



COLLABORATING

to improve how we age

In 2024, the Center for Aging Research and Education:



Increased the reach of CARE's toolkits and manuals for the eldercare workforce to

185%
of 2023 levels



Grew the **CARE Affiliate program** to include

40 **UW-Madison faculty, staff, and graduate students**
across **15 disciplines**



Recruited as clinical sites for undergraduate nursing students

12
assisted living, nursing or rehabilitation centers



Expanded the CARE U curriculum for direct care staff on **7 topics**:

- **Person-Centered Care**
- **Dementia Care**
- **Mobility**
- **Vision**
- **Pain**
- **Nutrition**
- **Emergency Preparedness**



Community volunteers with the Older Adult Telehealth Project (OAT) meet with nursing students.

AGING RESEARCH

The Rural and Madison Boards of Older Adult Advisors (BOAAs) provide health researchers with input on study design, recruiting strategies and materials, data analysis, and more. Organized and facilitated by CARE since 2022, these two community advisory boards inform, broaden, and sometimes challenge researchers' perspectives.

In 2024, the BOAAs tried something new: developing their own research agendas.

"In the world of research, we usually get asked [for input] after the questions are already formed," one Madison BOAA member said. "So, to include us from the very beginning of the process—I just feel it's imperative!"

With support from the UW–Madison Baldwin Wisconsin Idea Endowment, over two meetings each BOAA reviewed public health data for their county and the state; reflected on what they see as important research; brainstormed research topics and questions that could significantly improve health or healthcare for older adults; and prioritized their list of research ideas.

In their research agendas, both BOAAs call for research that aims to improve communication between healthcare staff and older people; to support family and friend caregivers; and to increase health promotion, behaviors, and prevention. The Rural BOAA's top research priority is aging in place well. The Madison BOAA's agenda not only urges researchers to address health disparities, but also contextualizes the problem, stating:

"Historic and ongoing systemic discrimination leads to health disparities for people of color and others targeted by unjust policies and practices. Health issues that people experience today may have been caused or worsened by unfair limitations on their access to healthcare, information, transportation, and other resources."

The BOAAs' research agendas are online at: <https://go.wisc.edu/k7513o>

In 2024, CARE also grew our network of faculty, staff, and graduate students who focus on older adult health and well-being in their research and scholarship; connected researchers with potential study partners in acute and long-term care;

and supported research proposals developed by faculty affiliates.

NURSING EDUCATION

CARE started 2024 with a bold goal, developed with the School of Nursing's Academic Affairs: All first-year undergraduate nursing students would have a clinical placement in an assisted living, nursing or rehabilitation facility.

Such a clinical course would pair students with a consistent group of residents throughout the semester, helping students build a strong foundation for assessment and communication skills. Students would interact with older adults who need intermediate levels of nursing care, introducing students to a range of care settings and health promotion and management strategies.

CARE reached out to colleagues in long-term care to recruit 12 clinical sites for Nursing 316, a fall semester clinical course. To provide N316 faculty with long-term care-specific background and clinical activity resources, CARE worked with doctoral student Laura Block, BS, BSN, RN to draw from national guides and adapt CARE's training materials for the eldercare workforce.

AGING RESEARCH

- » Organized **12 meetings** with the Madison and Rural Boards of Older Adult Advisors: 8 with researchers and 4 for both groups to develop their own research agendas
- » Provided **9 researchers** with information or letters of support for their aging research proposals
- » Grew the CARE Affiliate program to include **40 UW–Madison faculty, staff, and graduate students** across **15 disciplines**

NURSING EDUCATION

- » Developed content on age-friendly care for **5 courses** across the traditional and accelerated undergraduate nursing programs
- » Recruited **12 assisted living, nursing or rehabilitation centers** as clinical sites for undergraduate nursing students
- » Consulted with **6 Doctor of Nursing Practice graduate students** focusing on older adult health for their scholarly projects

IMPROVING CARE

- » Expanded the CARE U curriculum for direct care staff on **7 topics**: person-centered care, dementia care, mobility, vision, pain, nutrition, and emergency preparedness
- » Conducted focus groups with **24 nursing and direct care staff** and **15 older adults** in urban and rural areas of Wisconsin to inform revisions to the CARE U curriculum
- » Increased the reach of CARE’s toolkits and manuals for the eldercare workforce to **185%** of 2023 levels

The new clinical gave students the opportunity to engage older adults, while deepening relationships between the School of Nursing and clinical sites. Faculty and students discussed how to support people with chronic health needs and comorbidities. Some students asked for additional opportunities to learn about older adult health.

“They’re seeing residents as real people,” said one N316 faculty member.

In 2024, CARE also developed content on age-friendly care for five courses across the traditional and accelerated BSN programs. We brought together nursing students and long-term care residents for a Careers in Aging Week luncheon. CARE recruited more than 220 community members for the Older Adult Telehealth Project. The larger number of volunteers (up from 160) was needed to include students in both the accelerated and traditional undergraduate nursing programs in the one-on-one conversations with older people.

IMPROVING CARE

In 2024, CARE worked with UW Extension colleagues to update and expand CARE U, our evidence-based curriculum for direct care staff. The new CARE U includes information about how the seven topics impact diverse older populations; examples from home and community care, as well as acute and long-term care; and a new topic on emergency preparedness, developed with input from nursing and direct care staff on their experiences during the COVID pandemic. We also translated CARE U materials, to reach Spanish-speaking and bilingual staff.

CARE U has two tracks: workshops for direct care staff and a train-the-trainer for health educators who want to lead their own CARE U workshops. Over the next five years, we will bring CARE U workshops and train-the-trainers to rural and medically underserved areas of Wisconsin, with support from the U.S. Health Resources and Services Administration, Rennebohm Foundation, and Greater Milwaukee Foundation.



CARE Co-Executive Director Barb King (R) and Edith Hilliard, an OAT volunteer and member of CARE’s Advisory Committee.

In 2024, CARE also promoted resources for those caring for older people. We presented on CARE's Dementia Friendly Hospital Toolkit during a Wisconsin Hospital Association webinar and at the Alzheimer's Disease International conference in Poland. CARE made all our toolkits and manuals freely available through our website—nearly doubling the reach of our materials compared to 2023!

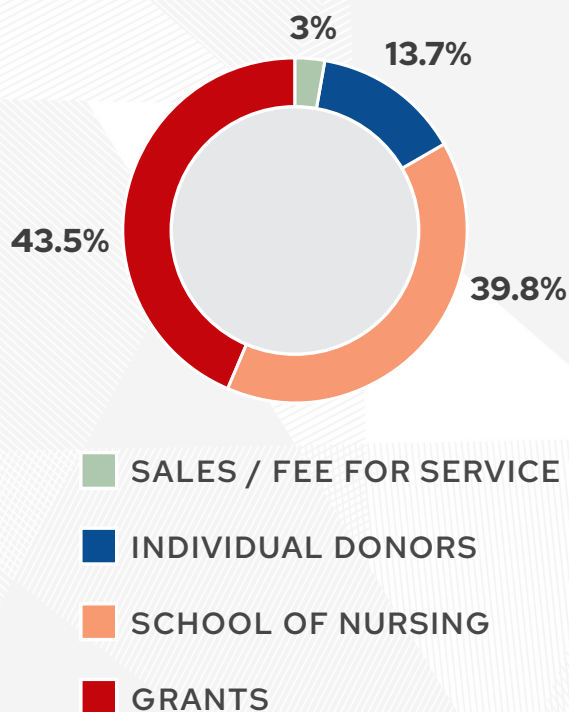
SEEKING YOUR SUPPORT

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>



CARE Manager Diane Farsetta, Clinical Professor Sarah Endicott, and Professor Lisa Bratzke presenting at the Alzheimer's Disease International Conference.

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
Kevin Coughlin, Wisconsin Division of Medicaid Services
Sarah Endicott, School of Nursing faculty liaison
Valerie Hiltbrand, Aging and Disability Resource Center of Iowa County
Liz Jensen, Direct Supply
Christine Klotz, Wisconsin Institute for Healthy Aging
Sue Konkell, Retired public health nurse
Edith Lawrence-Hilliard, Precious Memories Choir
Deanna Truedson McKillips, Agrace Hospice and Palliative Care
Laura Block, Olivia Erickson, and Emma Judd, School of Nursing students
Abigail Bradfield, Kinesiology PhD student