

**Report of the
James Madison University**

**Report on the Impact of the Aging
Population, Ability to Deliver
Services, and Response to Change**



House Bill 110

**Commonwealth of Virginia
Richmond
2006**



September 28, 2006

General Assembly Building
Division of Legislative Automated Systems
910 Capitol Square, Suite 660
Richmond, VA 23219

To the Honorable Timothy Kaine, Governor of Virginia and Members, Virginia
General Assembly:

Attached please find James Madison University's response to HB 110 which
requires each state agency to do "*an analysis of the impact that the aging of the
population will have on its ability to delivery services and a description of how the
agency is responding to these changes.*"

I hope that this information is helpful and please contact me if you have
questions or need further information.

Sincerely,

James M. Shaeffer PhD
Associate Dean
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James Madison University



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Executive Summary

James Madison University recognizes the changing demographics of our society and has implemented new units and programs to serve our local aging population. For the last ten years, our Life Long Learning Institute (LLI) has provided programming to this growing population. In the last year, the LLI had 513 members over the age of 50 and provided programs for our senior population. In addition, our Nursing Program provides multiple programs for seniors including the Caregivers Community Network that in the last year served approximately 125 elderly members of the community and their caregivers. This group also has a clinical practicum that is currently run by 130 students both graduate and undergraduate, serving 12 clinics per semester (24 per year). These sites include senior centers, retirement communities, hospitals, primary care offices, clinics, and rehabilitation centers. A conservative estimate of their impact is 3400 elderly community members annually. JMU also operates the Adult Health and Development Program (ADHP). The focus of AHDP is on building relationships and enhancing the members' sense of personal wellness. The program is open to all adults 50+, without regard to level of ability. Finally, JMU offers tuition waivers for seniors interested in taking courses on the JMU campus. While this program has not been well subscribed, JMU will continue to offer this important program to the senior population.



**HB 110 Report
From James Madison University**

Executive Summary

James Madison University recognizes the changing demographics of our society and has implemented new units and programs to serve our local aging population. For the last ten years, our Life Long Learning Institute (LLI) has provided programming to this growing population. In the last year, the LLI had 513 members over the age of 50 and provided programs for our senior population. In addition, our Nursing Program provides multiple programs for seniors including the Caregivers Community Network that in the last year served approximately 125 elderly members of the community and their caregivers. This group also has a clinical practicum that is currently run by 130 students both graduate and undergraduate, serving 12 clinics per semester (24 per year). These sites include senior centers, retirement communities, hospitals, primary care offices, clinics, and rehabilitation centers. A conservative estimate of their impact is 3400 elderly community members annually. JMU also operates the Adult Health and Development Program (ADHP). The focus of AHDP is on building relationships and enhancing the members' sense of personal wellness. The program is open to all adults 50+, without regard to level of ability. Finally, JMU offers tuition waivers for seniors interested in taking courses on the JMU campus. While this program has not been well subscribed, JMU will continue to offer this important program to the senior population.

James Madison University:
Report on Our Services to Our Aging Population

1) To the extent such data is available, the number of persons who received services from the agency in the past fiscal year who fell into each of the following age ranges: 65-74; 75-84; 85 and older.

James Madison University offers several programs for our aging population. This includes programs from our Life Long Learning Institute (LLI), the Caregivers Community Network, the Adult Health and Development Program, and tuition waiver program for seniors interesting in taking JMU courses. The information below indicates services offered to our "senior population" however we do not have information that allows us to report by age group.

The number of seniors served by JMU by program in the last year is:

Lifelong Learning Institute:



The Lifelong Learning Institute (LLI) currently has a membership of 513 over the age of 50.

Adult Health and Development Program:

The LLI also conducts a program called the Adult Health and Development Program, this program currently serves 14 members of the community over the age of 50.

Caregivers Community Network:

The Nursing program provides substantial services to the aging members of the community. These programs and services consist of the Caregivers Community Network, and graduate and undergraduate clinical practicum experience. The Caregivers Community Network currently serves approximately 125 elderly members of the community and their caregivers. The clinical practicum is currently run by 130 students both graduate and undergraduate, serving 12 clinics per semester (24 per year). These sites include senior centers, retirement communities, hospitals, primary care offices, clinics, and rehabilitation centers. A conservative estimate of their impact is 3400 elderly community members annually.

Tuition Waiver for Senior Citizens:

Residents of the state of Virginia who have reached 60 years or older before the beginning of an academic term and who have a taxable income of less than \$15,000 for the year preceding the term may register for and enroll in courses as a full time or part-time student and pay no tuition or fees except fees established for the purpose of paying for course materials.

The chart below shows senior enrollment over the last 6 years.

65 and Older	Fall 2000	Fall 2001	Fall 2002	Fall 2003	Fall 2004	Fall 2005
Degree Seeking UnderGrads	3	3	1	1	0	1
Degree Seeking Graduates	0	0	0	0	0	0
Non-Degree Seeking UnderGrads	0	1	1	0	0	0
Non-Degree Seeking Graduates	2	1	1	0	0	0
Total	5	5	3	1	0	1



2) **Identify the agency services that are utilized by seniors citizens 65 and older in significant numbers.**

The majority of services offered to senior citizens from JMU come from the Lifelong Learning Institute, the Adult Health and Development, and the Caregivers Community Network. These programs are described below.

Lifelong Learning Institute

LLI currently provides 55, 10-hour non-credit courses, 9 day long trips, and 10 brown bag learning lunches for members of the community 50 and older.

Adult Health and Development

The Adult Health and Development staffers are trained in adult health topics and theories and encourage members to engage in activities which positively effect their health, well-being, physical fitness, and health knowledge. Once a week, these partners participate in various activities including exercise, health education, crafts, and music, along with sharing knowledge and wisdom about life. The focus of AHDP is on building relationships and enhancing the members' sense of personal wellness. The program is open to all adults 50+, without regard to level of ability. AHDP meets each semester for nine Wednesdays at the Price Rotary Senior Center from 3:30-5:30pm. The AHDP is a good way for students and adults 50 and over to connect. This program gets students out of the classroom and focuses on relationship building and learning first hand about the older adult's life experiences.

Caregivers Community Network

The Nursing department's Caregivers Community Network provides extensive services and manages a website tailored to the needs of seniors and their primary care givers:

- 3-4 hours of respite care for caregivers weekly/biweekly
- Bereavement support
- Escort services
- Educational programs, seminars, workshops
- Errand running
- Follow-up telephone calls after visits



- In-home companion care
- Informational support
- Support groups
- Telephone hotline and consultation for caregivers

3) **Identify current agency programs, specifically designed to serve seniors 65 and older. That fall into any of the following six categories: Health Care/ Wellness; Education; Public Safety; Recreation; Financial Security; and Transportation.**

Specific programs for seniors that fall into the above areas are listed below:
Health Care/Wellness

The Nursing department's Caregivers Community Network provides extensive services and manages a website tailored to the needs of seniors and their primary care givers:

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- Bereavement support
- Follow-up telephone calls after visits
- In-home companion care
- Informational support
- Support groups
- Telephone hotline and consultation for caregivers

Education

- Tuition Waiver for Seniors
- Educational programs, seminars, workshops

Recreation

- Day Trips and Educational Lunches

Transportation

- Escort services
- Errand running



4) **Identify the extent to which your agency provides “consumer oriented” publications and websites online that are designed to be “senior friendly.”**

Each of the areas offering programming for seniors provides publications and websites targeted for this audience.

Lifelong Learning Institute

The Lifelong Learning Institute offers a number of publications and websites for the aging members of the community. The LLI publishes a biannual list of program offerings and a quarterly newsletter. The LLI also manages a Listserv which allows older members of the community to receive emails about opportunities and programs from other members of the community. The LLI also manages their own website for the members of the community who are eligible for their services.

- <http://www.jmu.edu/socwork/lli/>

Adult Health and Development Program

The Adult Health and Development Program publishes a three-panel brochure and maintains one website.

- <http://www.jmu.edu/socwork/ahdp/>

Caregivers Community Network

The Nursing department’s Caregivers Community Network has a published website for seniors and primary caregivers.

- <http://www.socwork.jmu.edu/Caregivers/>

5) **Describe any other services or programs that your agency has implemented or plans to implement in the future to address the impact of aging of Virginia’s population.**

JMU departments will continue to develop programming that will meet the emerging needs of our senior population. For example:

- The LLI continues to develop a number of program offerings to aging members of the community. They are committed to intergenerational learning and will continue to provide services to the community in the future.

- Our nursing department's current curriculum for undergraduate and graduate students has begun to tailor their program to the needs of an aging population. The graduate program has implemented a more comprehensive study of the Adult and Gerontological Nursing, which includes a certificate in gerontology. The undergraduate program is built on a strong gerontology foundation that continues to benefit members of surrounding communities through practicum.
- Our Social Work department and Outreach Programs offices have collaborated to produce a certificate program in gerontology. This program is designed for members of the social work community who would like to supplement their Social Work degrees with a study in gerontology.
- The faculty members of the nursing department in conjunction with surrounding clinics and gerontological operations is currently conducting several research studies aimed at understanding the needs of the aging population at large.