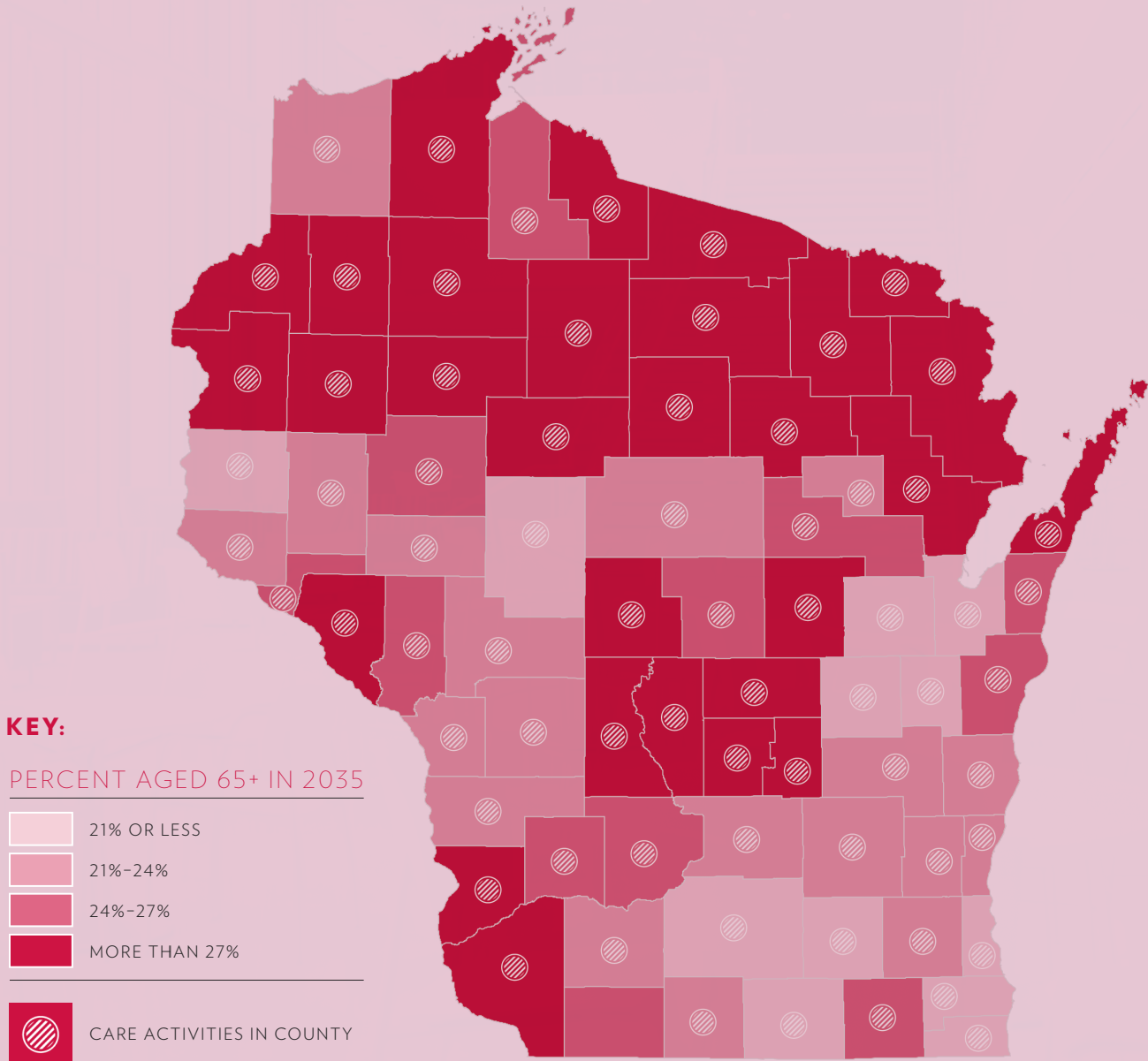




The Center for Aging
Research and Education
SCHOOL OF NURSING
UNIVERSITY OF WISCONSIN-MADISON

2018 Annual Report

CARE'S REACH



AGEFULLY WEBSITE

REACHED FAMILY
CAREGIVERS IN **63**
COUNTIES

CARE PRESENTATIONS

HELD IN **10**
COUNTIES

CNA & PCW CONFERENCES

EDUCATED DIRECT
CARE STAFF FROM
31 COUNTIES

HEALTHY AGING IN RURAL TOWNS

SUPPORTED
AGING-IN-PLACE
IN **4 COUNTIES**

GERI-RES NURSE RESIDENCY

IMPLEMENTED BY
LONG TERM CARE
ORGANIZATIONS
IN **4 COUNTIES**

DEMENTIA- FRIENDLY

TOOLKITS GIVEN
TO COMMUNITY
GROUPS IN **52**
COUNTIES



Dedicated to improving how we age.

AT THE UNIVERSITY OF WISCONSIN-MADISON SCHOOL OF NURSING'S **CENTER FOR AGING RESEARCH AND EDUCATION (CARE)**, NURSES ARE LEADING EFFORTS TO IMPROVE OLDER ADULT HEALTH AND WELL-BEING.

In 2018, CARE advanced this goal by:

- Collaborating with **rural communities** to support aging in place
- Distributing **dementia friendly training resources** statewide
- Infusing **gerontological content** across undergraduate curriculum
- Establishing **campus and community relationships** to support aging research
- Delivering a **nurse residency program** to long term care providers
- Educating **direct care workers** across Wisconsin on older adult care

ADVANCING NURSING RESEARCH

CARE added faculty Affiliates from the UW-Madison School of Social Work, Human Development and Family Studies, School of Medicine and Public Health, Department of Industrial and Systems Engineering, and Center for Demography of Health and Aging. CARE's Affiliate Program promotes interprofessional collaboration and community engagement.

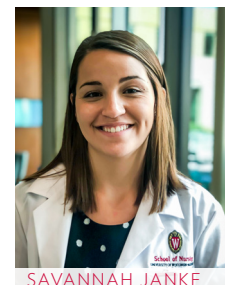
"We don't know much, really, about what happens to autistic adults in midlife and beyond," said new CARE Affiliate Lauren Bishop-Fitzpatrick, MSW, PhD, an assistant professor at the UW-Madison School of Social Work and investigator at the Waisman Center. "That is a big public health problem."

ENHANCING NURSING EDUCATION

To enrich aging content throughout the curriculum, CARE mapped gerontological competencies onto the School of Nursing undergraduate

concept-based curriculum. CARE Affiliates and staff facilitated classroom discussions on ageism and healthcare; osteoporosis; hospital-associated disability in older patients; and dementia, delirium and depression. CARE worked with School of Nursing research and clinical faculty to develop dementia-friendly training materials for classroom and community use. The resulting Dementia Friendly Toolkit includes four training videos and six role-play scenarios that mirror common challenges for people living with dementia and their family caregivers, like refilling a prescription.

CARE supported the student Geriatric Interest Group and organized Careers in Aging Week campus events, outreach and communications to highlight opportunities to work with older adults. CARE awarded our annual scholarship for undergraduate students with a passion for care of older adults to School of Nursing junior Savannah Janke.



SAVANNAH JANKE

“I want to be the change that provides accessible, personal, and timely care to people in rural communities, like the one I grew up in.”

"I grew up in a small rural town, and three years ago our only clinic closed due to a lack of providers. The elderly population in my community has been hit the hardest by this change," said Janke, who plans to become a nurse practitioner. "I want to be the change that provides accessible, personal, and timely care to people in rural communities, like the one I grew up in."

Research, Education, Workforce.



DEVELOPING THE ELDERCARE WORKFORCE

CARE collaborated with the Wisconsin Office of Rural Health and three coalitions in Iowa County, Langlade County, and the city of Waupun to assess what older adults and their caregivers need to thrive in those communities. CARE identified promising approaches to help these areas meet older adults' and caregivers' needs, such as online resource hubs. Over the next three years, CARE will work with the same rural communities as they implement aging-in-place plans.

CARE organized free one-day conferences for direct care staff in Eau Claire, West Allis and Sauk City. These staff work with older adults in long-term care, hospital and community settings, but have trouble accessing professional development, especially in rural areas.

CARE launched our new Geri-Res nurse residency curriculum and toolkit (gerires.nursing.wisc.edu). The residency helps providers in skilled nursing and assisted living settings orient and educate nurses for the specialty care they provide.

CARE also launched the beta version of Agefully (agefully.me), an online tool providing personalized, evidence-based guidance for family caregivers of older adults. Developed with input from hundreds of family caregivers and dozens of experts, Agefully is designed to help adult children early on in the caregiving experience.

“Agefully has provided me with ‘kinder’ language to have some difficult conversations.”

“Taking the assessment and reading the tips has encouraged me to be more direct with family members,” said one family caregiver after using Agefully. “Agefully has provided me with ‘kinder’ language to have some difficult conversations,” said another.



LONG-TERM CARE ORGANIZATION USING GERI-RES



CNA AND PCW CONFERENCE PARTICIPANT



FAMILY CAREGIVER INTERVIEWED FOR AGEFULLY

In early 2019, CARE's leadership transitioned from Founding Director and UW–Madison School of Nursing Associate Dean for Research Barb Bowers to Executive Director and Associate Professor Barb King.

I am excited to see how CARE will continue to grow under the leadership of Barb King, a respected researcher, geriatric nurse practitioner, teacher, and mentor.

"I founded CARE in 2011 because I knew from my research, practice, and policy work that nurses must have a special understanding of the needs of older adults to create quality care environments. I wanted to build on the School of Nursing's expertise in the field of aging and long-term care to create a center that would support and coordinate campus and community efforts. CARE's impact has been greater than I could have hoped. Our presentations, programs, and tools are not only preparing nurses, but also helping family members, community organizations and service providers support older adult well-being. I am excited to see how CARE will continue to grow under the leadership of Barb King, a respected researcher, geriatric nurse practitioner, teacher, and mentor.

—Barb Bowers, PhD, RN, FAAN



BARB KING, BARB BOWERS

"I am honored to step into the role of CARE Executive Director and share Barb Bowers' passion for improving care of older adults. My vision includes building on each of CARE's three pillars: research, education, and outreach. Going forward, CARE will build a network of long-term care facilities interested in participating in research, including studies on resident preferences and family-centered care models. We will work with School of Nursing and campus leaders to challenge ageist stereotypes and excite nursing students about working with older adults. We will expand the reach of CARE's free conferences for CNAs, PCWs, and other direct care staff by developing a train-the-trainer approach for this vital but often neglected part of the eldercare workforce. CARE's work ensures that families, caregivers, and nurses benefit from cutting-edge research and nursing expertise, no matter where they live."

—Barb King, PhD, RN, FAAN

REACH OF CARE PROGRAMS AND TOOLS

2 NEW ORGANIZATIONS USING THE GERI-RES NURSE RESIDENCY

102

MANUALS ON SUPPORT

FOR OLDER PEOPLE WITH INTELLECTUAL DISABILITY SOLD

3,500 PEOPLE VISITED THE AGEFULLY WEBSITE

THREE TOOLS LAUNCHED FOR NURSES, FAMILY CAREGIVERS, & COMMUNITY GROUPS

CARE Team:

- Founding Director: **Barb Bowers**
- Executive Director: **Barb King**
- Research Program Manager: **Kim Nolet**
- Marketing Specialist: **Peggy Rynearson**
- Senior Outreach Specialist: **Diane Farsetta**

Advisory Committee:

Jonette Arms, Aging & Disability Resource Center of Central Wisconsin

Brad Klitch, Direct Supply

Susan Rather, BrightStar Care

Tim Size, Rural Wisconsin Health Cooperative

Lisa Thomson, Pathway Health Services

Sarah Endicott, School of Nursing faculty liaison

Abby Elsholtz, Maddie Lindhart, and Stephanie Reopelle
School of Nursing student representatives

For more info, visit: care.nursing.wisc.edu

Or contact us at: care@son.wisc.edu or (608) 265-4330

