

UK Elder Care

IN THE KNOW

E-Newsletter
September 2009



A MESSAGE FROM THE COORDINATOR

The Work-Life office is again collaborating with departments across campus to plan a number of events in recognition of National Work and Family Month. One way UK is celebrating Work and Family Month is recognizing a supervisor that understands the importance of work-life balance. Last year, Barry Russell from Auxiliary Services was the first recipient of this award for his willingness to support flexible work arrangements within his department. He also encouraged staff to participate in seminars and support groups. He worked with the Elder Care office to offer a support group for his Department in which many were taking care of aging parents.

Please consider submitting a nomination for the **2009 Work-Life Supervisor of the Year Award** so we can continue honoring supervisors like Barry Russell. The deadline to submit a nomination is September 11. For more information and to download the application visit the following web site: http://www.uky.edu/HR/WorkLife/Supervisor_of_the_year_award.html. You can read about Barry Russell and why he was selected for the 2008 Work-Life Supervisor of the Year Award by visiting the following link: <http://www.uky.edu/HR/WorkLife/BarryRussell.html>

In the meantime, you can get updated information about Work-Life and other events by visiting the Work-Life web site. Information about Work and Family Month will be posted mid September.



NEWS HIGHLIGHTS

Many Baby Boomers are Continuing Illicit Drug Use into Their Later Years According to New Analytic Publication

Reflected in the rise in the rate of illicit drug use among those aged 50 to 59 from 2002 to 2007

Many baby boomers (Americans in the generation born between 1946 and 1964) are continuing to use illicit drugs as they grow older, causing the rate of illicit drug use to go up within the 50 to 59 year old age segment of the population. According to a new analytical publication produced by the Substance Abuse and Mental Health Services Administration (SAMHSA), those aged 50 to 59 reporting use of illicit drugs within the past year has nearly doubled from 5.1 percent in

2002 to 9.4 percent in 2007 while rates among all other age groups are statistically staying the same or decreasing.

An Examination of Trends in Illicit Drug Use among Adults Aged 50 to 59 in the United States is the first in a series of new scientific reports being published periodically by SAMHSA's Office of Applied Studies that will provide detailed analyses on important substance abuse and mental health issues challenging the nation.

"These findings show that many in the Woodstock generation continue to use illicit drugs as they age," said SAMHSA Acting Administrator Eric Broderick, D.D.S., M.P.H. "This continued use poses medical risks to these individuals and is likely to put further strains on the nation's health care system -- highlighting the value of preventing drug use from ever starting."

The report analyzes many aspects of this phenomenon including the types of illicit substances involved, different demographic and behavioral factors associated with higher rates of use, and other issues. The data used in the analysis comes from a wide range of sources including 16,656 respondents aged 50 to 59 participating in the 2002 through 2007 National Surveys on Drug Use and Health – the nation's premier national public health survey of its kind. The full report is available on the web at <http://oas.samhsa.gov/>. For related publications and information, visit <http://www.samhsa.gov/>.

Keeping Toddlers From Developing Negative Age Stereotypes By Visiting Nana

It's easy to list the negative stereotypes attributed to the elderly: they are considered forgetful, hard-of-hearing, absent-minded and confused.

What's unsettling is that those stereotypes can be present in children as young as two or three.

Research conducted by the University of Alberta's Sheree Kwong See, a psychology researcher, has identified that those stereotypes exist in some children at that age, which could adversely affect them when they are older.

"We've been able to show really early on that kids, when they're just starting to talk, have established beliefs about older people," said Kwong See. "We're seeing what we could call ageism by about age three."

In a recent study to be published in the journal *Educational Gerontology*, Kwong See and fellow researcher Elena Nicoladis measured the reactions of young children after being quizzed on vocabulary words by either an older or younger adult. Results showed that children who had less exposure to older adults had a stronger language bias against the older person in the experiment than those who had more exposure to older people.

"If you are interacting with 'nana' more frequently, you'll start to see that she's a pretty good teacher of words even though she's old," said Kwong See. "When you have little contact dominant negative cultural stereotypes emerge. You think an older person isn't as alert or in-the-know as a young person and maybe is not as good a teacher."

However, before making frantic trips to grandmother's house to curb the bias, Kwong See cautions that this is not the sole factor from which these biases can develop.

"They're getting negative images of aging from cartoons, from their story books, from watching how other people interact with seniors," she said. "But, they're also starting to pick up some of the positive images as well if they get lots of good interactions."

The long-term implications for these biases can be damaging in their interaction with and treatment of the elderly throughout their lives and in their own self concept as they age..

"Eventually those same children, once they know those stereotypes, may find that the stereotypes become a self-fulfilling prophecy," said Kwong See. "They will become their stereotypes as they grow older."

Source: www.medicalnewstoday.com

Don't Forget About Granny: Older Adults Experience Better Reported Health When Connected With Family and Friends

Older adults who have stronger social support networks are more likely to report better overall health compared to their counterparts lacking adequate social interactions and emotional support.

A new study examines the difference that social support may have on how U.S. community-dwelling elders self-report their health status. The study sample included 3,476 adults aged 60 years and older, which was collected from the 1999-2002 National Health and Nutrition Examination Survey. Researchers found that older persons who reported that they needed more support also reported having poorer health; whereas older persons, who were satisfied with the support available to them, reported better health.

The study's authors conclude, "With an estimated 7.6 million older adults feeling the need for more emotional support in America, awareness of the ongoing potential scope of the problem helps evaluate whether providers of health and social services to older persons are adequately prepared to address these health needs."

Source: www.medicalnewstoday.com/articles/161471.php



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

CAMPUS EVENTS & COMMUNITY EVENTS:

Campus Events:

Work-Life Fall Back to School Series:

All sessions, including support groups, are from 12:10-12:50 p.m. in 220 Scovell Hall, Ste 3 except where noted

***Teen Talk** September 1

***Behavior Tips 101** September 7

***Survival Course for Sandwich Generation** September 14

***Homework Help Workshop** September 17 in Hospital Learning Ctr, H31-F

***Cyber Safety for Kids** September 4

Support Groups:

***Caregivers Support Group – New Location W.T. Young Library, Keeneland Room**

September 10, October 8

***Working Mothers Support Group**

September 3, October 8, November 5

***Parenting Teens and Tweens Support Group**

September 9, October 14

For registration information on all events, visit

www.uky.edu/HR/WorkLife or call 257-8763

- **Health & Wellness Events:** *Farmer's Market rides* Thursday's through September, and Lunch N Learn: *Stay Fit Right at Your Desk* September 17 noon – 1 p.m. in the Gallery Room, WT Young Library. For more information and to RSVP for appointments and programs, please visit www.uky.edu/HR/wellness.

Community Events:

- **Alzheimer's Family Caregiver Training** is Friday, September 11th 9 a.m. – 4 p.m at the Fayette County Extension Office. This program is for those who have a friend or family member who has been diagnosed with Alzheimer's disease or a related dementia. Local and statewide experts in aging and Alzheimer's care will present on Alzheimer's disease, caregiving basics, legal decisions, and how to care for the caregiver. Registration is \$15 and includes lunch. Registration is required: call 1-800-272-3900. Free respite care by contacting David Bassoni at the Bluegrass Area Agency on Aging by September 4th.
- **Bluegrass Regional Boomer and Senior Games to be held Sept. 12th** from 8 a.m. to 5 p.m. sponsored by Berea College and Bluegrass Area Agency on Aging and Independent Living. Any person fifty years old and over can participate. Registration forms and more information can be found at www.berea.edu/peh. The cost for athletes will be \$15.00.
- **Lifeline Home Health Presents Golf Scramble to Benefit Faith in Action** is Tuesday, September 15th at 1 p.m and held at Keene Golf Club. For questions and to register call Julie Melloan at 230-4801.
- **ABCs of Caregiving Program** September 30th 2 p.m – 4 p.m. at the Alzheimer's Association office. This program is designed to assist new caregivers in understanding the disease and transitioning into their role as a caregiver. For more information and to register call the Alzheimer's Association at (800) 272-3900.



CAREGIVER SURVIVAL GUIDE

How to Manage Stress: 10 Ways to Be A Healthier Caregiver

1. Understand what's going on as early as possible.
2. Know what community resources are available.
3. Become an educated caregiver.
4. Get help.
5. Take care of yourself.
6. Manage your level of stress.
7. Accept changes as they occur.
8. Make legal and financial plans.
9. Give yourself credit, not guilt.
10. Visit your doctor regularly.

Source: Alzheimer's Association Greater Kentucky and Southern Indiana Chapter Newsletter; August 2009.

If you find yourself under stress, Take Action Now by calling 323-4600 and an Elder Care Specialist will help you!



321 Charles T. Wethington Jr. Building ~ Lexington, KY 40536-0200
www.uky.edu/HR/eldercare ~ (859) 323-4600