

Human Development
And Family Studies
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Director

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The Center on Aging was established in 2000 to foster interdisciplinary activities in the field of aging. Its primary focus is on improving the lives of older adults through research, instruction, and outreach. The Center is supported by the university with core faculty affiliates in the College of Applied Human Sciences and from several other colleges across the CSU campus. Evidence of the commitment to the land-grant mission is illustrated by the multidisciplinary research projects conducted among faculty affiliates, the Gerontology Interdisciplinary Studies Program, and the expanding network of community agencies currently working with the Center.

Research

Faculty affiliates to the Center have a broad range of expertise and actively pursue **basic and applied research** in gerontology. The Center's research agenda focuses on issues of optimizing healthy aging, and other important topics facing older adults today. Examples of recent and ongoing projects include:

Optimizing Healthy Aging

- Biological causes of age-related diseases of the brain.
- Prevention of frailty.
- Psychological factors of healthy aging.
- Stress and coping across the adult life-span
- Cognitive training in older adults.
- Exercise training and physical activity for older adults.
- Effects of nutrition on aging processes.
- Occupational therapy for age-related disabilities.

Relationships in Later Life

- Family caregiving to older adults
- Social support and social networks in old age.
- Intergenerational relations in aging families.
- Grandparent-grandchild relationships.

Other Research Topics

- Motivation for life-long learning.
- Training caregivers for persons with dementia.
- Mental health interventions for older adults living in long-term care facilities.
- Design of housing for older adults.
- Preventing elder abuse and neglect.
- Economics and social security.

Education

The Center on Aging administers the **Gerontology Interdisciplinary Studies Program (GISP)**. GISP is a certificate program for undergraduate and graduate



students who plan to work in applied settings with older adults. For more information, please contact Dr. Christine Fruhauf.

Outreach

The Center works with gerontology experts from Extension Service offices across the state to enhance the quality of life for rural older adults. The Center has also formed coalitions with other local service organizations to support and inform older adults. Active relationships are in place with the Larimer County Office on Aging, Columbine Health Systems, the Poudre Valley Health System, and the Alzheimer's Association.