

BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
Follow this format for each person. **DO NOT EXCEED FOUR PAGES.**

NAME Whitlatch, Carol J.		POSITION TITLE Assistant Director for Research	
EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
University of California, Berkeley	BA	1983	Psychology
University of Southern California, Los Angeles	MS Gero.	1986	Gero/Counseling
Pennsylvania State University, University Park	Ph.D.	1992	Hum Dev/ Fam Studies
University of California, San Francisco	Post-Doc	1994	Health Psychology

A. Positions and Employment

- 1986 -1992 Research Consultant (1988-92) and Information and Research Specialist (1986-88), Family Caregiver Alliance, San Francisco, CA
- 1989 - 1992 NIA Predoctoral Fellow, The Pennsylvania State University
- 1993 - 1998 Adjunct Research Faculty, Calif. School of Professional Psychology, Alameda, CA
- 1992 - 1994 NIMH Postdoctoral Fellow, University of California, San Francisco
- 1994 - present Assistant Director for Research (2004-present), Senior Research Associate (1998-present), Research Associate (1994-1998), Margaret Blenkner Research Institute, Benjamin Rose, Cleveland, OH
- 1996 - present Adjunct Faculty, Mandel School of Applied Social Sciences, Case Western Reserve University, Cleveland, OH

Other Experience and Professional Memberships

- 1993 - 1998 Member, Research Advisory Committee, Family Caregiver Alliance, San Francisco, CA
- 1994 – 2005 Member, Institutional Review Board, Heather Hill Long-term Care Facility and Research Center, Chardon, OH
- 1997 - present Member, Research Committee, American Society on Aging.
- 2000 - present Associate Editor, *Dementia: The International Journal of Social Research and Practice*.
- 2005 - present Editorial Board, *Aging & Mental Health*
- 2007 - present Member-at-Large, Behavioral & Social Sciences section, Gerontological Soc. of America

Honors

- 1986-1987 Student Research Awards: Gerontological Society of America (Behavioral and Social Sciences), American Society on Aging
- 1989-1992 Pre-doctoral Fellowship, National Institute on Aging, The Pennsylvania State University
- 1990 Dissertation Funding Awards, The Pennsylvania State University, College of Health and Human Development, The Graduate School, Wohlwill Endowment Award, Human Development & Family Studies
- 2003 – present Fellow, Gerontological Society of America, Behavioral and Social Sciences section

B. Selected peer-reviewed publications (in chronological order)

Publications selected from over 40 peer-reviewed publications and book chapters

- Whitlatch, C.J. & Zarit, S. Sexual dysfunction in an aged married couple: A case study of a behavioral intervention. *Clinical Gerontologist*. 1988; 8:43-62.
- Whitlatch, C.J., Zarit, S.H., & von Eye, A. Efficacy of interventions with caregivers: A reanalysis. *Gerontologist*. 1991; 31(1):9-14.
- Friss, L. & Whitlatch, C.J. Who's taking care: A statewide study of family caregivers. *American Journal of Alzheimer's Care and Related Disorders and Research*. 1991; 16-26.
- Zarit, S. & Whitlatch, C. Institutional placement: Phases of the Transition. *Gerontologist*. 1992; 32:665-672.

5. Whitlatch, C. J. The direction of home-based community care in Quebec: The effects on caregiving families. In S.H. Zarit, L.I. Pearlin, & K.W. Schaie (Eds.), *Systems of caregiving: Informal and formal supports* 1993; 233-240.
6. Zarit, S.H. & Whitlatch, C.J. The effects of placement in nursing homes for family caregivers: Short and long term consequences. *Irish Journal of Psychology*. 1993; 14:25-37.
7. Noelker, L.S., & Whitlatch, C.J. Caregiving. In G.L. Maddox (Ed.), *The Encyclopedia of Aging*. 1995.
8. Pearlin, L.I., Aneshensel, C.S., Mullan, J.T., & Whitlatch, C.J. Informal caregiving and its social support. In L.K. George & R.H. Binstock (eds.), *Handbook of Aging and the Social Sciences*. 1995.
9. Whitlatch, C.J., Zarit, S.H., Goodwin, P.E., & von Eye, A. The influence of successful psychoeducational interventions on the course of family care. *Clinical Gerontologist*. 1995; 16:17-30.
10. Aneshensel, C.S., Pearlin, L.I., Mullan, J.T., Zarit, S.H., & Whitlatch, C.J. *Profiles in Caregiving: The Unexpected Career*. 1995.
11. Whitlatch, C.J., & Noelker, L.S. Caregiving and caring. In J.E. Birren (Ed.), *The Encyclopedia of Gerontology*. 1996.
12. Whitlatch, C.J., Feinberg, L.F., & Sebesta, D. Depression and health in family caregivers: Adaptation over time. *Journal of Aging and Health*. 1997; 9:222-243.
13. Feinberg, L.F., & Whitlatch, C.J. Family caregivers and in-home respite options: The consumer-directed versus agency-based experience. *Journal of Gerontological Social Work*. 1998; 30(3/4):9-28.
14. Whitlatch, C.J. Distress and burden for family caregivers. In A. Wimo, B. Jonsson, G. Karlsson, & B. Winblad, (Eds.), *Health Economics of Dementia*. 1998.
15. Whitlatch, C.J., Feinberg, L.F., & Stevens, E.J. Predictors of institutionalization for persons with Alzheimer's disease and the impact on family caregivers. *Journal of Mental Health and Aging*. 1999; 5(3):275-288.
16. Feinberg, L.F., & Whitlatch, C.J. Are cognitively impaired adults able to state consistent choices? *The Gerontologist*. 2001; 41(3):1-9.
17. Whitlatch, C.J. Including the person with dementia in family caregiving research and practice. *Aging and Mental Health*. 2001; 5:72-74.
18. Whitlatch, C.J., Schur, D., Noelker, L.S., Ejaz, F.K., & Looman, W.J. The stress process of family caregiving in institutional settings. *The Gerontologist*. 2001; 41(4):462-473.
19. Feinberg, L.F., & Whitlatch, C.J. Decision making for persons with cognitive impairment and their family caregivers. *American Journal of Alzheimer's Disease and Other Dementias*. 2002; 17(4):237-244.
20. Whitlatch, C.J. & Feinberg, L.F. Research shows need to respect both givers and receivers of care. *Aging Today*. 2002; 23 (7). San Francisco: American Society on Aging.
21. Lyons, K.S., Zarit, S.H., Sayer, A.G., & Whitlatch, C.J. Caregiving as a dyadic process: Perspectives from caregiver and receiver. *Journals of Gerontology: Psychological Sciences*. 2002; 57B(3):P195-P204.
22. Ejaz, F.K., Noelker, L.S., Schur, D., Whitlatch, C.J., & Looman, W.J. Family satisfaction with nursing home care for relatives with dementia. *Journal of Applied Gerontology*. 2002; 21(3):368-384.
23. Whitlatch, C.J. & Feinberg, L.F. Planning for the future together in culturally diverse families: Making everyday care decisions. *Alzheimer's Care Quarterly*. 2003; 4 (1):50-61.
24. Schur, D., & Whitlatch, C.J. Circumstances leading to placement: A difficult caregiving decision. *Lippincott's Case Management*. 2003; 8 (5):187--197.
25. Schur, D., Whitlatch, C.J., & Clark, P.A. Beyond Chi-square: Family caregivers are more than just faceless statistics. *Lippincott's Case Management*. 2005; 10(2):65-71.
26. Whitlatch, C.J., Feinberg, L.F., & Tucke, S.T. Accuracy and consistency of responses from persons with dementia. *Dementia: The International Journal of Social Research and Practice*. 2005; 4(2):171-183.
27. Noelker, L.S., & Whitlatch, C.J. Informal caregiving. In Evashwick, C.J. (Ed.), *The Continuum of Long-term care*. Delmar: Stamford, CT. 2005.
28. Whitlatch, C.J., Feinberg, L.F., & Tucke, S.T. Measuring the values and preferences for everyday care of persons with cognitive impairment and their family members. *The Gerontologist*. 2005; 45(3):370-380.

29. Whitlatch, C.J. Older consumers and decision making: A look at family caregivers and care receivers. In S. Kunkel & V. Welling (Eds.), *Consumer voice and choice in long-term care*. 2006. pp.3-20.
30. Whitlatch, C.J., Judge, K., Zarit, S.H., & Femia, E. Dyadic intervention for family caregivers and care receivers in early-stage dementia. *The Gerontologist*. 2006; 46(5):688-694.
31. Whitlatch, C.J., & Feinberg, L.F. Family and friends as respite providers for family caregivers. *Journal of Aging and Social Policy*. 2006; 18(3/4):127-140.
32. Whitlatch, C.J. & Feinberg, L.F. Family and friends as respite providers for family caregivers. *Journal of Aging and Social Policy* (special issue: Family and Aging Policy). 2006; 18(3/4): 127-140.
33. Whitlatch, C.J., & Noelker, L.S. Caregiving and caring. In J.E. Birren (Ed.), *The Encyclopedia of Gerontology*. Second Edition. 2006.
34. Whitlatch, C.J. & Feinberg, L.F. Family care and decision making. In C. Cox (Ed.), *Handbook of Social Work Practice and Dementia*. Springer: New York. 2007; 129-148.
35. Menne, H.L. & Whitlatch, C.J. Decision-making involvement of individuals with dementia. *The Gerontologist*, 2007; 47(6), 810-819.
36. Sebern, M., & Whitlatch, C. J. Dyadic Relationship Scale: A measure of the impact of the provision and receipt of family care. *The Gerontologist*, 2007. 47(6), 741-751
37. Menne, H.L., Tucke, S.S., Whitlatch, C.J., & Feinberg, L.F. Decision-making involvement scale for individuals with dementia and family caregivers. *American Journal of Alzheimer's Disease & Other Dementias*. 2008. 23(1), 23-29.
38. Clark, P.A., Whitlatch, C.J. & Tucke, S.S. Consistency of information from persons with dementia: An analysis of differences by Question Type. *Dementia: The International Journal of Social Research and Practice*. In press.

C. Research Support

On-going Research Support

90AI0004-01 Whitlatch (PI on subcontract with ODA) 2008-2010

Administration on Aging, Department of Health and Human Services

Empowering elders by enhancing cognitive health outcomes

This project will develop and evaluate the feasibility and efficacy of the ECHO program with 80 persons with early-stage dementia and their family caregivers. Intervention techniques focus on enhancing cognitive reserve in order to decrease late-life depression and improve well-being for participants.

Role: Principal Investigator on BRI Subcontract with Ohio Department of Aging

5 R01 MH070629 Whitlatch (PI) 2004-2008+ (no-cost extension)

National Institute of Mental Health, Department of Health and Human Services

Conceptualizing Mental Health Interventions

Merge existing data on over 250 caregiver/care receiver dyads and collect two additional waves of data on all participants.

Role: Principal Investigator

1 R34 MH073559-01A1 Zarit (PI) 2005-2009

National Institute of Mental Health

Adaptive Treatment for At-Risk Family Caregivers

Collaboration with colleagues at Penn State University to develop and evaluates an adaptive intervention designed to help alleviate the stress and strengthen the resources of 60 family caregivers of relatives with dementia.

Role: Co-Principal Investigator

Completed Research Support

2005-008 Whitlatch (PI) 2005-2008

Retirement Research Foundation

Enhancing the Role of Older Adults in Research and Care Planning

Examines the ability of persons with dementia (PWDs; n=100) and cognitively intact adults (n=200) to respond reliably and accurately in order to develop guidelines that will help family caregivers, counselors, social workers and other practitioners determine if a PWD is communicating in a consistent manner and to offer strategies for improving and encouraging communication between care partners.

Role: Principal Investigator

5 P50 AG-08012 Whitlatch (PI) 2000-2007

National Institute on Aging (Project within larger ADRC grant)

Decision Making and Service Use for Caregiving Families

Determine the preferences of persons with dementia for the care they currently receive or will need in the future and examine and the relationship to caregiver outcomes.

Role: Principal Investigator

92-20367 Feinberg (PI) 1992-1995

California Department of Health Services, Alzheimer's Disease Program

Examined the experiences of family caregivers before and after placing a relative with Alzheimer's Disease in a nursing home.

Role: Co-Principal Investigator

N/A Feinberg (PI) 1995-1997

California Department of Health Services, Alzheimer's Disease Program

Family Caregivers and Consumer Choice: Options for In-Home Respite Care

Collected data on caregivers of adults with cognitive impairment in order to determine how respite care utilization and costs varied by characteristics of both the patient and the family caregiver.

Role: Co-Principal Investigator

032243 Feinberg (PI) 1997-2000

Robert Wood Johnson Foundation, Independent Choices Initiative

Making Hard Choices: Respecting Both Voices

Examined care preferences and autonomy in family caregiver / care receiver dyads.

Role: Co-Principal Investigator

N/A Whitlatch (PI) 1997-2000

Funded by nine Cleveland area foundations

COPE (Caregiver Options Program and Evaluation): A Demonstration-Evaluation Program to Meet the Needs of Ohio's Family Caregivers

Developed and evaluated a respite program designed to alleviate the stress of family caregivers.

Role: Principal Investigator

N/A Whitlatch (PI) 1998-2000

AARP Andrus Foundation, Living with Chronic Health Conditions Initiative

Autonomy and Functioning in African American Family Caregivers

Examine the health care choices, decision making process, and functioning of African American caregiving families living in the community and explore how the availability and use of services impedes and/or facilitates decision making.

Role: Principal Investigator

2000-059 Whitlatch (PI) 2000-2003

Retirement Research Foundation

Decision Making and Service Use in Caregiving Families Over Time

Examine healthcare preferences and decision making in caregiving families over time a three-year period.

Role: Principal Investigator

90CG2566 Zarit (PI) 2002-2004

Administration on Aging, DHHS

Early Diagnosis In Dementia: Dyadic Counseling For Family Caregivers And Patients

Evaluate the effects of a counseling program focused on care planning for people with early stage Alzheimer's disease and their family caregiver.

Role: Co-Principal Investigator