



Center for the Advanced Study of Aging Services

SCHOOL OF SOCIAL WELFARE
UNIVERSITY OF CALIFORNIA, BERKELEY

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The Center for the Advanced Study of Aging Services conducts activities to improve services for California's elderly through research, education & collaboration. These activities are made possible through the generous support of the Kleiner Family Foundation and other donors.

Issue Highlights...


- Caregiver Support Project Final Results
- Kleiner and Center Scholarship Recipients
- New UC Berkeley Extension Aging and Mental Health Program
- International Perspectives on Home Care for the Elderly
- Recent Center Caregiving – Related Publications

Caregiver Support Project: Final Results

The Center for the Advanced Study of Aging Services recently published "Caregiving in California: Final Report of the University of California Family Caregiver Support Project." The Center's Caregiver Support Project investigated caregiver service use in the state of California during the first two years of implementation of the National Family Caregiver Support Program (NFCSP). The Project was supported by the Archstone Foundation. In general, it appears the NFCSP is having a positive impact on the lives of California caregivers, who reported an increase in service use with a decrease in unmet needs, barriers to service use, and caregiver distress. A substantial number of caregivers, however, continue to lack the community support necessary to provide the best possible care for their loved ones. Almost 20% of those surveyed never used a caregiver support service, and two-thirds of caregivers reported that they were not receiving at least one of the types of service that they believed they needed. In addition, one-third of caregivers continued to identify barriers to service use, and there was an increase in the number of caregivers who reported that they did not receive services because providers do not speak the caregiver's language or are from different backgrounds, or there is not enough time.

Project findings highlight the diverse needs of caregivers and care recipients, and the critical importance of developing culturally-appropriate caregiver support services. Service providers also need to tailor their interventions to specific caregiving situations and focus more attention on outreach.

The report was distributed to all California Area Agencies on Aging (AAAs) and to other key constituencies, including members of the project advisory committee, and the report serves as a complete resource for policy and program developers. The report contains valuable information for planners, policy-makers, and service providers, in California as well as the United States. Indeed, no other existing data source provides comprehensive information regarding caregiver needs and service utilization patterns from a randomly-selected household sample of service users and non-users representing the racial and ethnic diversity of California.

Ultimately, it is our hope that this project will contribute to new programmatic and policy responses to help alleviate the deleterious impact of caregiving on caregivers' physical and mental health, reduce elder abuse and neglect, improve end of life care, and enable family members to provide better care for a longer period. The report is available at the Center's website:
<http://cssr.berkeley.edu/aging/pdfs/FCSPFinalReport.pdf>. 

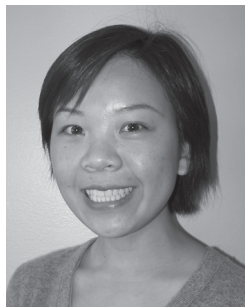
2006–2007 Rose Kleiner Fellowship & Center Scholarship Recipients

In recognition of their academic and professional promise, two Masters of Social Welfare students were awarded Center for the Advanced Study of Aging Services Scholarships and one student was awarded the Rose Kleiner Fellowship in Gerontology. The Rose Kleiner Fellowship is supported by a generous gift from the Rose and Eugene Kleiner Family Foundation in honor of Rose Kleiner (MSW '77), a leader in gerontological case management and home care.

Susan Chen was awarded one of the 2006-2007 Center for the Advanced Study of Aging Services scholarships. Susan has been working with the elderly population in various settings. Prior to entering UC Berkeley's MSW program, she was a social services designee in a skilled nursing facility. Last year she interned at On Lok Senior Health Center in San Francisco and served elderly monolingual Chinese-speaking immigrant participants. Susan is currently a medical social work intern at the Emergency Department of Kaiser Medical Center in Oakland.

AnneMarie Smith also was awarded a 2006-2007 Center for the Advanced Study of Aging Services scholarship. As part of her graduate studies, AnneMarie provided social services during her first year internship at the Institute on Aging Rosenberg Adult Day Health Center in San Francisco. This year, AnneMarie is a social work intern at Hospice by the Bay, also in San Francisco.

Melissa Buhbe was awarded the 2006-2007 Rose Kleiner Fellowship in Gerontology. Prior to starting the MSW program, Melissa was a Youth Development Peace Corps Volunteer on the Caribbean Coast of Nicaragua. She has worked at an Adult Day Health Care Program in rural Northern California, in a Skilled Nursing Facility in Los Angeles County, and as a Multi-Purpose Senior Services Program (MSSP) care manager also in L.A. County. In her first year of the MSW program, Melissa interned at Family Caregiver Alliance. Melissa is currently a medical social work intern at Kaiser San Francisco Medical Center. In the future Melissa would like to work as a Conservatorship Care Manager. ●



Susan Chen



AnneMarie Smith



Melissa Buhbe

New Aging & Mental Health Program at UC Berkeley Extension

A new Professional Program in Aging and Mental Health has been initiated at the UC Berkeley Extension. This new program will include a series of CEU workshops offered by leading researchers and clinicians in the Bay Area leading to a certificate of completion for LCSWs, MFTs, psychologists, RNs, and others working in the field of aging.

The UC Berkeley Extension has developed and provided several workshops in the area of geriatrics and mental health interventions over the past several years. The workshops have been developed in response to new state licensing requirements as well as the changing needs of a variety of mental health and social service professionals in a broad range of private, non-profit and public sector settings.

Stan Weisner, Ph.D., MSW, Director of the Behavioral and Biological Sciences Department at UC Berkeley Extension and a former Lecturer in the School of Social Welfare, states that 'the goal of the new curriculum is to prepare health and mental health and social service professionals to develop a stronger knowledge base and set of clinical skills to work with the elderly and their families.'

To earn a certificate of completion, participants must take two required workshops (Assessment and Treatment of Mental Health in Older Adults (12 hrs.) and a Clinical Case Seminar (12 hrs.) plus 36 hours of electives including workshops in Health and Aging, Bioethics, Treating Depression in Older Adults, Mood Disorders in Older Adults, Addictions and the Elderly, Art Therapy with the Elderly, Elder Abuse, Issues in Long-Term Care, Working with Older Adults in High-Conflict Families, and Spiritual Issues in Aging, Illness and Death.

On June 2nd, Andrew Scharlach, Center Director, will be teaching the first Clinical Case Seminar on Aging and Mental Health. This new program offers the opportunity for students to apply their own experiences in the field of aging and mental health, increasing participants' assessment and treatment skills, and enhancing their ability to work with the elderly. On June 23rd, another new course will be offered - "Working with Cognitively-Impaired Older Persons and Their Families." This course reviews major psychosocial interventions and legal remedies available to health, mental health, legal, and social service professionals who work with the elderly and their families

For further information, call Jaynet Tagami at 510-643-7234 or check out the UC Berkeley Extension's website (www.unex.berkeley.edu) to enroll. ●



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International Perspectives: Home Care for the Elderly

In March, Professor Andrew Scharlach participated in a conference on Home Care for the Elderly sponsored by Trinity College in Dublin, Ireland. While Scharlach presented United States perspectives on home care, other presenters described home care policies and trends in a number of European countries.

The various presentations identified similar concerns and increasingly similar solutions, including a mixed economy of care manifested in combined public and private financing approaches. Even countries that traditionally have offered universal coverage increasingly are introducing restrictions to limit public expenditures. Denmark, for example, offers universal access to free home care; however, the average elder receives only about one hour of home care per week, reflecting three brief visits of 20 to 30 minutes each. Germany's social insurance scheme relies on a consumer-directed care model which is rapidly being embraced in the U.S. as well. Concerns, however, have been raised about care provisions and protections for the most vulnerable with the fewest resources.

Listening to these various presentations, one might well conclude that very poor elderly in the United States (i.e., those who qualify for Medicaid [MediCal in California]) actually have better home care provisions than in most other countries, if they live in a relatively generous state and in a community with a reasonably comprehensive network of support services. However, the overall home care system in the United States is fragmented and difficult to access, and offers inconsistent care quality, especially for those seniors who are most vulnerable. In the United States as in other countries, social workers have an important role to play in assuring that vulnerable elders receive the care they need.

Caregiver Support Project Publications

The Center's recent caregiving-related publications include the following:

- Whittier, S., Scharlach, A., & Dal Santo, T. (2005). Availability of caregiver support services: Implications for implementation of the National Family Caregiver Support Program. *Journal of Aging and Social Policy*. 17(1) 45-62.
- Scharlach, A., Li, W., Bhattacharjee, T., & Chow, J. (2006). Family conflict as a mediator of caregiver strain: A path model. *Family Relations*. 55(5), 625-635.
- Scharlach, A., Kellam, R., Ong, N., Baskin, A., Goldstein, C. & Fox, P. (2006). Cultural attitudes and caregiver service use: Lessons from focus groups with racially and ethnically diverse family caregivers. *JGSW* 47(1/2) 133-156.
- Scharlach, A., Gustavson, K., Dal Santo, T. (In press). Assistance Received by Employed Caregivers and Their Care Recipients: Who Helps Care Recipients When Caregivers Work Full-Time? *The Gerontologist*.
- Dal Santo, T., Scharlach, A. Nielsen, J., Fox, P. (2007). A stress process model of family caregiver support coping mechanisms: Factors associated with respite and counseling service use. *JGSW* 49(4), 29-49.
- Giunta, N., Scharlach, A., Lehning, A., & Chow, J. (In Review). Racial and Ethnic Variations in Caregiver Service Use. *Journal of Aging & Health*.
- Dal Santo, T. & Scharlach, A. (In Review). Implementation of the National Family Caregiver Support Program: Positive Impact on Caregiver Service Use, Knowledge, and Barriers? *Journal of Aging and Social Policy*.

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