

Annual Report
Of the
Virginia Center on Aging
Virginia Commonwealth University

Accomplishments in 2000

And

Goals for 2001

Overview

This report summarizes activities of the Virginia Center on Aging (VCoA) during calendar 2000. It is organized by calendar year because of the practice of providing an annual report to the Virginia General Assembly when it convenes in January.

Calendar 2000 saw VCoA actively meeting its legislated mandates and more. During this year VCoA initiated a high level of interaction with other organizations, groups, and units both across the Commonwealth and within Virginia Commonwealth University (VCU) in carrying out its work related to older Virginians and their families. (See *Appendix A for a listing of those we worked with.*) These partnerships enabled us to accomplish far more than our staffing level would suggest.

Calendar 2000 saw an energetic agenda of lifelong learning, training, research, community service, and information sharing accomplished across Virginia, in every geographic region. VCoA's commitment to aging with disabilities, both lifelong and late-onset, and to family caregiving translated into two highly successful conferences, the first being on Alzheimer's disease in June, the second being on aging with Cerebral Palsy and other developmental disabilities in November. These drew deserved attention, respectively, to the key role of the Alzheimer's and Related Diseases Research Award Fund (ARDRAF) as a stimulus in Virginia for pilot studies on dementing illnesses and to the largely under-recognized conditions, abilities, and needs of people who age with lifelong disabilities. This year several of VCoA's faculty and staff exceeded their previous high standards. Some examples include: Connie Coogle was even more widely engaged in outcomes design and evaluation research, with old, new, and proposed projects on geriatric interdisciplinary team training, mentoring, dementia-related training of nursing home staff, and more; Jane Stephan was seemingly omnipresent across Virginia, conceptualizing lifelong learning and Elderhostel course content, inventing appealing program formats, and discovering "new" instructors, all the while helping to propel the resurgence of VCoA's older adult learning program; Catherine Dodson managed the real life experience of our "Reinventing Richmond" Elderhostel initiative, providing the in-person presence for our commitment to improve programs and increase enrollments; Paula Kupstas offered leadership and continuity for the emerging focus in Central Virginia on domestic violence against older women; and Kim Smith's management and editorship of our *Age in Action* 20-page quarterly newsletter drew justified approval, earning recognition by the Southern Gerontological Society as the best publication of its type throughout the South.

Calendar 2000 once again proved that partnering or collaborating is the key to leveraging resources for a relatively small unit like the Virginia Center on Aging. The following pages describe many partnerships initiated, maintained or improved during calendar 2000. Moreover, this practice will become ever more important as an effective way of serving Virginia's elders and their families, for funding sources within Virginia and elsewhere require more impact for their diminishingly available support. As we have said before, this is fine with us. We see work with our colleagues across Virginia as the natural way of doing more.

Mission

The General Assembly, in creating the Virginia Center on Aging by amendment to the Code of Virginia in 1978, charged it to be “**an interdisciplinary study, research, (and) information and resource facility for the Commonwealth of Virginia...**” It is the only such Center in the Commonwealth. The Virginia Center on Aging (VCoA) is satisfying its mandate from the General assembly and is operating across Virginia, in a statewide capacity. Characteristically, the VCoA is accomplishing its activities through partnerships with various units, both across the Commonwealth and within Virginia Commonwealth University. VCoA believes that these partnerships serve the aging-related needs of Virginia in a most cost-effective manner and broaden the capacity of units within VCU to conduct aging-related research, education, and community service.

Under “interdisciplinary study” the General Assembly’s mandate includes:

- Continuing education and in-service training for those who work with the elderly
- Education and training of older persons
- Educational preparation of non-gerontology students

Under “research” the General Assembly’s mandate includes:

- Conduct of research in the field of gerontology
- Dissemination of research findings

Under “information and resource facility,” the General Assembly’s mandate includes:

- Collection and maintenance of data about older persons statewide and regionally
- Serving as a resource to the State Office on Aging (now called the Virginia Department for the Aging) and to all organizations and state agencies involved in aging-related planning and service delivery

Activities in 2000

During calendar 2000 the Virginia Center on Aging interacted and collaborated with colleagues in state, regional, and local agencies and organizations, both public and private, and with units of Virginia Commonwealth University, in order to achieve its responsibilities. The following are representative activities.

Highlighting activities in 2000:

- The Virginia Caregivers Grant Program (VCGP) became operational this year. Administered by the Virginia Department of Social Services, VCGP provides annual grants of up to \$500 to families with an income of less than \$50,000 who are giving unreimbursed care to family members of any age with substantial impairments in activities of daily living. VCoA helped conceptualize the program, offered research and testimony in hearings, and assisted in developing regulations for VCGP's administration.
- VCoA continued its "Reinventing Richmond" initiative to invigorate its Elderhostel lifelong learning program for older adults there through new subject matter, diverse course formats, and selected instructors. In calendar 2000 Elderhostel enrollments for Richmond increased 121% from 1999, rising from 329 to 727 Elderhostelers.
- VCoA partnered with statewide aging-related organizations in order to provide research findings and training for professionals across Virginia. VCoA co-sponsored the Ninth Annual Conference of the Virginia Guardianship Association, in Richmond in March; the Sixth Annual Conference of the Virginia Coalition for the Prevention of Elder Abuse, in Virginia Beach in June; and the 2000 Joint Conference of the Virginia Association on Aging and the Virginia Coalition for the Aging, in Williamsburg in October.
- VCoA represented the Gerontological Society of America (GSA) at a meeting of 25 national aging and substance abuse organizations called by the National Council on Aging and the U.S. Substance Abuse and Mental Health Services Administration to foster more collaboration among the aging, behavioral health, and substance abuse services networks. VCoA participated in focus groups and a best practices review panel, and wrote an article on the initiative for GSA's *Gerontology News*.
- VCoA participated in the Williamsburg Geriatric Conference, an annual multi-day national conference for physicians and other health care practitioners, sponsored by the Maguire Veterans Administration Medical Center and the Medical College of Virginia of Virginia Commonwealth University. VCoA delivered a session entitled *The Gift of Time, and Aging with Lifelong Disabilities*.

- VCoA conducted several targeted training programs for administrative and direct service staff in long-term care, including a workshop entitled *Maintaining Competence: The Environmental Press Model as a Tool for Appraisal* that was given at the Annual Meeting of the Virginia Association of Activity Professionals in March and at the 45-Hour Qualifying Course, “Introduction to Activity Management,” of the Virginia Health Care Association in July.
- VCoA continued its initiative to educate clergy and lay leaders in communities of faith in matters of aging and wellness, conducting programs for older adult ministries in Petersburg and Midlothian, and for the Virginia Baptist Mission Board in Richmond.
- VCoA broadened awareness among researchers of the Alzheimer’s and Related Disorders Research Award Fund (ARDRAF) as a stimulus to innovative inquiries into the causes, consequences, and treatment of dementia, through mailings to university departments across the Commonwealth and by obtaining listing on the web with Community of Science, Baltimore, at <http://fundingopps2.cos.com>
- VCoA played a central role in the University of Virginia’s Geriatric Interest Group Education Retreat in May; VCoA gave two presentations, reviewing its research activities on geriatric interdisciplinary team training and pet therapy at adult day care centers, and discussed prospective research collaborations.
- VCoA collaborated with the Jefferson Area Board for the Aging and the Nursing Assistant Institute in developing a multi-year grant proposal, *The New Recruit Project: A Supplemental Training and Mentoring Program*, to the Retirement Research Foundation that would address the shortage of trained nursing assistants across the Commonwealth. The submitted proposal was reviewed, invited to be modified, and was resubmitted, but was not funded.
- VCoA participated in *OPSail 2000 Virginia*, a continuation of the work of President John F. Kennedy who established Operation Sail in 1961 to promote international good will and further other educational goals. Mariners from around the world converged on Hampton Roads in mid-June. VCoA’s three Tall Ships programs, in both Elderhostel and lifelong learning formats, not only filled to capacity but also drew wait-lists exceeding 500 people.
- In order to stimulate research interest in dementing illnesses and to highlight the productive role of the Alzheimer’s and Related Disorders Research Award Fund (ARDRAF) in diverse lines of inquiry, VCoA conducted a well-received research conference entitled *Discovering Treatments and Improving the Care of Virginians with Dementia* in Richmond in June.
- VCoA partnered in an initiative led by the Virginia Department of Health and the Virginia Chapter of the Arthritis Foundation entitled the Virginia Arthritis Task Force (VATF). Funded by the federal Centers for Disease Control and Prevention

(CDC), VATF assessed the status of arthritis awareness in the Commonwealth and worked throughout the year toward developing the *2001-2005 Virginia Arthritis Action Plan*, a guiding document of effective steps that Virginians can take “to prevent, manage, and decrease the burden of arthritis on citizens and their families.”

- Recognizing that the majority of all blind Americans lost their sight in later life, VCoA was a Supporting Organization in the *Light the Night for Sight Walkathon* in Richmond in June, sponsored by Prevent Blindness Virginia. VCoA organized a team of walkers and raised donations for the event.
- VCoA sought to determine the demographic data needs of Area Agencies on Aging in Virginia, i.e., the content and format of information about older Virginians that these agencies would require in order to improve their services. VCoA surveyed the Board of the Virginia Association of Area Agencies on Aging during its summer meeting in Wytheville and presented its analyses to the Board at its fall meeting in Virginia Beach.
- VCoA continued a robust program of educational forums for older Virginians on maintaining wellness, delivering these across Virginia at clubs, senior centers, and assisted living communities, such as the Williamsburg Kiwanis Club, the AARP/VRTA chapter in McKenny, the Christopher Wren Association in Williamsburg, Cedarfield in Richmond, and the Rappahannock Westminster-Canterbury residence in Irvington.
- VCoA and other members of the Consortium on Successful Aging from the Medical College of Virginia campus of VCU and the McGuire Veterans Administration Medical Center helped to develop a multi-year grant proposal that was submitted by VCU’s Department of Internal Medicine to the Donald W. Reynolds Foundation; it would expand geriatric education for faculty, students, house staff, and community physicians through increased gerontological basic science curriculum, an endowed lecture series, and numerous other initiatives.
- VCoA continued its leadership within the Virginia Quality Healthcare Network (VQHN), a coalition of some two dozen organizations to ensure access to quality health care for all Virginians. In September, VCoA, VQHN, and the Pharmaceutical Research and Manufacturers of America sponsored *Educate to Advocate: Educating Boomers to Advocate for Seniors*, a one-day program to appraise health, health care, and public policy related to aging.
- VCoA lent its support in a practical manner to the Alzheimer’s Association, Greater Richmond Chapter, furnishing a team of fund-raising walkers in the annual Alzheimer’s Association Memory Walk in October.

- VCoA increased the number of holdings in its Information Resource Center to over 175 aging-related videos, catalogued the collection, and promoted their availability through both printed mailings and listing on its web page (<http://views.vcu.edu/vcoa>). In calendar 2000, VCoA loaned some 200 videos cumulatively to individuals and to 40 agencies and organizations across Virginia.
- VCoA and the Department of Gerontology concluded their joint experiment with pet therapy for elders. This pilot project measured the ameliorative effect of eight months of pet therapy on the depression and loneliness of older adults at five senior centers and adult day care centers.
- VCoA developed a special introduction to lifelong learning for older Virginians to augment its traditional Valentine's Day *Love of Learning* program. *Oktoberfest*, held at the Chamberlin Hotel at Fort Monroe, offered a series of mini-lectures on topics explored more fully in its other lifelong learning and Elderhostel offerings.
- VCoA conducted a training program on aging and disabilities for the Board of Directors of the ElderHomes Corporation, a non-profit organization for low-income housing rehabilitation, at its annual retreat at Graves Mountain Lodge in Syria in November.
- VCoA staff gave substantial services to Virginia's agencies and citizens by serving on the boards of a dozen non-profit organizations, providing leadership, technical assistance, and *pro bono* services to such groups as the Alzheimer's Association – Greater Richmond Chapter, the BeFriender Ministry, the Central Virginia Task Force on Older Battered Women, the Shepherd's Center of Richmond, and the Virginia Association on Aging.
- VCoA's follow-up survey in late 1999 of previous awardees in the Alzheimer's and Related Diseases Research Award Fund (ARDRAF) revealed that their ARDRAF seed grants were highly productive of further research and scientific publications, generating over 160 professional publications and returning to Virginia over \$9 in subsequent grants from federal, foundation and other sources for every \$1 of General Fund appropriation to ARDRAF. Non-systematic interviews in calendar 2000 suggested that this productivity continues.
- In late 2000 VCoA partnered with the Virginia Association of Area Agencies on Aging (V4A) and the Virginia Elder Rights Coalition in developing a grant proposal submitted by V4A to the American Bar Association that would better inform older Virginians of their elder rights

- Short recaps of selected activities in 2000 follow, organized according to the respective mandate from the General Assembly:
 - a. **Interdisciplinary Studies**
 - Aging with Lifelong Disabilities. VCoA continued its commitment to applied research and improved service delivery to benefit Virginians who grow old with lifelong, developmental disabilities. The Professional/ Consumer Advocacy Council (PCAC) and the Cerebral Palsy and Aging Focus Group, both initiated by VCoA during its federally funded Partners III Project (1993-97), continued regular joint meetings throughout the year. With VCoA, these groups planned, promoted, conducted, and evaluated a two-day regional conference entitled *Meeting Everyday Needs: Aging with Cerebral Palsy and Other Developmental Disabilities*, in Richmond in November. Co-sponsored additionally by Children's Hospital in Richmond, the Virginia Department of Social Services, the Virginia Department for the Aging, and the Consortium on Successful Aging, this was the second such conference focusing on issues of vital importance to relatively under-recognized individuals with lifelong disabilities. This year's conference addressed best practices in community transportation and in home modification, health care and sexuality, and assistive technology; it drew presenters and participants from 8 states to Virginia.
 - Elderhostel, An Opportunity for Lifelong Learning. VCoA conducted 59 Elderhostel programs in total at its sites at Hampton/Yorktown, Richmond, Petersburg, and Natural Bridge. These drew 2007 participants, an increase of 24% over enrollments in 1999. VCoA offered 31 new programs in 2000, including 11 at Hampton/Yorktown, 15 at Richmond, four at Natural Bridge, and one incorporating both Natural Bridge and Richmond. These new programs provided a greater variety of format and coursework, thereby expanding VCoA's faculty and community alliances. In 2000 VCoA's Elderhostel menu included Short Programs, two to four days in length, that were either event-based (e.g., Lee exhibit, the Impressionists) or intensive study (e.g., Jefferson studies); Week-long Programs that included intensive single-subject courses (e.g., Chesapeake studies), off-site studies (e.g., Virginia State Library), the *Signature City* program in Richmond (the first of its kind in VCoA's 13 state Elderhostel region), and traditional programs of two or three topics; Multiple-site Programs (e.g., Richmond-Petersburg-Appomattox); and Joint Programs with other Elderhostel sites (e.g., 13-day course with the College of William & Mary that inaugurated the national series on Lewis and Clark).

- Central Virginia Task Force on Older Battered Women. VCoA provided leadership in this regional collaboration (Chesterfield, Hanover, and Henrico Counties, and the City of Richmond) of aging and domestic violence service providers that works to raise awareness of and improve community response to the needs of older women who experience domestic and sexual violence. Older women, historically, neither seek nor use domestic violence services such as sheltered housing and counseling, for these tend to be oriented toward younger mothers with children. In consequence, their battering goes unrecognized and untreated. VCoA supplied its gerontological, communication, and grantsmanship expertise in calendar 2000, collaborating on development of a grant proposal, “Outreach to Older Battered Women,” submitted to the Virginia Department of Social Services (DSS). DSS did not fund this proposal but offered to incorporate this topic in a future Request for Proposals. VCoA also led the Task Force in formulating, editing, and publishing a service directory for practitioners entitled *Domestic Violence Services for Older Battered Women: A Resource Directory for Allied Professionals*.

- Geriatric Interdisciplinary Team Training. VCoA completed its partnership in this project that was led by the Virginia Geriatric Education Center and funded by the Bureau of Health Professions, U.S. Department of Health and Human Services. For three years, beginning in October 1997, VCoA directed all evaluation of the project’s several interdisciplinary teaming initiatives. These included a 15-week graduate level telecourse on geriatric interdisciplinary team training (ITT) that was offered at several sites across Virginia by means of two-way compressed video, and frequent on-site training to managed care providers in the Bon Secours, Sentara, and MCV health care systems. In calendar 2000 VCoA documented statistically significant increases in ITT skills among telecourse participants, as well as superlative evaluations in more than 20 training sessions with managed care providers where content focused on improving patient management through ITT, patient motivation in geriatric care, and responding to various health care issues such as pain management, diabetes, physical restraints, and spirituality.

b. Research

- Alzheimer’s Research Conference. Seeking to highlight the valuable role of the Alzheimer’s and Related Diseases Research Award Fund (ARDRAF) as an effective stimulus for meaningful research on dementia, VCoA organized a research conference entitled *The Alzheimer’s and Related Diseases Research Award Fund: Discovering Treatments and Improving the Care of Virginians with Dementia*. Held in Richmond in June, the conference featured 12 previous ARDRAF awardees (six in basic science research and six in applied research) who discussed their awarded projects and the consequences of their initial

funding, including larger subsequent support from major sources. A welcome by Delegate Kenneth Plum, ARDRAF's patron in the Virginia General Assembly, and a keynote address by Dr. Zaven Khachaturian, the architect of many brain research programs during his previous years at the National Institute on Aging, launched a day of intense discussions. Concurrent panels on advances in basic research and advances in applied research drew over 100 researchers, educators, and clinical practitioners, as well as family caregivers and advocates. Participants evaluated the conference content and format so highly that VCoA hopes to make this type of focus on ARDRAF a biannual event.

- Statewide Survey of Older Virginians. During the extensive analyses that resulted in VCoA's publication of *The Long-Range Plan: 1999-2008*, participants identified a shortage of extant data on older Virginians and set "becoming a state resource" for such data as one of VCoA's five priority goals. The last comprehensive interviews with older Virginians to determine their physical and mental health statuses, socioeconomic circumstances, and awareness and use of needed community resources were conducted by VCoA in 1978-80. These data were of such high quality that they maintained their usefulness well into the early 1990s. However, the absence of related current information affects human services agencies in their planning and resource allocations. In calendar 2000 VCoA undertook a vigorous program to identify extant surveys and reports, develop broad support for another statewide survey, and determine relative costs of telephone and in-person statewide surveys with samples of different sizes and configurations. VCoA reviewed data sets that are currently being collected and maintained at either the state or federal levels; these included the Virginia Department of Rehabilitative Services' *Virginia Disability Survey of 1999*, which focuses on the working age population, and the Virginia Department for the Aging's *Envisioning the Future: The Changing Lives and Perspectives of Older Virginians*, which contains secondary data and no information on the service needs of older Virginians. As a result of this search, VCoA also updated the content of the Age-Related Data section of its web site in September, referencing and linking to data sources that might help interested parties to better comprehend the conditions of Virginia's older citizens.
- Alzheimer's and Related Diseases Research Award Fund (ARDRAF). VCoA sought and obtained an increase in appropriations to ARDRAF, which it manages for the Commonwealth without administrative cost. Testifying at the General Assembly, VCoA noted that ARDRAF's competitive grant award process has enabled initial pilot studies of the causes, consequences, and treatments of dementia, from investigations of brain chemistry and neuronal pathways to search and rescue strategies for finding wandering persons with Alzheimer's disease. Moreover, VCoA noted that, overall, every one dollar in appropriations to ARDRAF results in some nine dollars in subsequent awards to Virginia from external sources because of the ARDRAF project findings. Accordingly, the General Assembly increased ARDRAF appropriations to \$125,000 annually. This

level of funding allowed VCoA to make six awards in the 2000-2001 competition, two on brain biochemistry, and one each on clinical care, staff development in long-term care, patient assessment, and dementia patient wandering. (See *Appendix B for summaries of awards and Appendix C for composition of the review committee.*)

c. Information and Resource Sharing.

- **Families Who Care.** VCoA's training manual, *Families Who Care: Assisting African American and Rural Families Dealing with Dementia*, a product of its U.S. Administration on Aging-supported grant project of the same name that was completed some years ago, continues its usefulness to educators and researchers across Virginia and elsewhere. The Virginia Department for the Aging and the Nursing Assistant Institute have requested this extensive resource and all documents related to the project as they implement the Alzheimer's Demonstration Grant project recently awarded to Virginia by the U.S. Administration on Aging. *Families Who Care* contains chapters on dementia and caregiving, ethnic competence, rural caregivers, adult learning, and recruiting and conducting workshops, as well as 19 training modules organized according to the likely progression of the dementing illness, all developed and tested in field research. Training modules have been distributed over time to agencies within Virginia and elsewhere. This year VCoA provided modules to the Loudon County Area Agency on Aging and the New Jersey State Department of Health and Senior Services for their use in developing training initiatives for rural and minority family caregivers. In March 2000 VCoA learned that the final report of its Families Who Care project played a key role in formulating the "Caregivers of Persons with Alzheimer's Disease Forum," jointly offered by the U.S. Administration on Aging, the Region IV Regional Director's Office of the U.S. Department of Health and Human Services, and the U.S. Public Health Service's Regional Health Administrator's Office of Women's Health. These conveners deemed VCoA's final report invaluable for their Steering Committee in planning this forum for women and African Americans because it reported VCoA's formal needs assessment to determine training content for family caregivers.
- **Web Page ([http:// views.vcu.edu/vcoa](http://views.vcu.edu/vcoa)).** VCoA continued to upgrade its web page during calendar 2000, intent to improve its content and utility. VCoA completed compliance with new VCU guidelines, as well as with the "Bobby's" protocol for greater user accessibility. Glitches in the computerized visitor counter frustrated VCoA's attempt to enumerate visits to its web page, but extrapolations from the last quarter suggest some 3,500 visits over the year. The web page now contains the main features of each quarterly issue of *Age in Action* since fall 1997; listings of current and near-future Elderhostel and other lifelong learning programs; data

on older Virginians, as well as links to other web-based data resources; links to aging-related organizations both within Virginia and elsewhere; a comprehensive overview of the Alzheimer's and Related Diseases Research Award Fund, including past awards since inception in 1982, the current year's awardees, and application procedures; a statewide calendar of aging-related events; biographical sketches of VCoA staff members and synopses of some of their research interests; and a detailed catalog of VCoA's audiovisual holdings available for loan to individuals, groups, and organizations within Virginia.

- Age in Action. VCoA's quarterly 20-page publication, co-produced with the Virginia Department for the Aging and Virginia Commonwealth University's Department of Gerontology, reaches some 4,500 professionals, paraprofessionals, elders and families each issue, with case studies, opportunities, research, and educational information. Each issue begins with a case study of a condition or topic of broad gerontological relevance. Volume 15's four case studies included "Aging with Cerebral Palsy: A Consumer's Perspective" (Winter), "PACE: Program of All-inclusive Care of the Elderly" (Spring), "The Aging Woman and HIV/AIDS: Increasing Risk and Incidence" (Summer), and "Adult Daycare: Sharing the Caring, Having a Life" (Fall). In 2000 the Southern Gerontological Society (SGS) recognized *Age in Action* as the best publication of its type in SGS's 16 state region.

Goals 2001

VCoA will continue its self-appraisal in order to ensure accomplishing the Priority Goals promulgated by its Advisory Committee. VCoA will dedicate two of the quarterly joint meetings of its Advisory Committee and University Council to monitoring progress in attaining annual objectives, modifying strategies and activities, and establishing new objectives. Experience in calendar 2000 demonstrated the need to keep Priority Goals in the forefront of organizational consciousness, as changes in macroeconomics, promotional policies of national Elderhostel, and priorities of funding sources tended to place achievement of some tasks outside of VCoA's control.

VCoA will, of course, continue its commitment to its legislated mandates, maintaining alertness for opportunities to leverage its resources to the benefit of older Virginians and their families. We anticipate that partnerships and affiliations will again help maximize VCoA's effect. The following outline of activities intended for 2001 is organized according to the mandates of interdisciplinary studies, research, and information and resource sharing.

Interdisciplinary Studies

- VCoA intends to participate actively in a new Core Center grant, effective September 2000 for five years, granted to the Virginia Geriatric Education Center. VCoA staff will help to accomplish goals intended to improve the geriatrics training of health professionals and their care of older patients. Key features of this initiative include a Geriatrics Health Professional Mentoring Program, Geriatric Case Management, and a Kids Into Health Careers Partnership.
- VCoA hopes to begin a joint multi-year project with the Department of Gerontology at VCU, funded by the State of Delaware, that targets older adults with gambling, alcohol, or other self-abusive problems, and offers them and human services workers health promoting alternative opportunities.
- VCoA intends to strengthen its rejuvenated Richmond Elderhostel program with a variety of course topics, formats, new speakers, and schedules that will generate high enrollments and low cancellation rates. Indicative is a first-time program planned for April on women writers in the South.
- VCoA intends to continue its involvement in the Virginia Arthritis Task Force, led by the Virginia Department of Health with funding from the federal Centers for Disease Control and Prevention, and to complete the

2001-2005 Virginia Arthritis Action Plan as a guide to the prevention and management of this chronic, debilitating condition.

Research

- VCoA intends to broaden awareness of the Alzheimer's and Related Diseases Research Award Fund as an important stimulant to innovative research into biochemical, clinical, behavioral, and public policy aspects of dementia, while simultaneously administering this Fund without administrative charge for the benefit of the Commonwealth.
- VCoA will conduct the evaluation of a creative project to increase the dementia-specific training of long-term care workers. A collaboration of the Virginia Geriatric Education Center, the Virginia Department for the Aging, the Nursing Assistant Institute, the Alzheimer's Association network of Chapters, and VCoA will inaugurate a progressive, three-part train-the-trainer initiative potentially affecting some 1000 nursing assistants. VCoA will evaluate outcomes of the training, including its impact on the nursing assistants' job satisfaction and career commitment.
- VCoA will participate prominently in an invited international symposium to develop research and service protocols for aging persons with lifelong disabilities who develop dementia. *Keeping the person at the centre: Developing effective models of social and health care for people with developmental disabilities and dementia* will be held in Edinburgh, Scotland, February 5-7, 2001, and hosted by the University of Sterling.
- VCoA hopes to gain the support of the General Assembly and of private sector sponsors for the conduct of a much-needed Statewide Survey of Older Virginians in order to document more comprehensively the physical, mental, and socioeconomic statuses of older Virginians and their families, as well as their knowledge and use of relevant available community resources.

Information and Resource Sharing

- VCoA intends to continue its leadership in two productive alliances for preventing and responding to violence against older Virginians, namely the Central Virginia Task Force for Older Battered Women and the Virginia Coalition for the Prevention of Elder Abuse.

- VCoA intends to continue to partner with statewide aging-related organizations as an effective means of disseminating research findings and training for professionals across Virginia. VCoA will co-develop and co-sponsor the annual conferences of associations throughout the year.

- VCoA intends to maintain its extensive involvement on the boards of numerous non-profit aging-related organizations, offering *pro bono* gerontological expertise and technical assistance to the benefit of the elders and families that these organizations serve.

Virginia Center on Aging Staff

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Appendix A

List of Agencies Worked with in 2000 by Geographic Region

Appendix B

Alzheimer's and Related Diseases Research Award Fund Announcement of 2000-2001 Awards

Appendix C

Alzheimer's and Related Diseases Research Award Fund
2000 Awards Committee