



## **Home Study Continuing Education Program**

# **Community Integration For Older Adults With Mental Illnesses**

**Certification Number**



# Home Study Program

## Instructions

1. Purchase/obtain the book or article.
2. Read the book or article.
3. Complete the test with a score of 75% or better.
  - a. You may take it online if you wish. Please refer to the instructions on the registration page of the test packet.
  - b. You may take the test more than once at no cost.
4. Sign the test form.
5. Send/fax the test and evaluation to:

Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: 800) 376-3345 or email at  
[info@CommonwealthSeminars.com](mailto:info@CommonwealthSeminars.com)

**Approved for Social Workers, Psychologists, Licensed Mental Health Counselors, LADCs, Certified Counselors and NAADAC members.**

## Commonwealth Educational Seminars Certification Exam

Select one response for each question below.

### Community Integration for Older Adults with Mental Illnesses: Overcoming Barriers and Seizing Opportunities

1. Older adults with serious mental illnesses experience the double burden of being elderly in a youth-oriented culture, and of having a disease that is still poorly understood and accepted.

a. True    b. False

2. By 2030, adults age 65 and older will account for 42 percent of the population.

a. True    b. False

3. Mental disorders are not a normal part of aging, yet a significant number of older adults have these serious but treatable diseases.

a. True    b. False

4. Americans age 65 and older account for only 13 percent of all suicide deaths.

a. True    b. False

5. Comorbid medical conditions are common in older adults with serious mental illnesses.

a. True    b. False

6. Poverty is a known risk factor associated with mental illness.

a. True    b. False

7. Minority groups are expected to represent 25 percent of the older adult population in 2030, up from 16 percent in 1998.

a. True    b. False

8. Contrary to the view that an increasingly mobile society relegates older adults to impersonal or institutional care, the majority of older Americans live in the community in a family setting.

a. True    b. False

9. The experience of many older adults who moved out of State hospitals can best be described as “trans- institutionalization” rather than deinstitutionalization.

a. True    b. False

10. To prevent inappropriate placement of people with mental disabilities in nursing homes, Congress enacted preadmission screening and resident review (PASRR) requirements, pursuant to Title 19 of the Omnibus Budget Reconciliation Act of 1987, also known as the Nursing Home Reform Act.

a. True    b. False

11. The Federal and State emphasis on children and younger adults with mental disorders has not been a factor in lack of attention to older adults.

a. True    b. False

12. Medicaid is the largest payer of institutional care for older adults with mental illnesses.

a. True    b. False

13. The system of care for older adults with mental disorders has been described as a “non-system of care”, plagued by irrational incentives and multiple access barriers”.

a. True    b. False

14. Many Community Mental Health Centers report no aging-specific programs or staff trained in geriatrics.

a. True    b. False

15. Lack of ethnically diverse staff in both mental health and aging programs was not seen as a barrier to treatment and support for older adults.

a. True    b. False

16. Generally, adult foster care costs less and restricts life less than does institutional care.

a. True    b. False

17. A primary concern is the current and future shortage of mental health professionals in general, and specifically those trained to work with older adults.

a. True    b. False

18. Stigma and discrimination, as well as a lack of attention to prevention research and services, are not seen as significant barriers for older adults seeking mental health services.

- a. True    b. False

19. The National Institute of Mental Health estimates that as few as 1 in 10 older adults with depression receive treatment.

- a. True    b. False

20. The National Family Caregiver Support Program is designed to offer which of the following services?

- a. Assistance to caregivers in gaining access to supportive services.
- b. Individual counseling, organization of support groups, and caregiver training to help caregivers make decisions and solve problems related to their caregiving roles.
- c. Respite care to enable caregivers to be temporarily relieved of their caregiving responsibilities.
- d. Supplemental services, on a limited basis, to complement the care provided by caregivers.
- e. All of the above.

21. According to this study, many successful programs that serve older adults do not incorporate outreach as a key service.

- a. True    b. False

22. HEROS, or Helping Elders through Referral and Outreach Services, was begun by a mental health and aging coalition in Pierce County, WA.

- a. True    b. False

23. In 1999, the Surgeon General's report on mental health noted that treatment for depression is successful in 60 percent to 80 percent of older adults, though the treatment may take longer than it would for a younger person.

- a. True    b. False

24. The vision of the Substance Abuse and Mental Health Services Administration, which oversees Olmstead planning for people with serious mental illnesses, is "a life in the community for everyone."

- a. True    b. False

**Community Integration For Older Adults With Mental Illnesses  
Certification Test**

**You may take this certification test online.**

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *Community Integration For Older Adults With Mental Illnesses* in the articles listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.**

**Please fill in the following information and Mail/fax it to:**

**Commonwealth Educational Seminars  
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Marstons Mills, MA 02648  
Fax: (508) 420-3360**

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**I am seeking CE credit for the following profession(s):**

<b>Profession</b>	<b>License Number</b>	<b>State</b>
_____ Psychologist (APA):	_____	_____

_____ Social Work (ASWB):	_____	_____
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_____ Certified Counselor (NBCC):	_____	_____
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_____ LMHC (NBCC):	_____	_____
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_____ Drug/Alcohol Counselor/LADC:(NAADAC):	_____	_____
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_____ Licensed Marriage/Family Therapist (NBCC):	_____	_____
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