

Thank you for your continued support of **SBWnotes** - the response has been truly amazing! We are trying our best to incorporate as many of your wonderful suggestions & contributions as possible. Please keep them coming ... email to information@sbwpartners.com for possible inclusion in our future bulletins. We have so much to share with you this month that we've had to spill over onto a second page! Enjoy!

Symptoms of Dementia May be Worsened by Troubled Caregivers

A study of more than 5,700 people with dementia found that patients exhibited more behavioral problems when their caregivers (both family members and hired aides) were less educated and/or expressed feeling depressed or burdened. What is more, younger care providers reported 50% more behavioral problems in their patients than did older caregivers. The study, conducted by Dr. Kaycee M. Sink of the Wake Forest University School of Medicine and reported in the Journal of the American Geriatrics Society, points to the two-way relationship between caregiver and care receiver and the importance of assessment and providing training and support to front-line workers and family caregivers. The full report can be accessed at: <http://www.blackwell-synergy.com/doi/pdf/10.1111/j.1532-5415.2006.00697.x>

Practice Concepts

Supporting the notion that practice can enhance as well as profit from research is "Practice Concepts," a section of The Gerontologist since 1982. The section is devoted to brief articles describing innovative approaches to working with older people that may be readily transferred from one practice setting to another. In a recent editorial, Dr. Nancy Morrow-Howell, Editor of the section and Dr. Linda Noelker, Editor of The Gerontologist, encourage submissions entitled "Raising the Bar to Enhance the Research-Practice Link." They discuss the growing demand for evidence-based practice and look for articles that put forth a new practice idea based on some empirical evidence, whether qualitative or quantitative or both.

The full editorial can be accessed at: <http://gerontologist.gerontologyjournals.org/current.shtml#EDITORIAL>

The Mental Health Needs of Elderly Latinos

The high prevalence of depression among elderly Latinos is documented and discussed in an excellent article shared with us by co-author, Israel Garcia, Program Associate at the Center for Policy and Advocacy of the Mental Health Association of New York. The risk factors for this condition include poor physical health, distressed economic circumstances and social isolation. Entitled "Mental Health Needs of Elderly Latinos Affected by Depression: Implications for Outreach and Service Provision," the article, which appears in Care Management Journals, cites the resistance of older Latinos to what they perceive as a stigmatizing condition and presents examples of proactive outreach models of intervention.

Stressed is the importance of how "culturally and linguistically competent psychotherapy is likely to enhance medication compliance; [and] provide additional cognitive, behavioral, and psychosocial skills to deal with depression and prevent relapses." The article, co-authored with Mark Brennan, Marlana Vega, Antonio Abad and Michael B. Friedman, can be accessed at: <http://www.extenza-eps.com/SPC/doi/abs/10.1891/cmaj.6.2.98>

SBW Partners is a fee-for-service firm devoted to advancing social work practice in aging. Services are provided by Dr. Barbara Silverstone and Dr. Ann Burack-Weiss, the firm's founding partners, and a group of associates. We provide services to agencies and practitioners, corporate training programs and a variety of accredited courses. For more information, please visit www.sbwpartners.com or call 212.337.2555.

The Power of Stories

Who among our readers does not have a cherished story of an older family member or client; a story that reflects all that is common - and unique - in the experience of aging? In this issue, Dr. Cheryl L. Franks* shares a story of her grandmother.

Olive Renner, my grandmother, turned 102 this past Memorial Day Weekend, on May 28th in a nursing home in Cleveland, Ohio. She had her party in her own little party room with some of her family and friends surrounding her. There were presents, flowers and, of course, a birthday cake!! Up till now she had celebrated 101 birthdays living alone in her home.

In April, Olive entered the hospital for the first time in her 102 years ... she had never needed a hospital stay; in her day you had your children at home. (She had five!!) But in April, the doctors told everyone to come home...she was passing...so many came, from Texas, LA (my cousin is a producer for *Dr. Phil*) New Jersey and New York...but the social support kicked in and soon she was off morphine, out of the hospital, out of rehab, not going to hospice, and in a nursing home...walking around and adjusting...eating meals with others. In a way, enjoying the company!! She had always been so afraid of leaving her home, so afraid, and so determined that the time would never come, but now it wasn't as bad as she had imagined. In fact, it was not bad at all!! She really enjoyed the company and the sense of safety living with the nursing home staff.

So, while I had imagined saying goodbye to her, I was actually able to send another Mother's Day card to "Grandma", and make one more "Happy Birthday" phone call where I sang, "Happy Birthday, Dear Grandma" and exchanged long distance, "I Love You."

Olive Renner is my grandma, and I'm happy to say that we're now looking ahead to, who knows, perhaps many more years together!! And as she would say, the world is full of all kinds of possibilities!

*Dr. Cheryl L. Franks is the Executive Director for Diversity, Human Rights and Social Justice at the Columbia University School of Social Work.

We welcome contributions from other readers.