



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

2023 Annual Report

Innovating to improve how we age





Members of the Rural and Madison Boards of Older Adult Advisors meet together.

AGING RESEARCH

Supporting healthy aging becomes even more important as the U.S. population grows older. Yet older people are often underrepresented in health research—even studies of age-related issues.

Members of the two Boards of Older Adult Advisors (BOAAs), which CARE launched and coordinates, make strong arguments for engaging older people in health research:

"I want researchers to know we may not have the education they do, but we have what they don't have: the knowledge and wisdom that comes from living our lives."

"You see the color of my skin. You see my gender. You see my age. And you think you know something. But that is disrespectful. You need to ask and listen."

Throughout 2023, CARE organized and facilitated nine meetings with the Madison or Rural BOAAs, with support from the Patient-Centered Outcomes Research Institute. Health researchers across disciplines asked the BOAAs about their health priorities and experiences, and sought their

feedback on study plans, recruiting materials, and more.

Researchers enjoyed and learned from their discussions with BOAA members:

"It struck me how engaged they were. ... Their answers were thoughtful, relating the topic to their own experiences. They considered the needs of the researchers, too."

"We got great feedback. I felt they were honest and appreciated their suggestions for carrying the work forward. ... We gave them a hard task in focusing on process and they did a nice job."

"We asked tough questions. It was obvious they were digging in, making the time count. It was helpful to see them disagree with each other. ... That's valuable feedback."

CARE authored a toolkit to encourage health researchers to engage older community members as advisors on health research (see <https://go.wisc.edu/02occ0>). The toolkit includes materials developed as CARE recruited and trained BOAA members, and organized research meetings with them. It also

shares lessons learned and advice from BOAA members and UW-Madison researchers.

In the Madison area, awareness is growing of the BOAAs as valuable resources for health researchers. Both BOAAs' meeting calendars for 2024 quickly filled up!

NURSING EDUCATION

In 2023, CARE engaged UW-Madison School of Nursing students to improve care for older adults.

"Due to historical systemic oppression and inequity... the life expectancy for transgender and gender diverse communities has been very low," says Sonny Graves, who received CARE's Undergraduate Scholarship in 2023. *"I am interested in contributing to this field and being a part of listening to the needs specifically of transgender and gender diverse older adults and elders."*

Doctoral student Sheryl Krause, MS, RN, CEN, ACNS-BC received research support from CARE's Caregiving Across Healthcare Systems fund. Her research focuses on patient and caregiver understanding of instructions during the emergency department

AGING RESEARCH

- » Organized **9 meetings** with the Boards of Older Adult Advisors (BOAAs), community members from Madison and rural Southwest Wisconsin who provide guidance on health research.
- » UW-Madison researchers from **4 disciplines** (Nursing, Medicine, Occupational Therapy, and Sociology) consulted with the Rural or Madison BOAAs.
- » Provided information, community input, or letters of support for **5 aging research proposals** submitted by CARE Affiliate faculty or campus partners.
- » Grew the CARE Affiliate program to include **42 UW-Madison faculty, staff, and graduate students** representing **11 disciplines**.

NURSING EDUCATION

- » Engaged **over 250 School of Nursing undergraduate students** across the traditional and accelerated BSN programs with lectures and active learning exercises on providing age-friendly care.
- » Recruited **166 older community members** for one-on-one discussions with School of Nursing undergraduate students.
- » Organized **2 Careers in Aging Week events** with the student Geriatric Interest Group: an intergenerational lunch and a discussion of a documentary on age-friendly health care.
- » Partnered with **14 local organizations** for the interprofessional service-learning course Community supports for people with dementia (Nursing 511).

IMPROVING CARE

- » Launched the Dementia Friendly Hospital Toolkit, with **8 role play scenarios, 5 videos, 11 handouts**, and a robust organizational planning guide.
- » Recorded **246 sales or free downloads** of CARE's evidence-based toolkits for the eldercare workforce.
- » Presented at **1 statewide and 2 national conferences** on our collaboration with UW Health to strengthen and expand age-friendly healthcare practices.
- » Recruited **64 CNAs, community health workers, direct care staff, and nurses** across Wisconsin to provide input as we began updating and expanding the CARE U curriculum for direct care staff.

discharge process. Sheryl's long-term goal is to pilot interventions aimed at improving the discharge process.

CARE helped provide unique educational opportunities related to older adult health throughout 2023. We worked with UW Health colleagues to develop and deliver content on age-friendly healthcare in the School of Nursing's traditional and accelerated BSN undergraduate programs. CARE organized two Careers in Aging Week events with the student Geriatric Interest Group. We recruited 166 older adult volunteers to have one-on-one conversations with all second-year nursing students. CARE partnered with 14 local organizations for the service-learning course "Community supports for people with dementia" (Nursing 511).

IMPROVING CARE

In 2023, CARE finalized our Dementia Friendly Hospital Toolkit, which was funded by the Oscar Rennebohm Foundation. The toolkit was developed through a user-centered process, to ensure that it addresses the needs of hospital staff and leaders; helps mitigate or avoid challenges faced by patients living with dementia and their family care partners; and can be used in real-world settings, including smaller, rural hospitals.

The Dementia Friendly Hospital Toolkit includes:

- An organizational guide for hospitals to develop a training plan based on their goals
- Eight interactive role play scenarios, with learning objectives, facilitator guides, scripts, handouts, and options for training sessions
- Five short training videos, with learning objectives and handouts

In 2023, five hospital partners across Wisconsin trialed the Dementia Friendly Hospital Toolkit. Each of the hospitals used the toolkit to develop their own training plan and conduct two staff training sessions.



School of Nursing Clinical Professor and CARE Affiliate Sarah Endicott helps lead UW-Madison Chancellor Jennifer Mnookin through one of the dementia friendly hospital training exercises.

All five hospitals reported that the training activities were well received by clinical and non-clinical staff, and participants met the learning objectives. Multiple people commented that everything they needed was provided and easy to use. *"You made my job very easy,"* one hospital education lead told us.

SEEKING YOUR SUPPORT

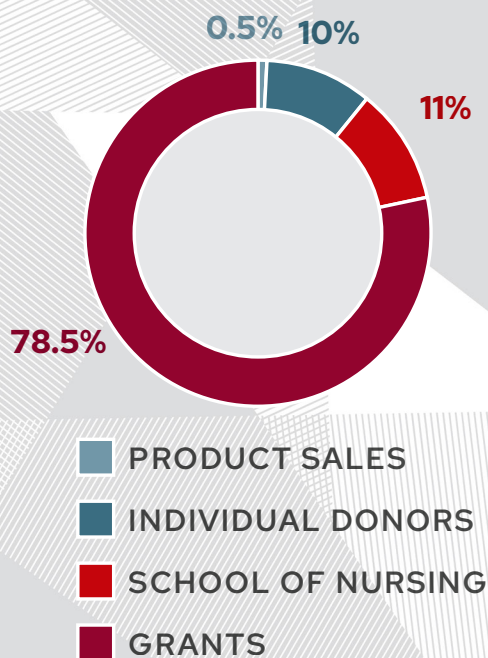
Support from individuals and foundations is vital to CARE. To learn how you can help ensure that older people, families, and caregivers benefit from our innovative research and nursing expertise, contact Isabel Andrews at **630-881-8375** or visit: <https://go.wisc.edu/igt055>



In 2023, CARE welcomed **Tonya Roberts, PhD, RN (left)** as our incoming faculty director. She and Barb King, PhD, RN, APRN-BC, FAAN are sharing the director role through 2024. An associate professor at the School of Nursing, Tonya conducts research on person-centered care, developing interventions that engage older people, their families, and staff in tailoring care to their life and health goals.

CARE also welcomed **Paula Bizot, MS, RN (right)** as our aging education project manager. Her experience includes older adult health, public health, and environmental health.

CARE REVENUE



CARE Team:

Barb King and Tonya Roberts, Co-Executive Directors
Paula Bizot, Aging Education Project Manager
Diane Farsetta, Outreach Program Manager
Barb Bowers, Founding Director

CARE Advisory Committee:

Jonette Arms, Wisconsin Department of Health Services Division of Public Health
Sarah Endicott, School of Nursing faculty liaison
Valerie Joy Hein Hamstra, CNA and caregiver coach
Valerie Hiltbrand, Aging and Disability Resource Center of Iowa County
Liz Jensen, Direct Supply
Christine Klotz, Wisconsin Institute for Healthy Aging
Edith Lawrence-Hilliard, Precious Memories Choir
Lisa Rudolph, Fort HealthCare
Deanna Truedson McKillips, Agrace Hospice and Palliative Care
Laura Block, Olivia Erickson, and Jacqueline Olen, School of Nursing students
Gracie Venechuk, Sociology PhD student