



SPECIAL ISSUE

IU GERIATRICS

NEWS FROM THE INDIANA UNIVERSITY GERIATRICS PROGRAM
& THE INDIANA UNIVERSITY CENTER FOR AGING RESEARCH

INDIANA UNIVERSITY CENTER FOR AGING RESEARCH 2003 - 2004 ANNUAL REPORT TO PRESIDENT HERBERT

A COMMUNITY WORKSHOP

The original promise of a university-wide center for the study of aging and health emanated from a conviction that excellent research requires a community effort. To orchestrate a community effort, the Indiana University leadership understood that we needed a place to gather ourselves, our tools, and our ideas. Narrowly defined, our community includes scientists from diverse disciplines who seek to improve the lives of older Hoosiers. Broadly defined, our community includes the State of Indiana. Narrowly defined, our workshop includes the space, human resources, and tools within the Center for Aging Research at the Regenstrief Institute, Inc. Broadly defined, our workshop includes the creative umbrella the Center provides to collaborators who need us to operate a central hub in a complex aging research network.

The construction and maintenance of our community workshop is an ongoing process. After seven years of brick-by-brick labor, however, we can look back with satisfaction on some important successes. On the following pages, you will find evidence of this success in terms of extramural funding and publications. These two measures, while vitally important, are mostly products of our community workshop narrowly defined. We would also like to celebrate the success of our community workshop broadly defined.

We already have several examples of the “big tent” benefits of our community workshop, but we would like to hold up one that clearly demonstrates the interdisciplinary nature of our research, the involvement of local community agencies, and the ripple effects of research within the Center as it generates new research projects by a widening array of affiliated scientists.

The PREVENT for Dementia study is a randomized controlled clinical trial testing a collaborative model of care for vulnerable elders with dementia. Inside this report, you will read that PREVENT is part of a legacy of studies focused on improving the care of older adults in



IU-CAR conducts interdisciplinary research to improve health and quality of life

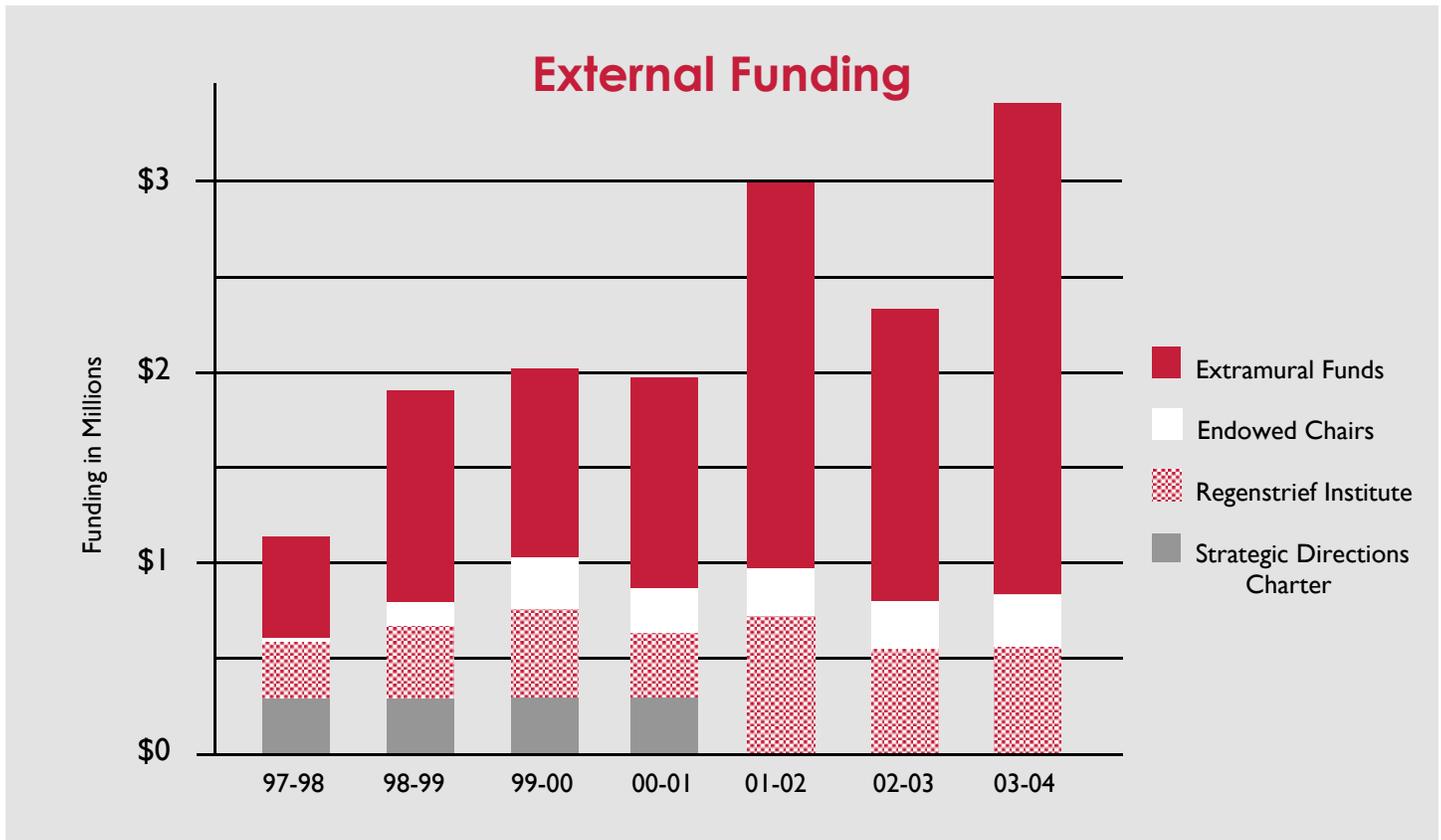
primary care. You will also see how PREVENT exemplifies the potential of our community workshop.

Our challenge now is to continue to expand the capacity and collegiality of the community workshop while avoiding the tragedy of the commons. This will require the excellent stewardship of our current resources and continued success in attracting national funding and local philanthropy.

Christopher M. Callahan, MD
Cornelius & Yvonne Pettinga Professor
in Aging Research
Research Scientist, Regenstrief Institute
October 1, 2004



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Philanthropy Makes the Difference

When tabulating the extramural funding of the Indiana University Geriatrics Program over the past seven years, we have always included an accounting of philanthropic support. This is appropriate because we simply would not have come so far so fast without this support.

While both local and national philanthropic organizations support individual aging research projects, local philanthropy targeted to program development is especially important in helping us build for the future. This is true for three reasons.

First, local philanthropy in the form of endowed professorships allows us not only to recruit and retain senior leadership, but also to recruit and develop future leaders. The IU Geriatrics Program and the Center for Aging Research have been blessed with

three endowed chairs: the Cornelius W. and Yvonne Pettinga Chair in Aging Research, Richard M. Fairbanks Chair in Aging Research, and Mary Elizabeth Mitchell Chair in Geriatrics. We can draw a direct link between this local support, the growth of our human capital, and our program's impact both locally and nationally.

Second, philanthropic gifts allow us to take risk on young faculty members with creative ideas, new research initiatives with exciting potential, and new partnerships with community ties. To be successful, we have to take calculated risks, and philanthropy provides the fuel for this innovation.

Third, sustained funding from the Regenstrief Foundation in support of our core research infrastructure makes the difference between mediocrity

and excellence for our program. In partnership with Indiana University, the Regenstrief Foundation took a risk on a young program with potential, and their investment is now paying dividends for older Hoosiers.

As the Indiana community continues to look to our program for leadership in Geriatrics, we continue to look to the community for the philanthropic support that will make us a recognized community resource.

If you would like to learn more about supporting Indiana University's geriatrics research, education, or clinical activities, please contact :

J. David Smith
 Associate Dean for Development
 IU School of Medicine
 1110 W. Michigan Street, LO 506
 Indianapolis, IN 46202-5100
 800.643.6975

A Community Workshop for Vulnerable Elders

Project PREVENT, *Providing Resources Early for Vulnerable Elders Needing Treatment* for Dementia, is the latest installment in a series of studies stretching back to the origins of the Center for Aging Research. Scientists in the Regenstrief Institute, Inc., the Center for Aging Research, the IU Geriatrics Program, and the Department of Psychiatry initially began collaborating on studies to improve the care of late life depression in primary care more than a decade ago.

These studies focused on systems-level interventions that enable primary care physicians to deliver high-quality care to older adults with depression. The success of this early work on late life depression spawned the latest chapter of research focusing on dementia. This latest chapter not only represents an expansion to a new disease, it represents an expansion of our research network.

Two healthcare systems, Wishard Health Systems and the Richard Roudebush Veterans Affairs Medical Center are participating in the PREVENT clinical trial. In addition to these community partners, the study



Research collaborations continue for Hugh Hendrie, Siu Hui, Chris Callahan

also benefits from the resources of the Alzheimer's Association of Greater Indiana and the Indiana Alzheimer's Disease Center.

The project includes 150 elderly patients with dementia and their family caregivers as well as more than 100 primary care physicians. The study team includes specialists in geriatric medicine, geriatric psychiatry, geriatric nursing, psychology, social and behavioral health, neuropsychology, medical informatics, clinical epidemiology, biostatistics, and health services research.

The PREVENT trial is an innovative study that addresses key health care delivery issues for some of our most vulnerable citizens and takes a bold step into a biopsychosocial model of health care by integrating medical care with emotional and social support. This is made possible



PREVENT team includes Malaz Boustani, MD, MPH, and Trish Moore, MSN, CNS

through the sound infrastructure of our community workshop.

Project PREVENT is not the end of our legacy of work on the aging brain. In this past year, preliminary findings from PREVENT stimulated our interdisciplinary research team to submit four new research proposals and engage several new community partners including Clarian Health Partners and CICOA Aging & In-Home Solutions which is Indiana's Area 8 Agency on Aging.

Caring for vulnerable elders requires a community effort and the Center for Aging Research hopes to continue to provide and expand the community workshop where great ideas can be tested and implemented.

The Center for Aging Research collaborates on systems-level interventions that enable primary care physicians to deliver high-quality care to older adults.

Indiana University Center for Aging Research

LEADERSHIP

Christopher M. Callahan, MD
Douglas K. Miller, MD
Siu L. Hui, PhD
Steven R. Counsell, MD

SCIENTISTS

Malaz A. Boustani, MD, MPH
Amna B. Buttari, MD, MS
Daniel O. Clark, PhD
Teresa M. Damush, PhD
Hugh C. Hendrie, MB, ChB, DSc
Usha Subramanian, MD, MS
Wanzhu Tu, PhD
Michael Weiner, MD, MPH
Glenda R. Westmoreland, MD, MPH

STAFF

Gregory R. Abernathy, MD
Dennis O. Bengel, MBA
Nancy Nienaber Buchanan, MA
Maria Dibble, MS
Bridget A. Fultz, MA
Sharon Hopwood
Anthony J. Perkins, MS
Gretchen D. Ricketts, BSW
Timothy E. Stump, MA

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Indiana University Geriatrics Program

Steven R. Counsell, MD

Mary Elizabeth Mitchell Professor of Geriatrics
Director of Geriatrics
Indiana University School of Medicine
scounsel@iupui.edu
317.630.6911

and the Indiana University
Center for Aging Research

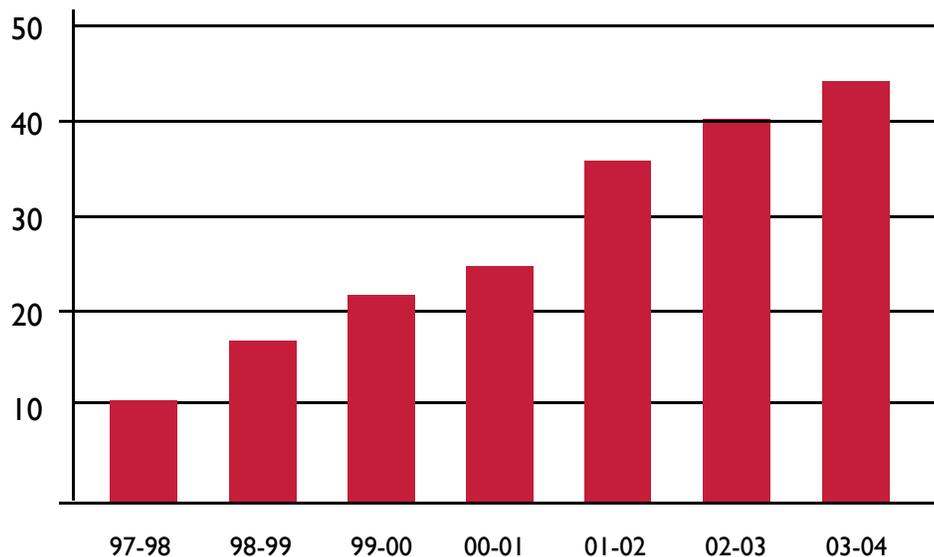
Christopher M. Callahan, MD

Cornelius & Yvonne Pettinga
Professor in Aging Research
Director, IU Center for Aging Research
ccallaha@iupui.edu
317.630.7200

Editors: Nancy Nienaber Buchanan, MA
& Kathy Frank, MSN, DNS

Indiana University Geriatrics Program
1001 West 10th Street, WOP M200
Indianapolis, IN 46202

Core Scientists' Publications



Visit the Center for Aging Research website to find a list of our publications as well as information about the center, our investigators, and our research.

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