



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

2020

Annual Report

CARE AFFILIATES IN

TEN
DISCIPLINES

DISSEMINATED CARE
PROGRAMS AND PRODUCTS VIA

11
ORGANIZATIONAL
PARTNERS



**TRAINED 25 HEALTH
EDUCATORS ACROSS
WISCONSIN**

TO LEAD DISCUSSIONS AND ACTIVE
LEARNING EXERCISES ON SIX AGING TOPICS
FOR CERTIFIED NURSING ASSISTANTS AND
OTHER DIRECT CARE STAFF

RECRUITED

170+

OLDER VOLUNTEERS
FOR ONE-ON-ONE
CONVERSATIONS WITH
NURSING STUDENTS

12 SCHOOL OF
NURSING
RESEARCHERS
AMONG CARE AFFILIATES



Finding new ways to support older adult health

AGING RESEARCH

- » **Co-organized a four-part workshop** on recruiting and retaining people of color as study participants
- » **Launched a research pilot partnership** with LeadingAgeMN, the Minnesota not-for-profit long term care association, around our Geri-Res online nurse residency program

NURSING EDUCATION

- » **Worked with five community partners** to offer online service-learning for students in N511 Community supports for people with dementia
- » **Connected four DNP students** to contacts and resources for scholarly projects focused on older adult health

IMPROVING CARE

- » **Held the first online direct care staff conference** with 14 staff at Aspire Senior Living in Kimberly, Wisconsin
- » **Offered five online workshops** for family caregivers of people with dementia, in collaboration with the Respite Care Association of Wisconsin

AGING RESEARCH

While many research activities paused due to the pandemic, CARE worked with our affiliate faculty across disciplines to organize aging research discussions online.

At one event, Tracy Schroeffer, MSW, PhD, a professor at the Sandra Rosenbaum School of Social Work, described her work with local agencies and Hmong, African American, and Latinx leaders to make case management standards more culturally responsive.

“Racism and discrimination are embedded in systems,” said Schroeffer. “We need to dig through policies and practices and make changes to meet the needs of all older adults, in particular older adults of color.”

During another discussion, Megan Zuelsdorff, PhD, an epidemiologist and assistant professor at the School of Nursing, talked about her research on the social determinants of cognitive health in later life.

“I do worry that social connections that are key to successful aging and can provide powerful protection against stressors have been broken due to the

shutdown,” said Zuelsdorff.

In 2020, CARE also co-organized a four-part workshop to help research faculty and staff recruit and retain study participants from communities of color; contributed to four proposals; and added CARE Affiliates from the School of Nursing and across campus.

NURSING EDUCATION

For the fall semester, the School of Nursing needed experiential learning opportunities that were less likely to be disrupted by the pandemic.

CARE suggested pairing each student with an older adult living in the community for conversations and health assessments, and offered our support to make it happen.

Over two months, CARE recruited more than 170 volunteers age 65 and older, who were willing to meet with nursing students by phone or video calls.

The Older Adult Telehealth Project, which became part of a community health experiential course, was well received.

“This project has renewed some forgotten passion in nursing,” one



Health educators from across Wisconsin participate in a CARE U Train-the-Trainer session.



Lessons with Carly

DNP student Carly Kurth led Capitol Lakes memory care residents in weekly activities by Zoom, as one of CARE's online service projects.

student wrote. "It has reminded me how much I love conversing with patients and getting to know them on a deeper level to provide a better individualized plan of care."

"Personal connection with a different generation is so important for young people," said one of the volunteers. "It's easy to write us off, but that personal connection gives a wider perspective and elevates our relevancy."

In 2020, CARE also worked with community partners to offer online service projects supporting people with dementia; contributed content for an online "Geriatrics Bootcamp"; and connected instructors with expert guest presenters on aging topics.

IMPROVING CARE

Seven years ago, CARE began organizing one-day conferences for certified nursing assistants (CNAs) and other direct care staff who work with older adults.

Demand grew each year for the interactive, evidence-based curriculum,

which covers person-centered care, care for people living with dementia, mobility, aging and vision, nutrition and swallowing, as well as understanding pain.

CARE worked with School of Nursing faculty and additional experts to prepare others to be able to present our curriculum, developing a CARE U Train-the-Trainer program. We recruited 25 health educators from across Wisconsin, who participated in four training sessions.

These CARE U Trainers are now organizing their own conferences for direct care staff.

"I love all of the materials provided," wrote one trainer. "This will ensure I have the content and knowledge to offer this to others."

"The presenters had a simple, yet thorough style which helped me feel confident in replicating it," another trainer wrote.

In 2020, CARE also held our first online conference for CNAs and other

direct care staff; offered five online workshops for family caregivers of people living with dementia; and supported aging-in-place initiatives by three rural community coalitions.

GET INVOLVED

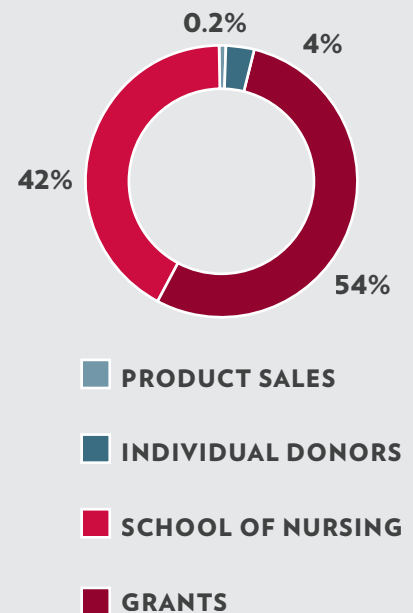
Support from individuals and foundations is vital to CARE. To learn about how you can help ensure that older people, their families, and caregivers benefit from our cutting-edge research and nursing expertise, call Scott Fletcher at 608-263-6007, or visit:

<https://go.wisc.edu/igt055>

“*I first provided care to my grandmother, who suffered from Alzheimer’s disease and lived with my family,” read Ben Stephens’ winning application for CARE’s undergraduate scholarship in 2020.*

“Caring for the elderly is truly a passion of mine and CARE’s support means the world to me,” said Ben.

CARE REVENUE



CARE’s mission is to support discoveries that improve aging, and to build the skills and capacity of those who care for older adults.

CARE Team:

Barb King, Executive Director
Diane Farsetta, Senior Outreach Specialist
Sharon Schumacher, HeART Program Manager
Kim Nolet, Research Program Manager
Barb Bowers, Founding Director

CARE Advisory Committee:

Jonette Arms, Aging & Disability Resource Center of Central Wisconsin
Liz Jensen, Direct Supply
Christine Klotz, Wisconsin Institute for Healthy Aging
Edith Lawrence-Hilliard, Precious Memories Choir
Geana Shemak, Iowa County HeART Coordinator
Lisa Thomson, Pathway Health Services
Deanna Truedson McKillips, Agrace Hospice and Palliative Care
Mike Wallace, Fort HealthCare
Sarah Endicott, School of Nursing faculty liaison
Morgan Cesarz, Carly Kurth, and Kerry McCoy, School of Nursing student representatives

Above and page 2 - Before the shutdown, CARE worked with the student Geriatric Interest Group to bring local long-term care residents to Cooper Hall for small group discussions.

For more info, visit: care.nursing.wisc.edu or contact us at: care@son.wisc.edu or (608) 265-4330

