



SAN DIEGO / IMPERIAL  
**GERIATRIC**  
EDUCATION CENTER

# San Diego Imperial Geriatric Education Center GWEP Newsletter February 2025

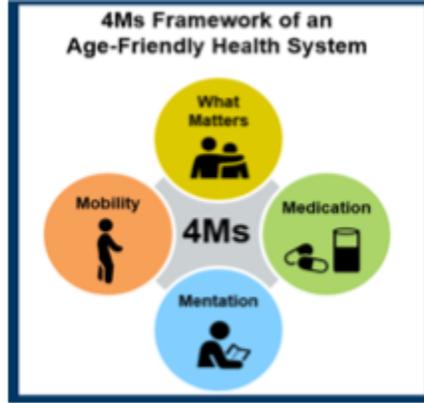
The San Diego Imperial Geriatric Education Center is working to address care gaps and improve health outcomes for older adults, strengthen training of the geriatric workforce, and build age-friendly and dementia-friendly health systems and communities.



## GWEP NEWS

**The GWEP Coordinating Center launched New Age-Friendly Health System Action Community**





The GWEP Coordinating Center has launched a new Age-Friendly Health System Action Community starting February 2025! The GWEP-CC Action Community is designed for the GWEPs and their primary care practice partners as an on-ramp community to test and act on the 4Ms (What Matters, Medication, Mentation, Mobility). They provide multiple educational and networking opportunities for participants, as well as resources and tools to enhance understanding of the 4Ms through the journey in becoming recognized as Age-Friendly. If you are interested in finding out more, please contact Jennifer Reichstadt at [jreichstadt@health.ucsd.edu](mailto:jreichstadt@health.ucsd.edu).

[More about the Action Communities Here](#)

## The Gerontological Society of America Administration Action Updates

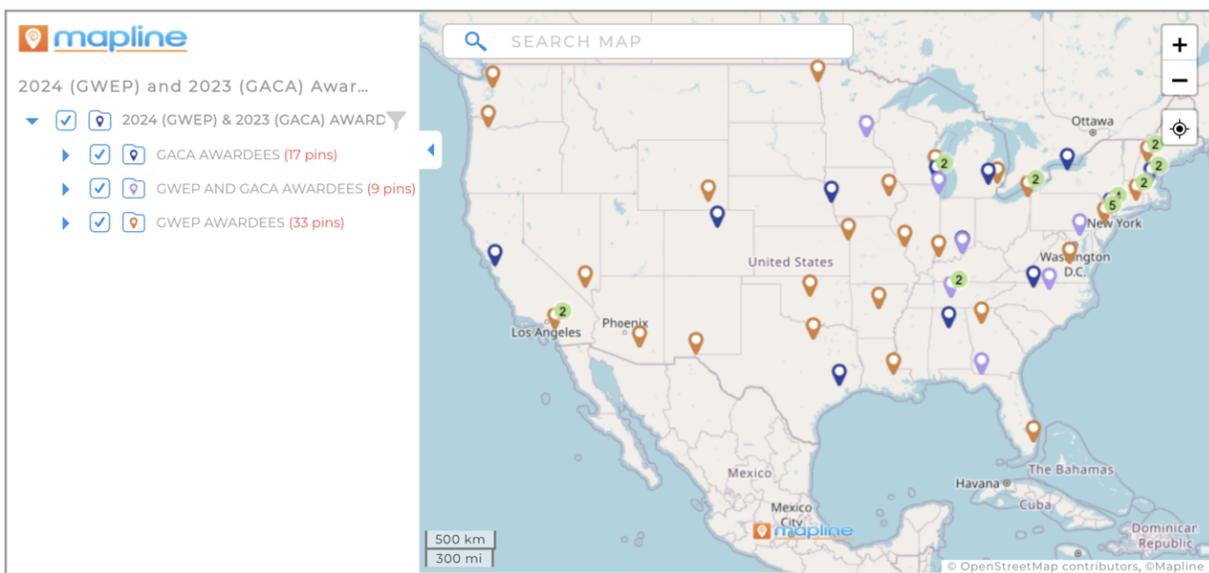




The Gerontological Society of America is tracking and providing updates on actions taken by the administration and Congress that impact members, including those related to federal funding. Links to the latest resources will be posted at the link below.

[Administration Action Updates Page](#)

## AGS GWEP and GACA Interactive Map Now Available!



The American Geriatrics Society and public policy teams collaborated to create an interactive map of all Geriatrics Workforce Enhancement Programs (GWEPs) and Geriatrics Academic Career Awardees (GACAs). [Click here](#) to view and use the interactive map. The AGS map displays all currently funded GWEPs and GACAs across the United States. Use this tool to see the distribution of both programs together and separately and hover over any pins on the map itself to see the name of the program, location, and principal investigator in the case of the GWEPs, individual awardee in the case of the GACAs, and funding amounts.

## UPCOMING EVENTS

### UC San Diego Division of Geriatrics, Gerontology & Palliative Care Grand Rounds

March 4th  
12pm  
via zoom

#### Cultural Competence as a Tool for Addressing Inequities in Palliative Care

Karen Bullock, PhD, LICSW, FGSA, APHSW-C



#### Speaker Bio:

Karen Bullock, PhD, LICSW, FGSA, APHSW-C, is the Louise McMahon Ahearn Endowed Professor in the Boston College School of Social Work and in [Global Public Health](#). She is a Licensed Independent Clinical Social Work (LICSW) with mental health practice experience and expertise in health disparities, health equity, serious illness care, aging and gerontology. Dr. Bullock is a John A. Hartford Faculty Scholar and has served on several national boards and committees, including the Social Work Hospice & Palliative Care

Network (SWHPN) as vice-chair and the American Cancer Society (ACS) Oncology Social Work Research Peer Review Committee, past chair. She is a member of the National Academies of Sciences, Engineering, and Medicine (NASEM) Roundtable on Quality Care for People with Serious Illness, a Board of Directors member for

the Palliative Care Quality Collaborative (PCQC), a Steering Committee member for the Duke University REACH Equity Center, affiliate faculty at the Center to Advance Palliative Care (CAPC), and she holds an appointment in the Department of Supportive Oncology at Dana Farber Cancer Institute (DFCI). In 2024, Dr. Bullock was the recipient of the American Academy of Hospice and Palliative Medicine (AAHPM) Richard Payne Outstanding Achievement in Diversity, Equity, and Inclusion Award. In addition, she was elected a member of the Board of Directors for the Society for Social Work and Research (SSWR) and appointed co-chair of the SSWR Research Capacity Development Committee (RCDC).

[download flier pdf](#)

**Special Announcement: Continuing Education Credits now available for Social Workers!**

[More about GPPC Grand Rounds](#)

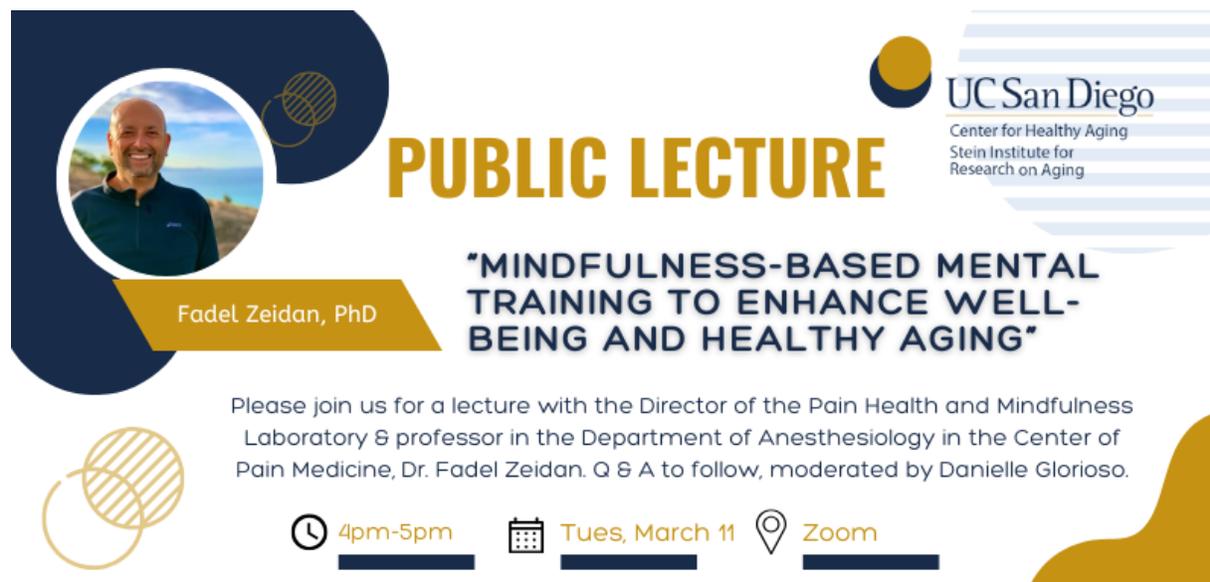
Please e-mail Sasha Weiss ([saweiss@health.ucsd.edu](mailto:saweiss@health.ucsd.edu)) to be added to the GGPC Grand Rounds invite list and receive the zoom link.

## UC San Diego's Stein Institute for Research on Aging Public Lecture Series

Tuesday, March 11, 2025

4pm - 5pm

Zoom



The flier features a dark blue background with a circular portrait of Dr. Fadel Zeidan on the left. To the right, the text 'PUBLIC LECTURE' is written in large, bold, yellow letters. Below this, the title of the lecture is in white: 'MINDFULNESS-BASED MENTAL TRAINING TO ENHANCE WELL-BEING AND HEALTHY AGING'. The UC San Diego logo and the name of the Stein Institute for Research on Aging are in the top right. At the bottom, there are icons for a clock, a calendar, and a location pin, each with corresponding text: '4pm-5pm', 'Tues, March 11', and 'Zoom'. A yellow decorative shape is in the bottom right corner.

**Fadel Zeidan, PhD**

**PUBLIC LECTURE**

**"MINDFULNESS-BASED MENTAL TRAINING TO ENHANCE WELL-BEING AND HEALTHY AGING"**

UC San Diego  
Center for Healthy Aging  
Stein Institute for Research on Aging

Please join us for a lecture with the Director of the Pain Health and Mindfulness Laboratory & professor in the Department of Anesthesiology in the Center of Pain Medicine, Dr. Fadel Zeidan. Q & A to follow, moderated by Danielle Glorioso.

4pm-5pm    Tues, March 11    Zoom

**Dr. Fadel Zeidan** is a Professor in the Department of Anesthesiology in the Center of Pain Medicine and is Director of the Pain Health and Mindfulness Laboratory. He is also the inaugural Endowed Professor of UC San Diego's Sanford Institute for Empathy and Compassion and Co-Founder and Director of Neuroscience at the UC San Diego Center for Psychedelic Research. His research is focused on determining the active mechanisms that mediate the relationship between self-regulatory practices and health. In particular, Fadel's research examines the neural mechanisms supporting the modulation of pain and health by mindfulness meditation and placebo.

He is also dedicated to understanding how psychedelics like psilocybin, DMT and cannabis impact pain-related behavioral and neural processes. His research program has recently expanded to appreciate how empathy and compassion can be cultivated through self-regulatory practices and psychedelic therapies.

[Register Here](#)

---

## Supporting Those with IDD & Dementia

March 19, 2025

2pm - 3:30pm

Virtual

---

# Supporting Those with IDD & Dementia



This is a **training for professionals** working with people living with intellectual and developmental disabilities about how Alzheimer's and dementia affects this vulnerable population. **Topics include** the causes of dementia, adapting to changes in behavior, and planning for safety concerns.

## **FREE & open to the community!**

For more information or to pre-register visit [alzsd.org/classes](https://alzsd.org/classes) or call **(858) 492-4400**.

*\*This project was supported by grant number 90ADPI0066-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.*

**Wednesday,  
March 19, 2025**

**2 - 3:30 PM**

**Online via Zoom**

**Sign up:**



**@AlzheimersSD**

[download flier.pdf](#)

[More info and register here](#)

## **Planning Cognitively Stimulating Activities**

March 20, 2025

1pm - 2:30pm

# Planning Cognitively Stimulating Activities



For people living with dementia, continuing to participate in activities that engage their minds is a necessity. This **training for professionals** from any part of the geriatric care industry provides insightful strategies for creating and planning these activities. Attendees will learn about how brain changes due to dementia affect how someone engages, the needs they have for cognitive stimulation, how to think about quality of life, and ways to create dementia-friendly activities.

Co-presented with Mindy Baker, Director of Education, George G. Glenner Alzheimer's Family Centers, Inc.

### FREE & open to the community!

For more information or to pre-register visit [alzsd.org](http://alzsd.org) or call (858) 492-4400.

*\*This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), as part of grant number U1QHP53055, Geriatric Workforce Enhancement Project award totaling \$5 million. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.*

Thursday,  
March 20, 2025

1 - 2:30 PM

Online via Zoom

Sign up:



@AlzheimersSD

[download flier pdf](#)

[More info and register here](#)

# Alzheimer's Association Dementia Care Navigator Training and Certification



## DEMENTIA CARE NAVIGATOR TRAINING AND CERTIFICATION



### ON-DEMAND INDIVIDUAL TRAINING

This 10-hour training program guides learners through the core competencies of dementia care navigation. This training focuses on person-centered care approaches and strategies to help people living with dementia and their caregivers navigate the complex health care system.

This curriculum is built as a self-paced program with enhanced interactivity to create an experiential learning environment. It is designed to meet the training requirements for the GUIDE model.

*Coming 2025 - purchase options available soon.*

#### DEMENTIA CARE NAVIGATION

- » Roles of care team members
- » Approach to dementia care navigation

#### ALZHEIMER'S AND OTHER DEMENTIA

- » Underlying causes of and treatments for dementia
- » Types of dementia

#### PERSON-CENTERED CARE

- » Person-centered care approaches
- » Cultural impacts on person-centered care

#### ACTIVITIES OF DAILY LIVING

- » Activities of daily living and instrumental activities of daily living
- » Person-centered approaches to maximize independence

#### COMMUNICATION & DEMENTIA-RELATED BEHAVIORS

- » Effective communication
- » Underlying causes of dementia-related behaviors
- » Strategies for addressing dementia-related behaviors

#### SAFETY, ABUSE & NEGLECT

- » Dementia and home safety
- » Medication-related challenges
- » Elder abuse and neglect

#### LEGAL, FINANCIAL & END OF LIFE PLANNING

- » Benefits of advanced care planning
- » Capacity basics
- » Advance directives
- » End of life considerations
- » Roles and ethics of care navigator

#### CAREGIVER WELL-BEING

- » Understanding the caregiving experience
- » Cultural differences in caregiving
- » Signs of caregiver stress
- » Caregiver screening and support

#### ASSESSMENT & CARE PLANNING

- » Elements of a comprehensive assessment
- » Roles in assessment and care planning

#### TRANSITIONS & COORDINATION OF CARE

- » Types of care transitions
- » Hospitalizations
- » Accessing community-based services

#### Coming Soon

Companion Dementia Care Education for clinicians and additional care team members.

*Sign-up to get notified when we launch.*



<https://bit.ly/3NYbldo>

[download flier pdf](#)

Visit website

## Caregivers As Partners in Care Teams (CAP-CT)

Caregivers As Partners in Care Teams (CAP-CT) is a training program that provides health care teams with the skills and confidence to include family caregivers in a patient's care journey. CAP-CT launched its first course, *Foundational Skills for Engaging Caregivers in Health Care*, designed to help interprofessional primary care teams effectively identify, engage, and support caregivers.

The training is offered as a self-paced, online course with the option to claim free continuing education credits. The course covers essential communication, coordination, and systems-wide approaches to improve patient's health and wellbeing through engaging caregivers.



# A VITAL SUPPORT FOR HEALTH CARE TEAMS

Earn free CE/CME credits!

Including AMA, ANCC, AAPA, and ASWB credits.

## Caregivers As Partners in Care Teams (CAP-CT)

CAP-CT is a training program that provides health care teams with the skills and confidence to include family caregivers in a patient's care journey.

### Self-paced trainings

Learn to identify, engage, and support caregivers.

Online courses with free continuing education credits are tailored for teams in primary care, hospitals, skilled nursing facilities, and more.

### Why this matters!

Millions of family caregivers provide essential, yet often unrecognized, support.

Funded by the Administration for Community Living, CAP-CT enhances caregivers' engagement in care by training health care teams to include them.

With CAP-CT, health care teams can navigate patient care with greater confidence.

### Who we are

CAP-CT is a collaboration between:

- University of California, San Francisco
- University of California, Irvine
- University of California College of the Law, San Francisco
- Archstone Foundation
- Global Brain Health Institute



Visit us at [carepartners.ucsf.edu](http://carepartners.ucsf.edu)



National Caregiver Support Collaborative  
*Building our capacity to support family, kinship, and tribal caregivers*



[download flier pdf](#)

Visit website

# CMS Age-Friendly Measure: Overview for Hospitals and Health Systems

# CMS Age-Friendly Measure: Overview for Hospitals and Health Systems



Starting with the 2025 reporting period, hospitals will attest to providing age-friendly care through a new measure introduced by the Centers for Medicare & Medicaid Services (CMS).

The CMS Age Friendly Hospital Measure advances the [Age-Friendly Health Systems](#) movement's vision to ensure that all older adults receive age-friendly care that is evidence-based and aligns with what matters most to the older adult and their family caregivers. To date, nearly 5,000 sites of care have been recognized as Age-Friendly Health Systems — Participants and celebrated by IHI and The John A. Hartford Foundation. The measure has five domains that cover all four elements of age-friendly care, known as the 4Ms: What Matters, Medication, Mentation, and Mobility.

## Why the Measure Matters

- **Bolstering leadership buy-in:** The measure lets health system champions take both a top-down and bottom-up approach within their organizations while providing reliable, equitable, evidence-based care.
- **Advance preparation:** This attestation-based, self-reported measure has a low barrier. We anticipate additional benefits and/or consequence for age-friendly care delivery in the future. Starting the work now to achieve recognition as an Age-Friendly Health System allows for time to get ahead.
- **Acknowledgement and celebration:** Most health systems deliver at least some of the 4Ms for some older adults in their care. The measure brings a new opportunity to celebrate nationally the work that health systems are already doing. The five domains of the measure complement the 4Ms of age-friendly care, illustrated in the table:

[download flier pdf](#)

[Visit Institute for Healthcare Improvement Website](#)

*This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), as part of grant number U1QHP53055, Geriatric Workforce Enhancement Project award totaling \$5 million. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.*

San Diego / Imperial Geriatric Education Center

Questions? Contact us at:

[jreichstadt@health.ucsd.edu](mailto:jreichstadt@health.ucsd.edu)

[Visit our website](#)

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

9500 Gilman Drive MC 0665 | La Jolla, CA 92093-0665 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.