



Columbine Health Systems  
Center for Healthy Aging  
COLORADO STATE UNIVERSITY

# INNOVATIONS IN AGING RESEARCH SPEAKER SERIES

## CAREGIVING IS A FAMILY AFFAIR



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Professor of Psychology  
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FRIDAY, FEBRUARY 22

1 - 2 PM

Room 1418, Columbine Health Systems Center for Healthy Aging

Located in the Health and Medical Center, Corner of College & Prospect

**Abstract:** Although often conceptualized as a job or a career, family caregiving must be identified first as a phase of family life that recurs over the lifespan. A family systems perspective on caregiving shifts the focus toward the structures and dynamics of the larger system within which caregiving services are rendered. Families have diverse ways of identifying who will become a caregiver and how care will be implemented. Transitions into and out of family caregiving episodes require significant family reorganization, a period fraught with risk and potential. Although some caregivers are at high risk for adverse outcomes, others thrive under the challenge. This talk examines the existing caregiving literature within a family systems lens, offering perspectives on moving past the limitations of a stress and coping framework.

**BIO:** Sara Honn Qualls, Ph.D. is Kraemer Family Professor of Aging Studies and Professor of Psychology at the University of Colorado at Colorado Springs, and is Director of the Gerontology Center. She is recognized nationally for her leadership in developing the field of clinical Geropsychology, for which she has received multiple awards. She has published several books, including *Caregiver Family Therapy* and *Aging and Mental Health*, as well as empirical papers and book chapters focused on mental health and aging, caregiver interventions, and Geropsychology. At UCCS, she founded the training clinic and the doctoral program in clinical psychology that focuses on Geropsychology. She has built inter-disciplinary innovation centers to foster research and education in senior housing and outpatient health and wellness facilities. She enjoys translating research and best practice concepts to a broad set of audiences, including community members, direct care staff, administrators and planners as well as professional and policy leaders.