

**Selected Center on Aging Research, Evaluation, Training, and Community
Consultation Projects
(June 2021)**



Project	Summary
<p>Designation of Excellence in Person-Centered Long-Term Care 2021</p>	<ul style="list-style-type: none"> • While a shift towards person-centered care has taken place over the last few decades in long-term care, there is no definition or standard guidelines for such care. This research project seeks to move person-centered care from a model that is medically or task-driven, to care that is driven largely by resident preferences, which are often not considered in the delivery of long-term care services. In this first phase of research, The University of Maine Center on Aging, and The Cedars in Portland, Maine, a nonprofit senior community, will work together to better define high quality person-centered care and optimal strategies for implementing such care. • This research will entail gathering data, literature, and expert input from a range of stakeholders including older adult residents and their families to frontline staff and national leaders in long-term care. This information will then be used to construct a broad framework from which person-centered care can be understood and implemented in long-term care settings.

<p>AgingME Geriatrics Workforce Enhancement Project (GWEP) 2019-2024</p>	<ul style="list-style-type: none"> • The University of New England College of Osteopathic Medicine (lead org) in collaboration with the University of Maine (UMaine) will develop and lead the Aging Maine Transformation Collaborative (AgingME) which will focus on improving the health and wellbeing of Maine’s older adults through training enhancements and practice transformation processes at the primary care level. This innovative partnership brings together practitioners, health professions students, and educators from across the state to improve primary care for older adults and their caregivers. • The Center on Aging will serve as the lead evaluator for this statewide, 5-year, geriatrics training initiative collecting process and outcome measures from students, partners, older adults, and caregivers.
<p>Nutrition Innovations 2019-2022</p>	<ul style="list-style-type: none"> • Eastern Area Agency on Aging, Sencio Systems, and St. Joseph Healthcare will establish and test an innovative, technology-driven nutrition enhancement and self-management program for older adults with multiple chronic diseases. The goal of this three-year project is to improve the nutritional and health status of rural adults 60 and older with multiple chronic conditions immediately following hospital discharge. The Center on Aging will be responsible for performing all research and evaluation functions associated with this project.
<p>AARP Network of Age-Friendly States and Communities (2020-2021)</p>	<ul style="list-style-type: none"> • The AARP Network of Age-Friendly States and Communities is a program with the larger AARP Livable Communities initiative. The program is locally directed and aims to include residents of all ages and abilities in planning and implementing changes that will make life easier, safer, and more enjoyable for residents. Several projects are supported by the UMaine Center on Aging <ul style="list-style-type: none"> ○ RuralLab brings rural communities together to share ideas and best practices for age-friendly community development ○ The members-only webinar series provides technical assistance to age-friendly communities in the United States. ○ An academic collaborative brings researchers and community-engaged scholars together to share best practices and disseminate research-informed best practices to age-friendly communities. ○ The Leadership Academy provides training and other resources to develop

	<p>age-friendly leaders with the tools needed to develop strong, sustainable community change initiatives.</p> <ul style="list-style-type: none"> ○ A Baseline measurement tool allows age-friendly communities to track progress toward goals.
<p>AARP Network of Age-Friendly States and Communities in Maine (2020-21)</p>	<ul style="list-style-type: none"> ● A growing network of municipalities in Maine are committed to including an age-friendly lens in community and economic development and enhancing the physical, social and service environments for aging. Age-Friendly leaders participate in networking and peer learning events, receive technical assistance, and are connected with regional organizations and funders that want to help them move the local work forward. A quarterly newsletter and FB page celebrate member achievements and highlights resources and partnership opportunities.
<p>Lifelong Communities Fellows 2019-2022</p>	<ul style="list-style-type: none"> ● The Lifelong Communities Fellows (LCF) program was developed as a partnership between the University of Maine Center on Aging’s Encore Leadership Corps and Maine Community Foundation. “Lifelong communities” are defined broadly to include various models of intentional planning that mobilize older adults and other community members to advocate for community changes or implement programs and services that benefit residents of all ages, but especially older residents. ● The LCF program recruits established lifelong community leaders (fellows) and works with the Fellows to develop trainings to enhance their skills. The Fellows provide technical assistance to communities with short-term (8 months or less) lifelong communities projects. Projects vary based on community needs—from assessment to implementation projects.
<p>Lifelong Maine AmeriCorps Program (2021-2024)</p>	<ul style="list-style-type: none"> ● Maine’s Lifelong Communities support healthy aging by addressing barriers to health and well-being in the physical, social, and service environments. Through the Lifelong Maine AmeriCorps Program, each full- or part-time AmeriCorps member, with mentorship from an experienced lifelong community leader, will work with local residents to increase the capacity of a Lifelong Community initiative to meet its mission, vision, and implementation goals. The result will be a more resilient, healthier, safer, and more engaged community.

<p>Kinship Navigator Program Evaluation Ongoing</p>	<ul style="list-style-type: none"> • The UM Center on Aging is partnering with Adoptive and Foster Families of Maine to evaluate their statewide kinship navigator program that provides services and supports to Maine’s kinship families. Evaluation services will include implementing a survey with service recipients and enhanced data tracking to better identify and report outcomes associated with receiving kinship navigation services.
<p>Assessing Disparities in Access to Advanced Medical Device Therapy in Maine</p>	<ul style="list-style-type: none"> • This project is a partnership between the University of Maine and the University of Southern Maine. This feasibility study will assess the use of a mock medical device designed to serve as an educational tool for individuals receiving advanced medical device treatment for end-stage heart disease. This is a UMaine System research grant designed to create impactful interdisciplinary research opportunities for undergraduate students.
<p>Building a Community Health Worker Workforce to Address Systemic Rural Health Inequities</p>	<ul style="list-style-type: none"> • This project represents a partnership between the University of Maine Augusta, University of Southern Maine, University of Maine, and a variety of community partners. This research will entail the investigation of community health worker models, training needs, and challenges and opportunities faced in Maine. This is UMaine System research grant designed to create impactful interdisciplinary research opportunities for undergraduate students.
<p>Maine Gerontological Society Ongoing mainecenteronaging.umaine.edu/mainegerontological-society</p>	<ul style="list-style-type: none"> • The Center on Aging currently serves as the coordinating entity for the Maine Gerontological Society, a statewide association of individuals and organizations interested in issues that affect older adults in the state of Maine. The society has the charge of serving as the leading interdisciplinary association on aging. • MGS emphasizes the offering of education and training opportunities for its members so that as a society and in our professions we may be well informed and play an active role in shaping aging policy and services in Maine in the years to come. • Members receive a periodic newsletter and discounts for educational events

<p>Older Adult Volunteer Role Conflict Study 2017-2020</p>	<ul style="list-style-type: none"> • A national study of Retired and Senior Volunteer Program volunteers throughout the country examining the extent to which older adult volunteers experience role conflict with other roles within their lives including the role of caregiver, paid worker, and informal helper. This study will also identify how different life roles complement their formal volunteer role. This is a three-year grant awarded to Jennifer Crittenden, CoA Assistant Director, by the Corporation for National and Community Service (CNCS)
<p>MOTIVATE Model Evaluation Ongoing</p>	<ul style="list-style-type: none"> • The MOTIVATE project, spearheaded by Lunder-Dineen Health Education Alliance of Maine, utilizes an innovative, interprofessional educational model to improve, promote and protect the oral and systemic health of Maine long-term care residents. The University of Maine Center on Aging is overseeing an evaluation of the program implementation within eight long-term care sites in Maine.
<p>Alba-Technic Hip Protection Project 2018</p>	<ul style="list-style-type: none"> • The Center on Aging assisted Alba-Technic, a Maine-based engineering firm, in hosting community-based co-design sessions aimed at identifying older adult end user preferences for hip protection product features and design. This study entailed Phase I co-design sessions and Phase II clinical trial study of resulting hip protector prototype models (pending additional funding).
<p>University of Maine Research Reinvestment Fund Seed Grant Projects (ElderTech and Eco-Snow Projects) 2017-2018</p>	<ul style="list-style-type: none"> • CoA is the lead organization on a UM seed grant that is creating the ElderTech Collaborative, an innovative new approach for addressing the expanding technology and aging R&D sector. This prototype incubator model represents a founding business partnership between a for-profit Maine company (Elder Technology Labs - ETL), Phillips-Strickland House Corporation (P-SHC), one of the oldest assisted living non-profits in the state, and the UMaine Center on Aging (CoA). While the ElderTech Collaborative is housed in an assisted living facility in Maine, its mission is national in scale. • The Center is also providing consultation for the development and commercialization of Eco-Snow adaptive outdoor mobility devise. Center staff will assist in facilitating co-design sessions where older adults and community members can provide prototype feedback on this innovative device.

<p>Bangor Age Friendly Communities Assessment 2016</p>	<ul style="list-style-type: none"> • The Center on Aging was contracted by Bangor Public Health and Community Services to undertake a series of community forums within Bangor neighborhoods and develop and distribute an electronic survey to Bangor Chamber of Commerce members with the goal of developing specific and actionable recommendations to inform the development of Bangor’s age-friendly action plan. Community forum and survey design focused on uncovering strengths and challenges in Bangor related to the World Health Organization’s 8 domains of livability adopted by AARP, while also exploring questions that can inform implementation of Bangor’s Innovative Neighborhoods Program.
<p>Bar Harbor Age Friendly Communities Assessment 2018</p>	<ul style="list-style-type: none"> • The Center on Aging partnered with the Town of Bar Harbor to analyze and report on the results of a survey of Bar Harbor community members focused on examining the town’s age-friendliness in eight domains of livability ranging from transportation to housing. The Center on Aging developed a comprehensive report of findings for the Town of Bar Harbor.
<p>University of Maine Aging Initiative Seed Grants (Older Worker, Water Quality, and Nutrition Issues) 2016</p>	<ul style="list-style-type: none"> • The Center on Aging served as the lead organization on a University of Maine seed grant that piloted an older worker survey aimed at creating a better understanding of the value and contributions of older workers to the labor force. The Center was also a partner on two additional seed grants that furthered development of water quality improvement technologies and a nutritional supplement food product for older adults.
<p>MOTIVATE Model Needs Assessment Research 2015-2016</p>	<ul style="list-style-type: none"> • The Motivate project utilizes an innovative, interprofessional educational model to improve, promote and protect the oral and systemic health of Maine long-term care residents. The University of Maine Center on Aging and the University of New England College of Osteopathic Medicine collaborated to implement a comprehensive needs assessment study at pilot sites in Maine. Needs assessment surveys and focus groups identified the needs of staff at all levels of long term care with regard to oral health training, techniques, and tools. Results have been used to develop oral health training curriculum for long-term care staff.

<p>At Home Downeast Evaluation 2015-2016</p>	<ul style="list-style-type: none"> • The Center on Aging was contracted by the At Home Downeast program to develop a comprehensive evaluation plan for the At Home Downeast program to evaluate participant outcomes, organizational processes, and program costs. The goal of this work was to build upon existing evaluation procedures to create an enhanced and sustainable evaluation system that can be carried forward by At Home Downeast staff.
<p>Thriving in Place Cross-Site Ripple Effects Mapping Ongoing</p>	<ul style="list-style-type: none"> • The Maine Health Access Foundation contracted with the UMaine Center on Aging to conduct “Ripple Effects Mapping” sessions with nine grantees of the Foundation’s Thriving in Place initiative. Ripple Effects Mapping is a qualitative research method used to organize and visualize outcomes from complex collaborative projects. A summary of findings regarding program impacts from across sites will be presented to the Maine Health Access Foundation.
<p>Online Certificate in Grandfamilies Program Leadership Ongoing www.kinshipcert.org</p>	<ul style="list-style-type: none"> • The UMaine Center on Aging and the Brookdale Foundation have partnered to develop the first online certificate program specially designed for staff and volunteers who administer grandfamilies programming. The certificate program provides core education, technical support, and leadership development for professionals delivering grandfamily and kinship programming across the country. The program is comprised of 9 modules delivered over a 12-week period using a cohort model.
<p>Thriving in Place Initiatives 2015-2018</p>	<ul style="list-style-type: none"> • The Piscataquis Thriving in Place initiative is overseeing a comprehensive strategy to strengthen the system of care by focusing on elements of the supportive environment for individuals in the form of transportation, volunteerism, home-based services, caregiver support, and community engagement, which are all crucial to thriving in place. • CoA supported the Piscataquis Thriving in Place project by conducting an evaluation of systems change activities undertaken by the Thriving in Place collaborative workgroup to document changes in partner engagement and collaboration, goal alignment, and progress toward goals. This evaluation focused on generating actionable information for workgroups to help guide implementation through activities such as theory of change development. The Center on Aging also worked with partners to document changes in health outcomes at the county-level and among patients engaged directly with Piscataquis TIP Collaborative supports.

	<ul style="list-style-type: none"> • In 2015, the Penobscot Thriving in Place initiative launched in the towns of Milford, Old Town, Orono, and Veazie. Led by the Eastern Area Agency on Aging and Penobscot Community Health Care (PCHC). To improve coordination of community services and supports, a TIP coordinator focuses on convening and working with community partners to identify gaps in services and supports and improve integration. The Center on Aging conducted a comprehensive evaluation of the initiative including client health outcomes and access to care, and improved integration of community services. • In November of 2016, the Thrive Penobscot initiative began in the Katahdin and Lincoln Lakes region, working to improve community-based supports for thriving in place and building knowledge among providers and community members about available resources. The Center on Aging is conducted a comprehensive evaluation of the initiative, with an initial focus on determining the effectiveness of community and provider education efforts. Focus areas for this initiative were based on results of a community needs assessment conducted by the Center on Aging.
<p>Access to Quality Care Initiative 2015-2017</p>	<ul style="list-style-type: none"> • The Maine Health Access Foundation-funded Access to Quality Care Initiative is a partnership of local healthcare providers focused on the development and adoption of standardized opioid prescribing protocols with the goal of reducing substance use disorders. The project is also partnering with local human service agencies to increase access to needed supportive services to assist patients in recovery. The Center on Aging is providing evaluation consultation to the project to evaluate the collaborative process and connections among medical and human services providers.
<p>Greenville-area Age Friendly Communities Needs Assessment 2016</p>	<ul style="list-style-type: none"> • Through an AARP grant program focused on developing age friendly communities, the Center on Aging, in partnership with the Charlotte White Center, conducted a needs assessment in the Greenville-area to determine needs and priorities for supporting an age-friendly community. A survey was conducted with local community members, and interviews were carried out with health and human services and other professionals serving the area.

<p>Penquis Regional Linking Project 2012-2017</p>	<ul style="list-style-type: none"> • 5-year grant-funded project through Federal Children’s Bureau that will fund supports for children and caregivers affected by substance abuse including trauma informed systems of care interventions, regional partnership activities, and direct services. Families and Children Together is the lead agency for this grant. The Penquis Linking Project Partnership is a central leader in carrying out and informing grant activities. The Center on Aging is evaluating this project examining both outcomes at the client, partnership, and systems of care levels.
<p>Balancing Act Translational Research 2013-2016</p>	<ul style="list-style-type: none"> • 2 year NIH-funded clinical trial that will test a self-administered falls prevention program that has been adapted for use among older adults with visual impairments. In partnership with the University of New England and The Iris Network, the UM Center on Aging coordinated project activities including overseeing data collection, analysis and reporting, and coordinating a national Blue Ribbon Panel that will guide project activities.
<p>Maine Community Foundation Evaluation Consultation Ongoing</p>	<ul style="list-style-type: none"> • The Center on Aging is providing targeted evaluation consultation to the Maine Community Foundation (MCF) as it carries out its current strategic planning activities. Specifically, the Center is providing evaluation implementation guidance and ensuring that MCF’s programmatic impact is measurable and can be documented through practical evaluation strategies.
<p>United Way of Eastern Maine Evaluation Consultation Ongoing</p>	<ul style="list-style-type: none"> • The Center on Aging is partnering with the United Way of Eastern Maine to conduct research and evaluation activities in support of their Opportunity 2028 initiative. In the Fall of 2017, the Center on Aging conducted community forums in United Way of Eastern Maine’s five county service area which informed the organization’s strategic goals. The Center is currently developing a measurement framework for strategic goals and objectives, and organizational performance.
<p>Encore Leadership Corps (ENCorps) Ongoing</p>	<ul style="list-style-type: none"> • This program is a partnership between the Center on Aging and the Maine Community Foundation that brings together over 250 older adults from throughout the state to

	<p>participate in an intensive leadership and skills building program. Participants receive training that is then applied through community-based volunteerism. In 2013, the Center received funding from the Elmina B. Sewall Foundation to expand ENCorps programming and supports in the area of food insecurity.</p> <ul style="list-style-type: none"> • Volunteers receive follow-up support and training from the Center on Aging and its partners as they carry out community-based smart growth activities through volunteerism and policy-change initiatives.
<p>Maine Safe Medicine Disposal for ME Program Data collection phase: 2008-2012 Public education: On-going</p>	<ul style="list-style-type: none"> • The Center on Aging spearheaded the provision of postage-paid envelopes to residents throughout Maine. These envelopes were used to return unused and unwanted medicines to the Maine Drug Enforcement Agency for cataloging and proper disposal (2008-2012). Key activities included: Marketing and education campaign addressing safe medicine disposal; Collection of unused and unwanted medications and the documentation of the type and quantity of medications returned and reason for the return of such medications; and Documentation of wasted healthcare dollars and reduction in the accumulation of drugs within Maine homes.
<p>Retired and Senior Volunteer Program On-going</p>	<ul style="list-style-type: none"> • The Retired and Senior Volunteer Program (RSVP) is America’s largest volunteer network for people age 55 and older. The UMaine Center on Aging RSVP program is one of five such programs in Maine designed to engage older adults in community service with documented impact on community needs. Our volunteers join nearly 500,000 volunteers across the country tackling key issues in their communities. RSVP volunteers lead with experience so Get Involved – lead, share, and inspire.
<p>Penobscot Valley Senior College On-going</p>	<ul style="list-style-type: none"> • Affiliated with the statewide Maine Senior College Network and the UMaine Center on Aging, Penobscot Valley Senior College offers non-credit courses and other learning opportunities for people 50 years and over. PVSC provides opportunities for learning, social interaction, and intellectual stimulation with no requirement for college degrees, tests, or grades. Volunteer plan and teach weekly two-hour sessions for six weeks each fall and spring. Membership dues and course fees are minimal.

<p>Rural Gerontological Social Work Certificate Program On-going</p>	<ul style="list-style-type: none"> • Developed in partnership with the UMaine School of Social Work, this unique certificate program is designed to provide the skills and training needed for students to become rural social work practitioners in gerontological practice. • Courses are developed and delivered through the UMaine School of Social Work and are specifically designed for graduate and undergraduate students both within social work and other disciplines.
<p>Hartford Partnership Program for Aging Education at the University of Maine On-going</p>	<ul style="list-style-type: none"> • The goal of the Hartford Partnership Program is to increase the number of students who specialize in working with older adults by developing aging-rich field internships in graduate social work education programs. Ultimately, the goal is to increase the number of social workers who serve as leaders in the field of aging. • The program is founded on the belief that the practice community must, of necessity, respond to changing needs in the community more quickly than academia. Therefore, to educate students effectively, both the community agencies and practitioners and academe must work together as educational partners.
<p>Interprofessional Graduate Certificate in Gerontology On-going</p>	<ul style="list-style-type: none"> • The Interprofessional Graduate Certificate in Gerontology at the University of Maine is designed to increase the knowledge, skills, and abilities of health and human service professionals who provide care to older adults and their caregivers in various settings.

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