

# **EOEA Certificate Training Initiative 2023**

**Evaluation Report from the Center for Aging & Disability Education & Research Boston University School of Social Work** 

August 2023





# School of Social Work: Center for Aging & Disability Education & Research

# **Executive Summary**

#### I. OVERVIEW

The EOEA/CADER training initiative targeted aging and disability network staff across Massachusetts, employed at Councils on Aging (COAs) and Aging Service Access Points (ASAPs). The enrollment period was February 1, 2023 to June 30, 2023. Learners had two different certificate options:

- 1. Behavioral Health in Aging: This 19-hour certificate program included five courses:
  - 1. Mental Health and Aging Issues
  - 2. Suicide Prevention among Older Adults
  - 3. Mental Wellness and Resilience among Older Immigrants and Refugees
  - 4. Substance Use among Older Adults
  - Alzheimer's Disease and Other Dementias
- 2. Person-Centered Case Management: This 24-hour certificate program included six courses:
  - 1. Core Issues in Aging and Disability
  - 2. Understanding Consumer Control, Person-Centered Planning, and Self-Direction
  - 3. Assessment with Older Adults and Persons with Disabilities
  - 4. A Guide to the Aging and Disability Networks
  - 5. Care Management Practice
  - 6. Care Transitions

#### **Completion Rates**

The overall completion rate for ASAP learners was 94%. 129 ASAP learners completed the Behavioral Health in Aging certificate, and 127 ASAP learners completed the Person-Centered Case Management certificate.

The overall completion rate for COA learners was 74%. 15 COA learners completed the Behavioral Health in Aging certificate, and 27 COA learners completed the Person-Centered Case Management certificate.

#### **Learner Demographics**

The majority of learners were White (n=229, 69%), women (n=282, 85%), and had at least a Bachelor's degree (n=265, 80%). Most learners were 25-40 years old (n=137, 42%) or 41-55 years old (n=93, 28%). Most learners were employed as case managers (n=111, 34%) or service coordinators (n=88, 27%).

#### **II. EVALUATION**

#### **Competency Results**

At the beginning and end of each course, learners were asked to rate their skill level in various competencies (0 - Not skilled at all; 1 - Beginning skill; 2 - Moderate skill; 3 - Advanced skill; 4 - Expert skill). For all competencies, mean ratings increased from the pre-course competency self-assessment to the post-course competency self-assessment, indicating an increase in skill level.

For the Behavioral Health in Aging certificate, the mean competency rating increased significantly (p<.001) from 1.45 on the pre-course self-assessment to 2.06 on the post-course self-assessment. For the Person-Centered Case Management certificate, the mean competency rating increased significantly (p<.001) from 1.62 on the pre-course self-assessment to 2.15 on the post-course self-assessment.

#### **Learner Feedback**

#### Behavioral Health in Aging Certificate Program

Learners noted that after completing the certificate program, they will be more empathetic, understanding, and aware of cultural differences. Many learners reported that they now felt better equipped to recognize the signs of substance use and mental health challenges and to respond to these concerns effectively.

Person-Centered Case Management Certificate Program

After completing the program, learners intended to focus on the consumer's needs, engage in active listening, and work with the consumer during care transitions. Learners reported that the program expanded their knowledge of social security, health insurance, community-based programs and resources, as well as end-of-life care, and that they will apply what they learned to their practice.

"I will definitely be more sensitive of the stressors and barriers my immigrant consumers exp[erience] and have more resources to use while working with them." -ASAP Learner

"I will take great measures to make sure that the elders I work with feel comfortable working with me and I will ensure that they have full participation in planning their programs as it pertains to their cultural, physical, medical needs as well as sexual orientation." -ASAP Learner

#### III. CONCLUSION

Learners in the EOEA/CADER training initiative gained skills in key competency areas relevant to their practice. The training initiative was well-received by learners who reported that they felt more confident, knowledgeable, and culturally competent after completing the training.

The outcomes of this training initiative highlight the importance of professional training and skill development. We look forward to continued partnerships with EOEA to enhance the skillset of this workforce and positively impact the lives of older adults and people with disabilities throughout the state.



# School of Social Work: Center for Aging & Disability Education & Research

# **Evaluation Report**

#### I. INTRODUCTION

The Center for Aging and Disability Education and Research (CADER) at Boston University is dedicated to bringing evidence-based research into practice through workforce innovation in the aging and disability fields. The partnership with Massachusetts Executive Office of Elder Affairs (EOEA) allows CADER to provide access to online learning programs for health and human services professionals serving older adults and persons with disabilities in the Commonwealth.

CADER programs and courses apply a competency-focused approach to comprehensive training, committed to enhancing the skills of practitioners in the field at all levels of experience. This evaluation report presents learner completion rates, learner demographics, findings from competency-based self-assessments, and learner feedback. Information was collected for the enrollment period of February 1, 2023 to June 30, 2023.

"I have been doing the work that I do for 27 years. It is important to take courses like [Understanding Consumer Control, Person-Centered Planning, and Self-Direction] to renew your ability to practice most effectively and honor person centered case management." -COA Learner

#### **II. CADER CERTIFICATE PROGRAMS**

#### Overview

The EOEA/CADER training initiative targeted aging and disability network staff across Massachusetts, employed at Councils on Aging (COAs) and Aging Service Access Points (ASAPs). Enrollment in the CADER Certificates was open to staff throughout the 5-month project period. CADER provided course management support (program registration and technical support including individual follow-ups with learners, course completion reminders, and troubleshooting). CADER also provided monthly progress reports to EOEA leadership and training leads.

The EOEA Certificate Training Initiative provided staff with two different certificate options, as follows. Learners had the option to complete both certificates.

- 1. Behavioral Health in Aging is a five-course (19-hour) certificate program that deepens learners' understanding of the major mental health conditions and substance use concerns facing older adults. The certificate emphasizes the importance of promoting mental wellness and resilience in addition to the usage of screening, assessment, and evidence-based interventions. The certificate consists of the following courses:
  - 1. Mental Health and Aging Issues
  - 2. Suicide Prevention among Older Adults
  - 3. Mental Wellness and Resilience among Older Immigrants and Refugees
  - 4. Substance Use among Older Adults
  - 5. Alzheimer's Disease and Other Dementias

"Anyone working with the elderly should take this course [Mental Wellness and Resilience among Older Immigrants and Refugees]." - ASAP Learner

- 2. **Person-Centered Case Management** is a six-course (24-hour) certificate program that provides learners with the information needed to develop a person-centered plan by reviewing the key steps in an assessment of functional needs, as well as the skills to gather pertinent information, review available resources, and ongoing support through care transitions. The certificate consists of the following courses:
  - 1. Core Issues in Aging and Disability
  - 2. Understanding Consumer Control, Person-Centered Planning, and Self-Direction
  - 3. Assessment with Older Adults and Persons with Disabilities
  - 4. A Guide to the Aging and Disability Networks
  - 5. Care Management Practice
  - 6. Care Transitions

"I anticipate being more confident, and making sure I communicate in the best way possible. I was practicing skills previously but without the confidence in myself and my training. Now I will be able to strengthen any of my skills through the validation of the training course [Assessment with Older Adults and Persons with Disabilities] and the examples in the video." -ASAP Learner

#### **Completion Rates**

#### **ASAP Learners**

EOEA purchased 273 slots for ASAP learners to complete CADER programs. A total of **256** (94%) learners completed certificate programs, as shown in detail below.

Certificate Name	Total Learners Enrolled	Total Program Graduates	Percent Complete
Behavioral Health in Aging	136	129	95%
Person-Centered Case Management	137	127	93%
All Learners	273	256	94%

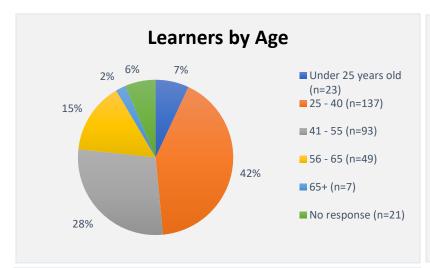
#### **COA Learners**

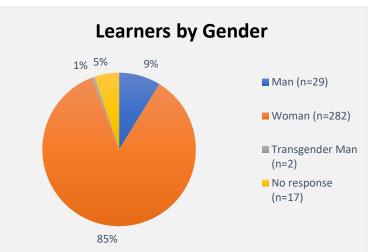
EOEA purchased 57 slots for COA learners to complete CADER programs. A total of **42** (74%) learners completed certificate programs, as shown in detail below.

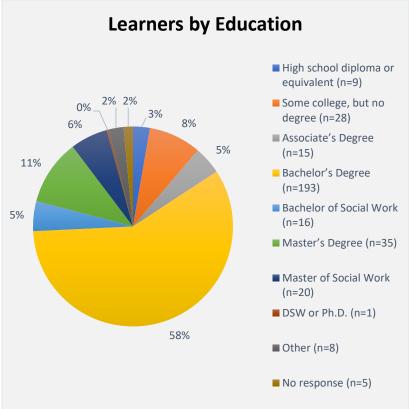
Certificate Name	Total Learners Enrolled	Total Program Graduates	Percent Complete
Behavioral Health in Aging	21	15	71%
Person-Centered Case Management	36	27	75%
All Learners	57	42	74%

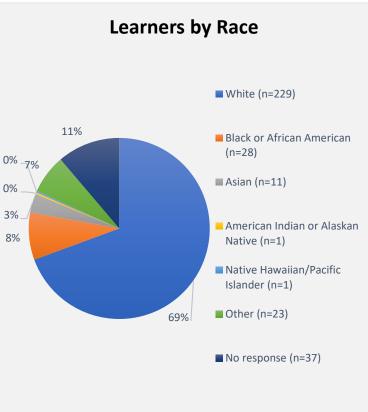
## II. EVALUATION Learner Demographics

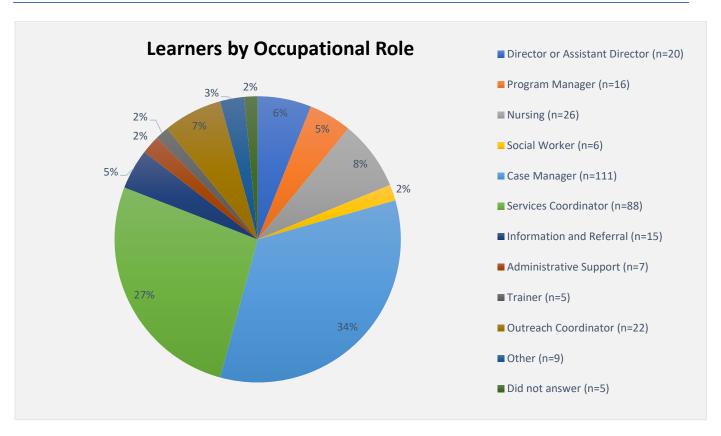
Following are charts displaying learner demographics, including age, gender, educational attainment, race, and occupational role. See Appendix Table 1 for a more complete breakdown of demographics.







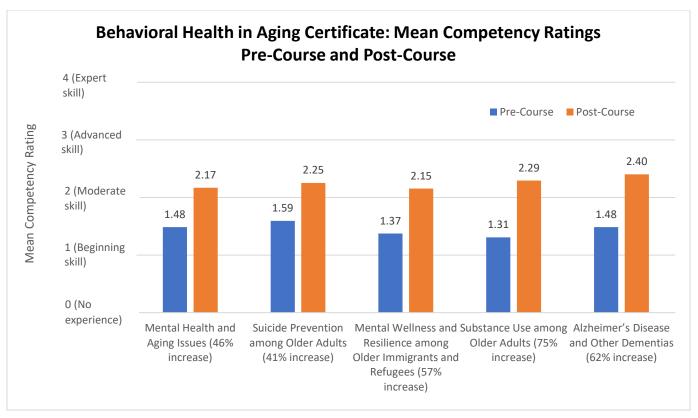


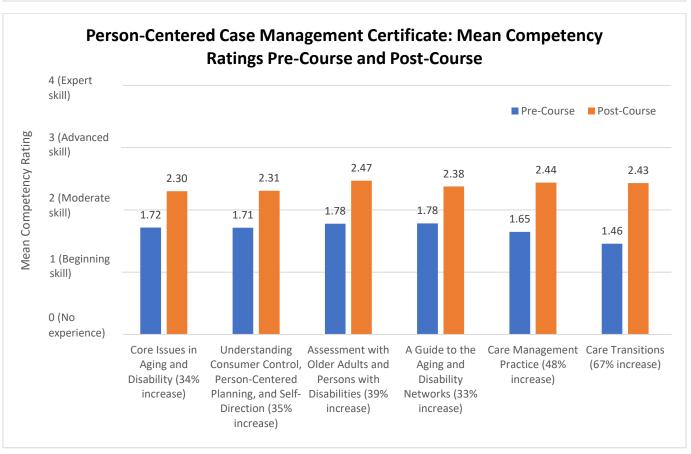


#### **Competency Results**

At the beginning and end of each course, learners were asked to rate their skill level in various competencies using the following scale: 0 - Not skilled at all; 1 - Beginning skill; 2 - Moderate skill; 3 - Advanced skill; 4 - Expert skill. See Appendix Tables 4-7 for a list of competencies for each course for both certificate programs, stratified by the learner's organization (ASAP or COA).

The following graphs show mean competency ratings across learners for each course. For each course within a certificate, the mean competency rating was calculated by combining all learner competency ratings for that course and dividing by the total number of learner competency ratings. For most competencies, mean ratings significantly increased (p < .05) from the pre-course competency self-assessment to the post-course competency self-assessment, as shown in Appendix Tables 4-7.





#### **Learner Feedback**

At the end of each course, learners were asked three open-ended feedback questions:

- What did you find most helpful about this course?
- What changes do you anticipate making after taking this course?
- Your feedback is very important to us! Please share any comments about this course with us in the space provided.

The following are just a few responses from learners.

#### Behavioral Health in Aging Certificate Program

Learners noted that after completing the certificate program, they will be more empathetic, understanding, and aware of cultural differences:

"I will definitely be more sensitive of the stressors and barriers my immigrant consumers exp[erience] and have more resources to use while working with them." -ASAP Learner

Learners indicated that the course will change and improve their practice skills:

"I will take more time to listen for cues of hopelessness or depression." -COA Learner

Many learners reported that they now felt better equipped to recognize the signs of substance use and mental health challenges and to respond to these concerns effectively. Learners found the assessment tools provided in this course useful and intended to use these tools in practice:

"I plan to speak with my supervisor about utilizing the assessment tools that were offered in this course to identify the mental health needs of the consumers that we support in order to offer appropriate referrals for services." -ASAP Learner

#### Person-Centered Case Management Certificate Program

After completing the program, learners felt more confident in their practice skills. Particularly, they felt prepared to be more responsive to culture and identity:

"I will take great measures to make sure that the elders I work with feel comfortable working with me and I will ensure that they have full participation in planning their programs as it pertains to their cultural, physical, medical needs as well as sexual orientation." -ASAP Learner

Learners intended to focus on the consumer's needs, engage in active listening, and work with the consumer during care transitions:

"To see the conversations I have with consumers as both of us participating and working together to come up with a care plan, rather than having a one-sided information conversation." -COA Learner

Learners reported that the program expanded their knowledge of social security, health insurance, community-based programs and resources, as well as end-of-life care, and that they will apply what they learned to their practice.

"Having more information and resources, it will be very helpful in my every day job working with consumers to help and assist them to find the program that best meet their needs." -ASAP Learner

"I will place more focus on planning of end of life with members and family members." 
ASAP Learner

#### **III. CONCLUSION AND RECOMMENDATIONS**

Learners in the CADER/EOEA Certificate Training Initiative gained skills in key competency areas relevant to their practice. The training initiative was well-received by learners who reported that they felt more confident, knowledgeable, and culturally competent after completing the training.

The following are recommendations for successful program outcomes:

- Aim for a nine-month to one-year contract to allow for ample time to complete the program.
- Designate time for learners to complete the program and engage in professional development.
- Identify learners who complete the program early and who can provide mentorship and advice to other learners.
- Develop career pathways and/or promotional tracks tied to successful completion of training.
- Disseminate learner feedback in order to encourage completion.
- Encourage agency leadership to support their learners and advocate for the importance of training.
- Maintain ongoing communication with agency leadership and training liaisons about learner progress.
- Check-in regularly with learners to support their progress.

The outcomes of this training initiative highlight the importance of professional training and skill development. We look forward to continued partnerships with EOEA to enhance the skillset of this workforce and positively impact the lives of older adults and people with disabilities throughout the state.

## **Appendix**

Table 1. Learner Demographics

	ASAP Learners		COA Learners			All	
	DUIC	DCCN 4	AUACAD	DUIC	DCCN 4	AU 60 A	Learners
	ВНС	PCCM	All ASAP	ВНС	PCCM	All COA	
			Learners			Learners	
Age Group				_	_	_	
Under 25 years old	8	13	21	1	1	2	23
25 - 40	62	64	126	5	6	11	137
41 - 55	40	35	75	6	12	18	93
56 - 65	15	15	30	7	12	19	49
65+	2	2	4	0	3	3	7
Prefer not to	7	5	12	2	2	4	16
answer							
Did not answer	2	3	5	0	0	0	5
Total			273			57	330
Race and Ethnicity							
White	91	87	178	18	33	51	229
Black or African	16	12	28	0	0	0	28
American							
Asian	4	7	11	0	0	0	11
American Indian or	1	0	1	0	0	0	1
Alaskan Native							
Native	1	0	1	0	0	0	1
Hawaiian/Pacific							
Islander							
Other	9	14	23	0	0	0	23
Prefer not to	12	14	26	3	3	6	32
answer							
Did not answer	2	3	5	0	0	0	5
Total			273			57	330
Gender							
Man	11	15	26	0	3	3	29
Woman	117	114	231	19	32	51	282
Transgender Man	1	0	1	1	0	1	2
Transgender	0	0	0	0	0	0	0
Woman							
Genderqueer	0	0	0	0	0	0	0
Prefer not to	5	5	10	1	1	2	12
answer							
Did not answer	2	3	5	0	0	0	5

Total			273			57	330
Education							
High school	0	5	5	2	2	4	9
diploma or							
equivalent							
Some college, but	5	16	21	2	5	7	28
no degree							
Associate's Degree	6	8	14	0	1	1	15
Bachelor's Degree	91	79	170	10	13	23	193
Bachelor of Social	6	8	14	0	2	2	16
Work							
Master's Degree	13	10	23	4	8	12	35
Master of Social	10	3	13	3	4	7	20
Work							
DSW or Ph.D.	0	1	1	0	0	0	1
Other	3	4	7	0	1	1	8
Did not answer	2	3	5	0	0	0	5
Total			273			57	330
Occupational Role							
Director or	1	0	1	5	14	19	20
Assistant Director							
Program Manager	11	5	16	0	0	0	16
Nursing	13	12	25	1	0	1	26
Social Worker	1	0	1	3	2	5	6
Case Manager	48	61	109	1	1	2	111
Services	44	42	86	0	2	2	88
Coordinator							
Information and	8	6	14	0	1	1	15
Referral							
Administrative	1	3	4	2	1	3	7
Support							
Trainer	2	3	5	0	0	0	5
Outreach	2	0	2	7	13	20	22
Coordinator							
Other	3	2	5	2	2	4	9
Did not answer	2	3	5	0	0	0	5
Total			273			57	330

Tables 2-3 Learners and Completion Rates by Agency

Table 2. ASAP Learners and Completion Rates by Agency

ASAP	Number of Learners	Percent Enrolled	Percent Complete
AgeSpan	50	100%	100%
Aging Services of North Central Massachusetts	14	100%	93%
Boston Senior Home Care	8	100%	88%
Bristol Elder Services	19	100%	100%
Central Boston Elder Services	3	100%	100%
Coastline	9	100%	44%
Elder Services of Berkshire County, Inc.	7	100%	100%
Elder Services of Cape Cod and the Islands	0	N/A	N/A
Elder Services of Worcester Area	15	100%	100%
ETHOS	0	N/A	N/A
Greater Lynn Senior Services	9	100%	100%
Greater Springfield Senior Services, Inc.	34	100%	94%
HESSCO	3	100%	67%
Highland Valley Elder Services	9	100%	100%
LifePath	1	100%	100%
Minuteman Senior Services	4	100%	100%
Mystic Valley Elder Services	10	100%	90%
Old Colony Elder Services	16	100%	81%
SeniorCare	7	100%	71%
Somerville Cambridge Elder Services	1	100%	100%
South Shore Elder Services	8	100%	100%
Springwell	13	100%	92%

ASAP	Number of Learners	Percent Enrolled	Percent Complete
Tri Valley, Inc.	14	100%	100%
West Mass Eldercare	19	100%	100%

Table 3. COA Learners and Completion Rates by Agency

City/Town	Number of Learners	Percent of Total Learners	Percent Complete
Amherst	1	2%	0%
Barnstable	4	7%	100%
Bellingham	1	2%	100%
Belmont	1	2%	100%
Berlin	1	2%	100%
Bourne	1	2%	100%
Bridgewater	1	2%	100%
Burlington	3	5%	100%
Cambridge	1	2%	0%
Chicopee	1	2%	100%
Cohasset	1	2%	100%
Concord	2	4%	50%
Fairhaven	1	2%	0%
Falmouth	1	2%	0%
Gardner	1	2%	100%
Greenfield	1	2%	100%
Halifax	1	2%	100%
Harwich	2	4%	50%
Lee	1	2%	100%

City/Town	Number of Learners	Percent of Total Learners	Percent Complete
Littleton	1	2%	100%
Ludlow	1	2%	0%
Mansfield COA	1	2%	0%
Marlborough COA	1	2%	100%
Natick COA	1	2%	100%
North Reading COA	1	2%	100%
Norwell COA	6	11%	50%
River Mills COA	2	4%	100%
Rowley COA	1	2%	0%
Sutton COA	1	2%	100%
Taunton COA	10	18%	80%
Up-Island Council on Aging	1	2%	100%
Waltham COA	1	2%	100%
Westford COA	1	2%	100%
Williamstown COA	2	4%	50%
Wrentham COA	0	0%	N/A

#### Tables 4-7. Results from Pre-Course and Post-Course Competency Self-Assessments

At the beginning and end of each course, learners were asked to rate their skill level in various competencies using the following scale: 0 - Not skilled at all; 1 - Beginning skill; 2 - Moderate skill; 3 - Advanced skill; 4 - Expert skill.

Mean competency ratings for each domain are shown in the tables below.

Table 4. ASAP Learners - Behavioral Health in Aging Certificate Program

Competency	Pre-Course Mean Competency Rating	Post-Course Mean Competency Rating	Percent Increase	P-value
Mental Health and Aging Issues				
Identify the issues related to losses, changes, and transitions over the life	1.63	2.15	32%	<.001

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
competency	Competency Rating	Competency Rating	Increase	1 Value
cycle relevant to the mental health	Competency Nating	Competency Rating	iliciease	
of older adults.				
Describe the risk and protective	1.26	2.24	C20/	1 001
factors for suicide in older adults.	1.36	2.21	63%	<.001
Demonstrate an understanding of	4.22	2.02	660/	1 001
the core elements of a mental health	1.22	2.02	66%	<.001
assessment including standardized				
assessment tools.				
Explain how utilizing individual and	4.20	1.07	420/	1 001
group interventions are appropriate	1.38	1.97	43%	<.001
for addressing the mental health of				
older adults (e.g., cognitive behavioral therapy, problem-solving				
therapy, psycho-educational groups,				
and supportive therapy).				
Identify some of the resources and	4.55	2.47	400/	1 001
resource systems available for older	1.55	2.17	40%	<.001
adults and their families.				
Explain the older adult's right to	1.05	2.20	200/	1 001
· -	1.65	2.30	39%	<.001
dignity and self-determination when addressing psychosocial and mental				
health issues of older adults.				
	1.65	2.22	440/	. 004
Develop the ability to relate one's	1.65	2.32	41%	<.001
own values and biases to aging and mental health issues.				
Develop an understanding of the	1.54	2.42	200/	1 001
impact of culture when addressing	1.54	2.12	38%	<.001
mental health issues facing older				
adults.				
Describe the signs and symptoms of	1.00	2.20	200/	4 001
the common mental health	1.65	2.28	38%	<.001
conditions that can affect adults as				
they age.	. A dulta			
Suicide Prevention among Older				
Describe the potential impact of	1.56	2.24	44%	<.001
ageism as it relates to older adults				
and suicide.				
Describe the limits of confidentiality	1.80	2.38	32%	<.001
as it relates to potential self-harm.		_		
Discuss the ethical dilemmas that	1.38	2.17	57%	<.001
may exist between the worker's				
goals to prevent suicide and the				
consumer's goals to eliminate				
psychological pain.				
Describe the basic concepts of	1.76	2.37	35%	<.001
suicide and suicide prevention.				
Understand the risk factors and	1.70	2.39	41%	<.001
protective factors associated with				
suicide.				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
Competency				1 -value
Understand and manage and/a sum	Competency Rating	Competency Rating	Increase	. 221
Understand and manage one's own	1.90	2.37	25%	<.001
reactions to suicide.  Describe the skills that are needed	4.55	2.2.4	F.C0.	. 004
	1.44	2.24	56%	<.001
to assess and intervene with a suicidal older adult.				
Describe collaborative emergency	1 44	2.22	FF0/	1 001
plans that can impact the older	1.44	2.23	55%	<.001
adult's safety when they are at risk				
of suicide.				
Mental Wellness and Resilience	among Oldor Immigran	ts and Pofugoos		
		<del>-</del>	520/	. 004
Understand the background of	1.35	2.05	52%	<.001
immigration in the U.S. and its				
relationship to the work you do with				
older immigrants and refugees.  Identify the stressors and barriers	1.42	2.22	F.C0/	z 001
faced by older immigrants and	1.42	2.22	56%	<.001
refugees.				
Identify the strengths and resources	1.21	2.14	77%	<.001
in immigrants and immigrant	1.21	2.14	///0	<.001
communities that build resilience.				
Utilize information about depression	1.35	2.16	60%	<.001
in your work with older immigrants	1.55	2.10	0076	<.001
and refugees.				
Describe methods of recognizing and	1.40	2.20	57%	<.001
promoting resilience.	2110	2.20	3,70	
Describe interventions you can	1.23	2.14	74%	<.001
utilize to promote mental wellness			, .	
with older immigrants and refugees.				
Discuss your own cultural attitudes	1.65	2.23	35%	<.001
and beliefs and how they may affect				
your work with immigrants and				
refugees.				
Describe how stigma related to	1.57	2.19	39%	<.001
immigration status might impact				
self-esteem.				
Substance Use among Older Adu	ults			
Understand the impact of substance	1.74	2.41	39%	<.001
abuse on an older adult's health.				
Identify standardized screening and	0.61	2.00	228%	<.001
assessment tools that are				
appropriate for use with older				
adults, such as the MAST-G and				
AUDIT.		_		
Awareness of treatment and	1.32	2.26	71%	<.001
recovery models and resources, and				
know how to make referrals.				
Engage in a collaborative process of	1.31	2.24	71%	<.001
addressing substance use with the				
older adults with whom you work.				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
	Competency Rating	Competency Rating	Increase	
Understand and address the barriers	1.44	2.39	66%	<.001
that might impact substance use	1.77	2.55	0070	₹.001
interventions.				
Utilize evidence based models for	0.57	2.09	267%	<.001
addressing substance use including				
SBIRT.				
Understand individual and societal	1.46	2.39	64%	<.001
attitudes towards substance use in				
older adults.	_			
Identify and assess one's own values	1.65	2.46	49%	<.001
and biases regarding aging and				
substance use.	1.70	2.54	4.40/	1 001
Respect the older adult's right to dignity and self-determination and	1.76	2.54	44%	<.001
relation to substance use.				
Alzheimer's Disease and Other I	l Jementias			
Identify the most common types of	1.66	2.47	49%	<.001
dementia.	1.00	2.47	45/0	<.001
Understand the core clinical criteria	1.26	2.33	85%	<.001
used for diagnosing dementia.	1.20	2.55	03/0	۷.001
Understand the stages of	1.45	2.45	69%	<.001
Alzheimer's disease.			3375	
Become familiar with available	1.23	2.24	82%	<.001
testing and diagnostic tools that can				
help determine the presence of				
dementia.				
Describe effective person-centered	1.41	2.50	77%	<.001
communication strategies to use				
with people with dementia.				
Describe psychosocial interventions	1.24	2.34	89%	<.001
that can be utilized with people with dementia.				
Develop awareness of resources and	1.51	2.42	60%	<.001
interventions that can assist	1.31	2.42	00%	<.001
caregivers.				
Respect and promote the person's	1.74	2.63	51%	<.001
right to dignity and self-	2., .	2.00	32/6	
determination throughout the				
stages of these diseases.				
Understand common legal and	1.39	2.40	73%	<.001
ethical dilemmas that may affect				
people with dementia and their				
caregivers.	_	_		_
Respect diversity, cultural values,	2.22	2.55	15%	.02
and beliefs of people and their				
families.				

Table 5. ASAP Learners - Person-Centered Case Management Certificate Program

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
, , ,	Competency Rating	<b>Competency Rating</b>	Increase	
Core Issues in Aging and Disabili		competency nating	moreuse	
	1	2.22	440/	. 004
Describe the concepts of consumer choice, self-determination, and	1.65	2.32	41%	<.001
participation and their importance				
to long-term living programs.  Understand the demographics of	4.65	2.25	260/	. 004
	1.65	2.25	36%	<.001
aging and disability in the United States.				
Understand the major biological,	1.74	2.24	2.40/	1.001
	1.74	2.34	34%	<.001
psychological, and social issues				
involved in the aging process and for				
those living with disabilities.	1.01	2.20	220/	. 001
Describe the major health conditions	1.81	2.39	32%	<.001
that cause impairment in older adults.				
	4.50	2.22	420/	. 201
Describe the most common causes	1.56	2.22	42%	<.001
of disability through the life cycle.	1	2.10	270/	201
Understand how to adapt	1.72	2.18	27%	<.001
communication methods to the				
sensory, verbal, physical, and				
cognitive abilities of older adults and				
people with disabilities.	1.00	2.22	200/	201
Describe the ways that anxiety,	1.83	2.38	30%	<.001
stress, and fear may influence how				
older adults and people with				
disabilities communicate with health				
and human service workers.	4.70	2.22	220/	. 201
Describe the ways in which an	1.76	2.33	32%	<.001
individual's cultural, ethnic, religious				
background or sexual orientation				
can influence the experiences of				
aging and living with a disability.	Davison Contained Diamain	and Calf Divaction		
Understanding Consumer Control,		i		
Understand the history of Disability	1.05	2.07	97%	<.001
Rights Legislation and the				
Independent Living Movement.	_			
Define consumer control, consumer	1.56	2.21	42%	<.001
choice, and consumer direction in				
providing community based long-				
term living supports and services.				
Describe how to recognize one's	1.71	2.40	40%	<.001
own personal bias and judgements				
in an Options Counseling session.	_	_	_	
Develop strong interpersonal	2.04	2.40	18%	<.001
communication skills to support the				
consumer in the decision-making				
process, including decision-making				
support, effective ways to ask				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
	Competency Rating	<b>Competency Rating</b>	Increase	
questions while providing resources,		a composition of management		
active listening, and paraphrasing.				
Demonstrate creative ways to	1.50	2.16	44%	<.001
research services and supports as an	1.50	2.10	4470	١.٥٥١
options counselor.				
Determine how to effectively	1.81	2.32	28%	<.001
support family members' interest in				
participation and assist with the				
problem solving and resources.				
Understand the consumer's right to	1.88	2.38	44%	<.001
consumer control, consumer choice,				
consumer direction, dignity of risk,				
and self-determination.				
Recognize the impact of one's own	1.82	2.33	28%	<.001
values and biases on one's ability to				
provide quality options counseling				
related to aging and disabilities.				
Understand the value of cultural	2.17	2.36	9%	.010
inclusion and cultural humility when				
working with consumers.				
Understand professional sense of	1.92	2.32	21%	<.001
self, the importance of self-care, and				
the boundaries and limits of Options				
Counseling.				
Assessment with Older Adults and	Persons with Disabilities			
Understand the importance of	2.01	2.59	29%	<.001
seeing an assessment as a				
partnership between the worker and				
the consumer.				
Understand the value of choice, self-	2.07	2.54	23%	<.001
determination, and participation in				
the assessment process.				
Conduct an assessment for service	1.78	2.40	35%	<.001
eligibility for older adults and people				
with disabilities seeking health				
services, mental health services, and				
other community-based services.				
Demonstrate how communication	2.02	2.52	25%	<.001
skills such as active listening,				
paraphrasing, and decision support				
can be used to engage the consumer				
and family/caregiver during the				
personal interview and planning				
process.	_	_	_	
Recognize the impact of the	2.08	2.61	25%	<.001
worker's own attitudes on the				
assessment process.				
Identify the key programs, services,	1.73	2.39	38%	<.001
and resources available to older				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
Competency	Competency Rating	Competency Rating	Increase	1 Value
adults and poople with disabilities in	Competency Rating	Competency Rating	iliciease	
adults and people with disabilities in				
order to complete and assessment				
and create a service plan.	1.63	2.44	400/	. 201
Explain the key diversity and	1.62	2.41	49%	<.001
multicultural considerations that				
workers need to consider during the				
assessment process.	4.60	2.22	100/	221
Describe the core elements of	1.68	2.39	42%	<.001
assessment including social supports				
and functional abilities.				
Understand the legal and ethical	1.61	2.29	42%	<.001
considerations involved in				
assessment.				
A Guide to the Aging and Disability	Networks		1	1
Know what federal, state, and local	1.48	2.28	54%	<.001
resources are available to older				
<u> </u>	1.46	2.16	48%	<.001
•				
· · · · · · · · · · · · · · · · · · ·				
Supplemental Security Income (SSI).				
	1.75	2.35	34%	<.001
· · · · · · · · · · · · · · · · · · ·				
person directed services and				
programs.				
	2.07	2.49	20%	<.001
Make referrals to appropriate	1.99	2.39	20%	<.001
community based services and				
programs.				
Plan services that are appropriate to	1.74	2.31	33%	<.001
the person's cultural needs.				
Care Management Practice				
List and describe the primary	1.70	2.40	41%	<.001
functions of care management,				
including assessment, planning, and				
care coordination.				
Identify the resources commonly	1.65	2.40	45%	<.001
utilized in care management.				
Recognize the impact of cultural	1.86	2.49	34%	<.001
diversity in the relationship between	1.00	2.13	3.76	
consumer and care manager.				
Know what medical, nutritional, transportation, and other services and programs are available in the community, especially including person directed services and programs.  Ensure that all information is available to and understood by the person and family.  Make referrals to appropriate community based services and programs.  Plan services that are appropriate to the person's cultural needs.  Care Management Practice  List and describe the primary functions of care management, including assessment, planning, and care coordination.  Identify the resources commonly utilized in care management.  Recognize the impact of cultural diversity in the relationship between	1.75 2.07 1.99	2.35 2.49 2.39	20% 20%	<.00 <.00 <.00

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
,	Competency Rating	Competency Rating	Increase	
Appropriately use evidence-based	1.54	2.38	55%	<.001
guidelines as available in the	1.54	2.30	33/0	<.001
practice of care management.				
Describe ways to engage the	1.70	2.36	39%	<.001
consumer and family/caregiver in	1.70	2.30	39/0	<.001
the assessment and care planning				
process, in order to enable				
individuals to obtain the highest				
level of independence consistent				
with their capacity and their				
preferences for care.				
Utilize techniques such as decision	1.48	2.35	59%	<.001
support to maximize the	1.40	2.55	3976	<.001
involvement of the individual and				
caregiver in the care management				
process.				
Assist the consumer and	1.48	2.39	61%	<.001
family/caregiver through care	1.40	2.55	01/0	₹.001
transitions.				
Model collaboration both within	1.50	2.40	60%	<.001
one's practice setting and with	1.50	2.40	0070	₹.001
interdisciplinary care teams, in order				
to facilitate communication and				
coordination between members of				
the health care team.				
Recognize the importance of valuing	2.08	2.50	20%	<.001
the consumer's strengths and	2.00	2.30	20/0	1.001
respecting the consumer's wishes,				
values, and preferences during the				
care-management process.				
Acknowledge how one's own	1.98	2.51	27%	<.001
attitudes, values, and expectations	1.55	2.51	2,70	1.001
about aging and disability can have				
an impact on the care-management				
process.				
Care Transitions				
Define the term care transitions.	1.36	2.52	85%	<.001
Describe the most common care	1.22	2.33	91%	<.001
transition interventions and	1.22	2.55	31/0	1.001
activities and discuss how these				
address barriers to good care.				
Discuss how organizations can select	1.09	2.28	109%	<.001
care transition models that are a	1.05	2.20	105/0	\.001
good fit for them.				
Discuss the role of health and human	1.43	2.47	73%	<.001
service workers in care transitions.	1.43	2.47	, 5/0	`.001
Demonstrate the ability to form	1.94	2.42	25%	<.001
relationships with consumers and	1.54	2.42	23/0	\.001
families, perform assessments,				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
	Competency Rating	<b>Competency Rating</b>	Increase	
coordinate care, and assist in				
planning discharges and post-				
discharge follow up.				
Demonstrate the ability to	1.98	2.48	25%	<.001
communicate with other health and				
human service team members				
during transitions of care.				
Discuss how health care disparities	1.42	2.35	65%	<.001
need to be addressed when planning				
care transitions.				
Describe how transitions of care	1.37	2.41	76%	<.001
relate to the continuum of care.				
Describe the role of community-	1.49	2.42	62%	<.001
based and health care organizations				
in transitions of care.				
Identify the barriers to successful	1.46	2.38	63%	<.001
transitions of care.				
Understand the importance of end-	1.34	2.43	81%	<.001
of-life conversations and planning				
(when appropriate) as consumers				
transition through multiple settings.				
Recognize how culture and ethnicity	1.72	2.43	41%	<.001
can influence care planning and				
transitions of care.				

Table 6. COA Learners - Behavioral Health in Aging Certificate Program

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
	<b>Competency Rating</b>	<b>Competency Rating</b>	Increase	
Mental Health and Aging Issues				
Identify the issues related to losses, changes, and transitions over the life cycle relevant to the mental health of older adults.	1.57	2.31	47%	.002
Describe the risk and protective factors for suicide in older adults.	1.10	2.06	87%	<.001
Demonstrate an understanding of the core elements of a mental health assessment including standardized assessment tools.	0.90	1.88	109%	<.001
Explain how utilizing individual and group interventions are appropriate for addressing the mental health of older adults (e.g., cognitive behavioral therapy, problem-solving therapy, psycho-educational groups, and supportive therapy).	0.90	1.82	102%	<.001

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
Competency				P-value
Ideas Company	Competency Rating	Competency Rating	Increase	004
Identify some of the resources and	1.38	2.38	72%	<.001
resource systems available for older				
adults and their families.	1.10	2.25	520/	. 004
Explain the older adult's right to	1.48	2.25	52%	<.001
dignity and self-determination when addressing psychosocial and mental				
health issues of older adults.				
Develop the ability to relate one's	1.57	2.24	470/	007
own values and biases to aging and	1.57	2.31	47%	.007
mental health issues.				
Develop an understanding of the	1 20	2.00	600/	1 001
impact of culture when addressing	1.29	2.06	60%	<.001
mental health issues facing older				
adults.				
Describe the signs and symptoms of	1 20	2.10	700/	< 001
the common mental health	1.29	2.19	70%	<.001
conditions that can affect adults as				
they age.				
Suicide Prevention among Older	· Adulte			
		4.07	400/	444
Describe the potential impact of	1.57	1.87	19%	.114
ageism as it relates to older adults				
and suicide.	1.00	2.07	00/	504
Describe the limits of confidentiality	1.90	2.07	9%	.581
as it relates to potential self-harm.  Discuss the ethical dilemmas that	4.24	4.00	450/	05.4
	1.24	1.80	45%	.054
may exist between the worker's goals to prevent suicide and the				
consumer's goals to eliminate				
psychological pain.				
Describe the basic concepts of	1.43	1 07	210/	026
suicide and suicide prevention.	1.43	1.87	31%	.036
Understand the risk factors and	1 22	2.00	F.00/	010
protective factors associated with	1.33	2.00	50%	.019
suicide.				
Understand and manage one's own	1.62	1.93	19%	.179
reactions to suicide.	1.02	1.93	19/0	.179
Describe the skills that are needed	1.05	1.67	59%	.023
to assess and intervene with a	1.03	1.07	33/0	.023
suicidal older adult.				
Describe collaborative emergency	1.10	1.73	57%	.004
plans that can impact the older	1.10	1./3	31/0	.004
adult's safety when they are at risk				
of suicide.				
Mental Wellness and Resilience	among Older Immigran	its and Refugees		
	1	<u>-</u>	0207	000
Understand the background of	1.10	2.00	82%	.008
immigration in the U.S. and its relationship to the work you do with				
older immigrants and refugees.				

faced by older immigrants and refugees.  Identify the strengths and resources in immigrants and immigrant communities that build resilience.  Utilize information about depression in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health. Identify standardized screening and assessment tools that are appropriate for use with older	001 001 001 007 011
Identify the stressors and barriers faced by older immigrants and refugees.  Identify the strengths and resources in immigrants and immigrant communities that build resilience.  Utilize information about depression in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	001 001 067 011
faced by older immigrants and refugees.  Identify the strengths and resources in immigrants and immigrant communities that build resilience.  Utilize information about depression in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health. Identify standardized screening and assessment tools that are appropriate for use with older	001 001 067 011
refugees.  Identify the strengths and resources in immigrants and immigrant communities that build resilience.  Utilize information about depression in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health. Identify standardized screening and assessment tools that are appropriate for use with older	001 067 011
Identify the strengths and resources in immigrants and immigrant communities that build resilience.  Utilize information about depression in your work with older immigrants and promoting resilience.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	001 067 011
in immigrants and immigrant communities that build resilience.  Utilize information about depression in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigrants attus might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	001 067 011
communities that build resilience.  Utilize information about depression in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	067 011
in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	067 011
in your work with older immigrants and refugees.  Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	067 011
Describe methods of recognizing and promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	011
promoting resilience.  Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	011
Describe interventions you can utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	
utilize to promote mental wellness with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	
with older immigrants and refugees.  Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	009
Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	009
and beliefs and how they may affect your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	009
your work with immigrants and refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	
refugees.  Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	
Describe how stigma related to immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older  1.38  2.13  54%  1.67  2.47  48%  3.0  48%  3.0  4.0	
immigration status might impact self-esteem.  Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	
Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older  Substance Use among Older Adults  1.67 2.47 48% .0 233% 4.0	010
Substance Use among Older Adults  Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older  1.67 2.47 48% .0 233% <.0	
Understand the impact of substance abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older  1.67  2.47  48%  .0  2.33%  <.0	
abuse on an older adult's health.  Identify standardized screening and assessment tools that are appropriate for use with older	
Identify standardized screening and assessment tools that are appropriate for use with older	011
assessment tools that are appropriate for use with older	
appropriate for use with older	001
i l	
adults, such as the MAST-G and	
AUDIT.	
	004
recovery models and resources, and	
know how to make referrals.	
Engage in a collaborative process of 1.10 2.13 94% .(	001
addressing substance use with the	
older adults with whom you work.  Understand and address the barriers  1 48  2 20 49% (	022
Understand and address the barriers 1.48 2.20 49% .( that might impact substance use	032
interventions.	
	001
Utilize evidence based models for addressing substance use including 0.57 1.93 239% <.(	001
SBIRT.	
	.005
attitudes towards substance use in	003
older adults.	
and biases regarding aging and	በበ/
substance use.	004

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
	Competency Rating	<b>Competency Rating</b>	Increase	
Respect the older adult's right to dignity and self-determination and relation to substance use.	1.71	2.47	44%	.018
Alzheimer's Disease and Other D	)ementias			
Identify the most common types of dementia.	1.52	2.13	40%	.015
Understand the core clinical criteria used for diagnosing dementia.	0.81	2.07	156%	<.001
Understand the stages of Alzheimer's disease.	1.43	2.27	59%	.002
Become familiar with available testing and diagnostic tools that can help determine the presence of dementia.	1.05	2.00	90%	<.001
Describe effective person-centered communication strategies to use with people with dementia.	1.14	2.13	87%	.001
Describe psychosocial interventions that can be utilized with people with dementia.	1.05	2.07	97%	<.001
Develop awareness of resources and interventions that can assist caregivers.	1.38	2.13	54%	.004
Respect and promote the person's right to dignity and selfdetermination throughout the stages of these diseases.	1.57	2.33	48%	.007
Understand common legal and ethical dilemmas that may affect people with dementia and their caregivers.	1.33	1.93	45%	.009
Respect diversity, cultural values, and beliefs of people and their families.	1.76	2.13	21%	.278

Table 7. COA Learners - Person-Centered Case Management Certificate Program

Competency	Pre-Course Mean Competency Rating	Post-Course Mean Competency Rating	Percent Increase	P-value
Core Issues in Aging and Disabili	. , ,	competency name		
Describe the concepts of consumer choice, self-determination, and participation and their importance to long-term living programs.	1.46	2.23	53%	<.001
Understand the demographics of aging and disability in the United States.	1.77	2.27	28%	.013

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
,	Competency Rating	Competency Rating	Increase	
Understand the major biological,	1.91	2.17	14%	.144
psychological, and social issues	1.91	2.17	14/0	.144
involved in the aging process and for				
those living with disabilities.				
Describe the major health conditions	1.97	2.40	22%	.019
that cause impairment in older	1.97	2.40	22/0	.019
adults.				
Describe the most common causes	1.57	2.27	45%	<.001
of disability through the life cycle.	1.57	2.27	43/0	\.001
Understand how to adapt	1.80	2.21	23%	.053
communication methods to the	1.00	2.21	25/0	.033
sensory, verbal, physical, and				
cognitive abilities of older adults and				
people with disabilities.				
Describe the ways that anxiety,	1.94	2.43	25%	.006
stress, and fear may influence how	1.54	2,45	23/0	.000
older adults and people with				
disabilities communicate with health				
and human service workers.				
Describe the ways in which an	1.31	2.37	81%	<.001
individual's cultural, ethnic, religious			32/3	
background or sexual orientation				
can influence the experiences of				
aging and living with a disability.				
Understanding Consumer Control,	Person-Centered Planning	g, and Self-Direction		
Understand the history of Disability	1.06	2.14	102%	<.001
Rights Legislation and the				
Independent Living Movement.				
Define consumer control, consumer	1.34	2.24	67%	<.001
choice, and consumer direction in				
providing community based long-				
term living supports and services.				
Describe how to recognize one's	1.57	2.34	49%	<.001
own personal bias and judgements				
in an Options Counseling session.				
Develop strong interpersonal	2.00	2.59	30%	<.001
communication skills to support the				
consumer in the decision-making				
process, including decision-making				
support, effective ways to ask				
questions while providing resources,				
active listening, and paraphrasing.				
Demonstrate creative ways to	1.69	2.24	33%	.001
research services and supports as an				
options counselor.				
Determine how to effectively	1.69	2.31	37%	<.001
support family members' interest in				
participation and assist with the				
problem solving and resources.				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
• •	Competency Rating	Competency Rating	Increase	
Understand the consumer's right to	1.63	2.48	52%	<.001
consumer control, consumer choice,	1.03	2.10	32/0	1.001
consumer direction, dignity of risk,				
and self-determination.				
Recognize the impact of one's own	1.54	2.48	61%	<.001
values and biases on one's ability to	1.5 .	2.10	01/0	1.001
provide quality options counseling				
related to aging and disabilities.				
Understand the value of cultural	1.71	2.38	39%	.001
inclusion and cultural humility when	1.,1	2.50	3370	.001
working with consumers.				
Understand professional sense of	1.74	2.38	37%	.002
self, the importance of self-care, and	1.,7	2.50	3770	.002
the boundaries and limits of Options				
Counseling.				
Assessment with Older Adults and	Persons with Disabilities			
Understand the importance of	1.86	2.75	48%	<.001
seeing an assessment as a	1.00	2.73	46%	<.001
partnership between the worker and				
the consumer.				
Understand the value of choice, self-	1.02	2.64	4.40/	1 001
determination, and participation in	1.83	2.64	44%	<.001
the assessment process.				
Conduct an assessment for service	1.40	2.42	7.40/	1 001
eligibility for older adults and people	1.40	2.43	74%	<.001
with disabilities seeking health				
services, mental health services, and				
other community-based services.				
Demonstrate how communication	1 71	2.00	F70/	1 001
	1.71	2.68	57%	<.001
skills such as active listening, paraphrasing, and decision support				
can be used to engage the consumer				
and family/caregiver during the				
personal interview and planning process.				
Recognize the impact of the	1.60	2.57	F 20/	1 001
worker's own attitudes on the	1.69	2.57	52%	<.001
assessment process.				
Identify the key programs, services,	4.57	2.46	F 70/	1 001
and resources available to older	1.57	2.46	57%	<.001
adults and people with disabilities in				
order to complete and assessment				
and create a service plan.	4.00	2.22	0.467	. 001
Explain the key diversity and	1.26	2.32	84%	<.001
multicultural considerations that				
workers need to consider during the				
assessment process.				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
competency	Competency Rating	Competency Rating	Increase	· value
Describe the core elements of	1.34	2.32		<.001
assessment including social supports	1.54	2.32	73%	<.001
and functional abilities.				
Understand the legal and ethical	1.11	2.46	122%	<.001
considerations involved in	1.11	2.40	122/0	<.001
assessment.				
A Guide to the Aging and Disability	Networks			
Know what federal, state, and local	1.86	2.44	31%	<.001
resources are available to older	1.00	2.11	31/0	1.001
adults, people with disabilities, and				
their families.				
Understand the eligibility	1.66	2.33	40%	<.001
requirements of various federal		2.00	1075	
programs, such as Social Security				
Disability Insurance, Medicaid, and				
Supplemental Security Income (SSI).				
Know what medical, nutritional,	2.23	2.81	26%	<.001
transportation, and other services		2.02	20/3	
and programs are available in the				
community, especially including				
person directed services and				
programs.				
Ensure that all information is	2.06	2.85	38%	<.001
available to and understood by the			33,5	
person and family.				
Make referrals to appropriate	2.20	2.78	26%	.009
community based services and				
programs.				
Plan services that are appropriate to	1.51	2.30	52%	<.001
the person's cultural needs.				
Care Management Practice				
List and describe the primary	1.37	2.48	81%	<.001
functions of care management,				
including assessment, planning, and				
care coordination.				
Identify the resources commonly	1.46	2.70	85%	<.001
utilized in care management.				
Recognize the impact of cultural	1.43	2.52	76%	<.001
diversity in the relationship between				
consumer and care manager.				
Appropriately use evidence-based	1.06	2.33	120%	<.001
guidelines as available in the				
practice of care management.				
Describe ways to engage the	1.46	2.48	70%	<.001
consumer and family/caregiver in				
the assessment and care planning				
process, in order to enable				
individuals to obtain the highest				
level of independence consistent				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
,	Competency Rating	Competency Rating	Increase	
with their capacity and their	competency nating	competency nating	mercase	
preferences for care.				
Utilize techniques such as decision	1.31	2.37	81%	<.001
support to maximize the	1.51	2.57	81/0	<.001
involvement of the individual and				
caregiver in the care management				
process.				
Assist the consumer and	1.46	2.58	77%	<.001
family/caregiver through care	1.40	2.50	7770	١.٥٥١
transitions.				
Model collaboration both within	1.26	2.52	100%	<.001
one's practice setting and with	1.20	2.52	200/0	
interdisciplinary care teams, in order				
to facilitate communication and				
coordination between members of				
the health care team.				
Recognize the importance of valuing	1.89	2.70	43%	<.001
the consumer's strengths and				
respecting the consumer's wishes,				
values, and preferences during the				
care-management process.				
Acknowledge how one's own	1.91	2.70	41%	<.001
attitudes, values, and expectations				
about aging and disability can have				
an impact on the care-management				
process.				
Care Transitions	1			Ī
Define the term care transitions.	1.23	2.65	115%	<.001
Describe the most common care	1.14	2.35	106%	<.001
transition interventions and				
activities and discuss how these				
address barriers to good care.				
Discuss how organizations can select	0.97	2.23	130%	<.001
care transition models that are a				
good fit for them.				
Discuss the role of health and human	1.37	2.62	91%	<.001
service workers in care transitions.				
Demonstrate the ability to form	1.57	2.58	64%	<.001
relationships with consumers and				
families, perform assessments,				
coordinate care, and assist in				
planning discharges and post-				
discharge follow up.				
Demonstrate the ability to	1.69	2.54	50%	<.001
communicate with other health and				
human service team members				
during transitions of care.				

Competency	Pre-Course Mean	Post-Course Mean	Percent	P-value
	<b>Competency Rating</b>	<b>Competency Rating</b>	Increase	
Discuss how health care disparities	1.23	2.54	107%	<.001
need to be addressed when planning				
care transitions.				
Describe how transitions of care	1.31	2.58	97%	<.001
relate to the continuum of care.				
Describe the role of community-	1.49	2.73	83%	<.001
based and health care organizations				
in transitions of care.				
Identify the barriers to successful	1.34	2.54	90%	<.001
transitions of care.				
Understand the importance of end-	1.46	2.62	79%	<.001
of-life conversations and planning				
(when appropriate) as consumers				
transition through multiple settings.				
Recognize how culture and ethnicity	1.37	2.38	74%	<.001
can influence care planning and				
transitions of care.				

### Tables 8 & 9. Results from Course Objectives

At the end of each course, learners were asked whether they felt that the training met the learning objectives. Learners rated whether the course met objectives using a scale of one to five (1- Strongly disagree; 2- Disagree; 3- Neutral; 4- Agree; 5- Strongly agree).

Learners' responses are detailed below.

Table 8. Behavioral Health in Aging Certificate Program

Course Name	Learning Objective	Percent of Learners Who Agreed or Strongly Agreed
Mental Health and Aging	Identify the mental health conditions that affect	94%
Issues	older adults.	
	Describe the common standardized mental	94%
	health assessments and diagnostic tools that are	
	appropriate for older adults.	
	Identify resources and services available for	94%
	treating mental health conditions in older adults	
	and their families.	
	Demonstrate an understanding of how to	89%
	conduct mental health assessments and	
	interventions with older adults in a culturally	
	competent manner.	
	Discuss the risk factors for suicide in older	94%
	adults.	

Course Name	Learning Objective	Percent of Learners Who Agreed or Strongly Agreed
Suicide Prevention among Older Adults	Identify key risk factors associated with suicide among older adults.	94%
	Summarize the various assessment tools that can be used to identify suicide risk.	96%
	Explain legal and ethical issues as they relate to older adult suicide.	93%
	Explain current practice and policy issues as they relate to suicide.	91%
	Identify current policy issues regarding suicide.	88%
Mental Wellness and Resilience among Older	Describe the background of immigration in the U.S. and how it is changing in the 21 <sup>st</sup> century.	86%
Immigrants and Refugees	Define resilience.	92%
	Identify the stressors and barriers faced by immigrants and refugees.	93%
	Identify the strengths and resources in immigrants and immigrant communities that build resilience.	92%
	Discuss your own cultural attitudes and beliefs and how they may affect your work with immigrants and refugees.	90%
Substance Use among Older Adults	Discuss the prevalence of substance use among older adults.	92%
	Demonstrate why prevalence data is important.	90%
	Identify the impact of substance use on health.	94%
	Engage in a collaborative process of addressing substance use with older adults.	94%
	Discuss treatment resources available to older adults.	96%
	Outline the roles that workers can play in promoting recovery.	95%
	Illustrate the impact of culture on substance use among older adults.	91%
Alzheimer's Disease and Other Dementias	Describe the process by which Alzheimer's disease is diagnosed.	93%
	List the signs and symptoms of the various stages of Alzheimer's disease.	94%
	Describe the best ways of communicating with people who have dementia.	95%

Course Name	Learning Objective	Percent of Learners Who Agreed or Strongly Agreed
	Describe how the environment can be adapted to meet the physical and psychosocial needs of	94%
	people with Alzheimer's disease.	
	Explain the need for psychosocial interventions	95%
	and support for caregivers.	

Table 9. Person-Centered Case Management Certificate Program

Course Name	Learning Objective	Percent of Learners Who Agreed or Strongly Agreed
Core Issues in Aging and Disability	Discuss the basic issues related to disability and aging.	94%
	Describe the ways in which an individual's cultural, ethnic, or religious background, or sexual orientation, can influence the experiences of aging and living with a disability.	92%
	Describe the philosophy of consumer choice.	94%
	Demonstrate knowledge of resources and programs that support older adults and persons with disabilities.	93%
	Define functional capacity in terms of activities of daily living.	88%
Understanding Consumer Control, Person-Centered	Describe the role of the options counselor as it pertains to consumer direction.	84%
Planning, and Self-Direction	Summarize the history of the Independent Living Movement.	89%
	Describe the history of aging and disability policy.	90%
	Explain how the options counseling process is consumer controlled.	89%
	Identify decision-making tools to use with consumers.	87%
Assessment with Older Adults and Persons with Disabilities	Describe the role of the worker in the assessment process.	94%
	Explain how the assessment process supports choice, self-determination, and participation.	93%
	Identify the legal and ethical considerations during assessment.	93%

Course Name	Learning Objective	Percent of Learners Who Agreed or Strongly Agreed
	Explain the role of the consumer as partner in assessment.	94%
	Consider the diversity of consumers using cultural humility.	94%
A Guide to the Aging and Disability Networks	Identify key federal, state, and local resources available to older adults, persons with disabilities, and their families.	No data available
	Explain how eligibility and accessibility impact the use of federal, state, and local programs.	No data available
	Discuss methods for identifying and accessing resources for older adults and their families.	No data available
	Define key terminology in understanding and navigating the aging network.	No data available
Care Management Practice	Explain the role of health and human service workers in care management.	89%
	Identify the medical, emotional, and social conditions that affect older people and people with disabilities.	92%
	Discuss how the ACA has affected care management.	89%
	Compare care management programs.	89%
	Define the social determinants of health.	90%
	Discuss the legal and ethical dimensions of health care management.	89%
Care Transitions	Understand how health care policy and law affect older adults.	89%
	Identify the similarities and differences between the care transitions models discussed in the course.	92%
	Explain how culture, ethnicity, and health literacy impact care transitioning.	91%

#### Tables 10 & 11. Results from Course Evaluation

At the end of each course, learners were asked how much they agree or disagree with a series of course evaluation statements (1- Strongly disagree; 2- Disagree; 3- Neutral; 4- Agree; 5- Strongly agree; 6- Non-applicable). Evaluation statements included:

- This training expanded my knowledge and understanding of the topic area.
- This training will help me apply practice skills in the topic area.

• I would recommend this course to my colleagues.

Learners' responses to these questions are included below.

Table 10. Behavioral Health in Aging Certificate Program

Course Name	Evaluation Statement	Percent of Learners Who Agreed or Strongly Agreed
Mental Health and Aging Issues	This training expanded my knowledge and understanding of the topic area.	95%
	This training will help me apply practice skills in the topic area.	95%
	I would recommend this course to my colleagues.	91%
Suicide Prevention among Older Adults	This training expanded my knowledge and understanding of the topic area.	94%
	This training will help me apply practice skills in the topic area.	94%
	I would recommend this course to my colleagues.	90%
Mental Wellness and Resilience among Older	This training expanded my knowledge and understanding of the topic area.	94%
Immigrants and Refugees	This training will help me apply practice skills in the topic area.	90%
	I would recommend this course to my colleagues.	86%
Substance Use among Older Adults	This training expanded my knowledge and understanding of the topic area.	90%
	This training will help me apply practice skills in the topic area.	93%
	I would recommend this course to my colleagues.	92%
Alzheimer's Disease and Other Dementias	This training expanded my knowledge and understanding of the topic area.	95%
	This training will help me apply practice skills in the topic area.	94%
	I would recommend this course to my colleagues.	95%

Table 11. Person-Centered Case Management Certificate Program

Course Name	Name Evaluation Statement	
		Strongly Agreed
Core Issues in Aging and	This training expanded my knowledge and	95%
Disability	understanding of the topic area.	
	This training will help me apply practice skills in	93%
	the topic area.	
	I would recommend this course to my	90%
	colleagues.	
Understanding Consumer	This training expanded my knowledge and	90%
Control, Person-Centered	understanding of the topic area.	
Planning, and Self-Direction	This training will help me apply practice skills in	90%
	the topic area.	
	I would recommend this course to my	88%
	colleagues.	
Assessment with Older Adults	This training expanded my knowledge and	92%
and Persons with Disabilities	understanding of the topic area.	
	This training will help me apply practice skills in	94%
	the topic area.	
	I would recommend this course to my	90%
	colleagues.	
A Guide to the Aging and	This training expanded my knowledge and	87%
Disability Networks	understanding of the topic area.	
	This training will help me apply practice skills in	92%
	the topic area.	
	I would recommend this course to my	90%
	colleagues.	
Care Management Practice	This training expanded my knowledge and	90%
	understanding of the topic area.	
	This training will help me apply practice skills in	91%
	the topic area.	
	I would recommend this course to my	90%
	colleagues.	
Care Transitions	This training expanded my knowledge and	91%
	understanding of the topic area.	
	This training will help me apply practice skills in	91%
	the topic area.	2221
	I would recommend this course to my	90%
	colleagues.	