION

750 First Street, NE
Washington, DC 20002-4242

RESOLUTION ON AGEISM

WHEREAS ageism is defined as prejudice toward, stereotyping of, and/or discrimination against any person or persons directly and solely as a function of their having attained a chronological age which the social group defines as "old"; and

WHEREAS psychologists have documented the role of ageism in assessment and treatment of older adults, the degree to which aging does (or does not) affect human behavior and performance, the effects of age stereotypes, the extent to which ageism is a factor in workplace discrimination, among other concerns related to age and behavior; and

WHEREAS over the past several years APA has affirmed its opposition to discrimination and stereotyping based on gender, race, physical disability, sexual orientation, and ethnicity; and

WHEREAS most recently (February 1999) APA affirmed by Council resolution its support of Affirmative Action and equal opportunity for all persons regardless of race, gender, age, religion, disability, sexual orientation and national origin; and

WHEREAS APA embraces diversity in all efforts and programs and recognizes the dimension of age as an important element of diversity;

THEREFORE BE IT RESOLVED that the American Psychological Association rejects ageism in all its forms and is committed to support efforts to eliminate it from our society.

APA ONLINE
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monitor on psychology
American Psych
Volume 34, No. 5 May 2003



Fighting ageism

Geropsychologists are striving to stop negative age stereotypes and meet the growing mental health needs of older adults.

BY MELISSA DITTMANN
Monitor staff
Print version: page 50

"If we have people--from secondary education to continuing education to professionals--with a greater awareness of aging as an important component then that could have an impact on reducing ageism."

Forrest Scogin
APA's Committee on Aging

The number of Americans 60 and older is growing, but society still isn't embracing the aging population, geropsychologists say. Whether battling "old geezer" stereotypes or trying to obtain equal standing in the workplace, those who are 60 or older may all too often find themselves the victims of ageism.

In fact, in a survey of 84 people ages 60 and older, nearly 80 percent of respondents reported experiencing ageism--such as other people assuming they had memory or physical impairments due to

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A Look Ahead

- Continuity: Mission & Goal Areas
  - Internal & External Focus
  - Integrate with APA structures
  - Leverage outside collaborations
- Change
  - Substantive & Procedural Challenges
  - State-level initiatives
  - APA as an Aging Organization

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- **CONA's Founding & Mission**
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APA Aging Issues Newsletter

Volume VI Number 3
May 2008



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- CONA and Office on Aging 10th Anniversary Celebration
- APA 116th Convention
- APA Presidential Task Force on Integrated Healthcare for an Aging Population
- CONA Spring 2008 Meeting Summary
- CONA Bookshelf
- ABA/APA Capacity Assessment in Older Adults Project
- Aging Policy Update
- The National Coalition on Mental Health and Aging
- In the News
- Resources
- Aging at APA

2008 APA Committee on Aging (CONA)

CONA welcomes its two newest members, Dolores Gallagher Thompson, PhD, ABPP and Claudia Mikedis, PhD, who began three-year terms in January. They join Peter A. Lichtenberg, PhD, ABPP (Chair), Marla Arnold, PhD, RN (Chair-Elect), Victor Molinari, PhD, ABPP, and Michael Smyer, PhD on CONA. A fond farewell and thank you to Rosemary Blieszner, PhD, and Florence Denmark, PhD for all of their efforts as members of CONA over the past three years!



2008 CONA members (from left): Melvin Yarden, PhD; Florence Denmark, PhD; Victor Molinari, PhD, ABPP; Edward DeSilet, MPH; ARA Heidi Sanford; Rosemary Blieszner, PhD; Peter Lichtenberg, PhD, ABPP; Michael Smyer, PhD.



CONA and the Office on Aging 10th Anniversary Celebration at the APA Convention

2008 marks the 10th Anniversary of the year that CONA held its first meeting and the Office on Aging was established. It was during the APA Presidency of Norman Abeles, PhD (1997) that the Council of Representatives established a continuing Committee on Aging. The Proposal for the Committee on Aging, drafted that year advocated that "What is currently a fragmented effort will become a powerful voice promoting psychological research and practice that advances quality of life for older people..." We have come a long way in the past 10 years in this regard due to the efforts of the 37 current and past members of CONA and its predecessor, the Ad Hoc Committee on Issues of the Older Adult.

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