

Rupal M. Parekh

## RUPAL M. PAREKH

### Curriculum Vitae

University of Connecticut  
 School of Social Work  
 38 Prospect Street, Hartford, CT 06103  
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## EDUCATION

- Ph.D.**            **August 2018, The University of Texas at Arlington**  
**School of Social Work**  
*Dissertation:* Exploring the Predictors of Well-Being and Advance Directives Among Elder Orphans: A Mixed-Methods Study
- M.S.W.**            **May 2004, Columbia University School of Social Work**  
 Concentration: Advanced Generalist Practice & Programming  
 Field of Practice: Aging/Gerontology
- M.P.H.**            **May 2004, Columbia University, Mailman School of Public Health**  
 Concentration: Health Policy and Management
- B.A.**              **May 2000, University of Oklahoma**  
**Department of Sociology**

## FACULTY APPOINTMENT

2018 to present            Assistant Professor, School of Social Work  
 University of Connecticut

## RESEARCH INTERESTS

Aging and Health, Global Social Work, Late-Life Migration and Mental Health, Home and Community-Based Services, Built Environment, Public Policy, Intersectional Social Determinants of Health

## TEACHING INTERESTS

Direct Practice & Aging, Social Work Research Methods, Aging and Social Policy  
 Generalist Macro and Micro Practice, Direct Practice with Children and Families, Human Behavior and Diverse Populations

## FUNDING

2019-current            Principle Investigator  
*Unpacking the Intersection between Kinship Foster Care and the Risk of Juvenile Delinquency in African American Grandfamilies*  
 University of Connecticut School of Social Work Dean's Incentive Award

Funded: \$4,000

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- 2017-2018 Principal Investigator  
*Barriers to Transportation and Impact on the Quality of Life Among non-English Speaking, Older Asian Indian Immigrant Populations*  
 The National Institute for Transportation and Communities Funded: \$4,000
- 2019-current Co-Investigator  
 Using Social Network Analysis to Optimize Access to Culturally Responsive and Affordable Transportation for older (im)migrants  
 National Institute for Transportation and Communities (NITC) Funded: \$89,019.24
- 2017-current Principal Investigator  
*The Sahanshakti Project: Examining “Sahanshakti & Mental Well-Being in the Lives of Older Asian Indian Immigrant Women in the United States.*  
 Okura Mental Health Leadership Foundation Grant Asian and Pacific Islander Social Work Educators Association Council on Social Work Education (CSWE)  
 Funded: \$7,000

## PUBLICATIONS

### REFEREED ARTICLES

- Fields, N., Xu, L., Richardson, V.E., **Parekh, R.**, Ivey, D., Colhoun, M. (2019) Utilizing the senior companion program as a platform for a culturally-informed caregiver intervention: Results from a mixed methods pilot study. *Dementia*. 1-27 Retrieved from <https://doi.org/10.1177/1471301219871192>
- Fields, N.L., Adorno, G., Felderhoff, B., **Parekh, R.**, Miller, V., Magruder, K., & Rogers, K. (2018). The social construction of “emerging elders”: Implications for age-friendly community assessments. *Gerontology and Geriatric Medicine*. 4, 1-7. Retrieved from <https://doi.org/10.1093/geroni/igx004.2790>
- Parekh, R.**, Maleku, A., Fields, N., Adorno, G., Schuman, D., & Felderhoff, B. (2018) Pathways to age-friendly communities in diverse urban neighborhoods: Do social capital and social cohesion matter? *Journal of Gerontological Social Work*. 61 (5), 492-512. Retrieved from doi:10.1080/01634372.2018.1454564
- Parekh, R.**, Praetorius, R., Nordberg, A. (2017). Carers’ experience in families impacted by Huntington Disease, a qualitative interpretive meta-synthesis. *British Journal of Social Work*. Retrieved from <https://doi.org/10.1093/bjsw/bcw173>
- Parekh, R.**, & Pillai, V. (2016). Stunting in India: an empirical approach to human rights-based solutions. *Journal of Human Rights and Social Work*. 1(4) 184-192. Retrieved from <https://doi.org/10.1007/s41134-016-0024-x>
- Adorno, G., Fields, N., Cronley, C., **Parekh, R.**, & Magruder, K. (2016). Ageing in a low density urban city: transportation mobility as a social equity issue. *Ageing & Society*. 1-25. Retrieved from <https://doi:10.1017/S0144686X16000994>
- Fields, N.L., Xu, L., V. Richardson., **Parekh, R** & Ivery, D., Feinhals, G., & Calhoun, M. (2016). The Senior Companion Knowledge Program Plus: A culturally tailored psychoeducational training program (innovative practice) *Dementia*, 56, 151-151. Retrieved from <https://doi.org/10.1177/1471301216685626>

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**Parekh, R.,** & Adorno, G. (2016). Health care decision making for unbefriended, incapacitated adults: a value-committed policy transfer analysis. *Journal of Policy Practice*. 16(4), 311-331. Retrieved from <http://dx.doi.org/10.1080/15588742.2016.1222925>

Fields, N.L., Adorno, G., Magruder, K., **Parekh, R.,** & Felderhoff, B. (2016). Age-friendly cities: The role of churches. *Journal of Religion, Spirituality, and Aging*, 28(3) 264-278. Retrieved from <http://dx.doi.org/10.1080/15528030.2016.1155526>

Pillai, V., & **Parekh, R.** (2015). Sanitation and social change in India. *YOJANA (India)* 7-14 (invited)

**Parekh, R.,** & Morano, C. (2009). Senior gambling: risk or reward? *Journal of Gerontological Social Work*, 52 (7), 686-694. Retrieved from <http://dx.doi.org/10.1080/01634370802716224>

## MANUSCRIPTS UNDER REVIEW

Pachner, T., Schuman, D., & **Parekh, R.** (revise and resubmit, 2019) The Resettlement and Integration of Older Congolese Refugees in the U.S.: A comparison of the Convoy and Social Ecological Model. Submitted to *Journal of Immigrant and Refugee Studies*

Lee, Kathy., & **Parekh, R.** (revise and submit, 2019) Social Work's role in Gerontological Training and Education: Reflections and Suggestions for AGEWE Pre-Dissertation Initiative. Submitted to *Journal of Gerontological Social Work*

Schuman, D., **Parekh, R.,** Fields, N.L., Woody, D., Miller, V. (under review, 2019) Improving Outcomes for At Risk MSW Students: A Pilot E-Mentorship Program. Submitted to *Journal of Teaching in Social Work*

## MANUSCRIPTS IN PROGRESS

**Parekh, R.,** & A., Maleku. Building a culturally grounded construct: The idea of Sahanshakti. To be submitted to *Journal of Ethnic & Cultural Diversity in Social Work*

**Parekh, R.,** M, Haul-Faul., R. Mauldin., D. Schuman. Older Immigrants, Transportation and Social Support: A Systematic Review. To be submitted to *Public Health and Aging*

D. Schuman., & **Parekh, R.** Posttraumatic Emotional Numbing: A Systematic Scoping Review. To be submitted to *European Journal of Psychotraumatology*

**Parekh, R.,** D. Schuman., M. Haul-Faul., N.L.Fields. Vulnerable Solo Agers HRS 2016: Prevalence and Correlates. To be submitted to *Gerontology*

## TECHNICAL REPORTS

Adorno, G., Fields, N, **Parekh, R.,** Magruder, K., & Verbovaya, O. (2015, January). Aging Well Arlington, Texas: Qualitative assessment summary report. Submitted to *United Way of Tarrant County*

**Parekh R.** & Shah P (2004, August). South Asian Homecare: An assessment of the home care needs of the South Asian Community in New York City. Submitted to *Visiting Nurse Service of New York (VNS)*

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## PAST RESEARCH EXPERIENCE

- 2014-2016      **Role: Project Manager**  
*Project:* Aging Texas Well, Community assessment of Arlington, TX as an “age-friendly” community.  
*PI:* Drs. Noelle Fields & Gail Adorno  
*Funding:* Tarrant Co. United Way/Tarrant Co. Area Agency on Aging & Texas Dept. of Aging & Disability  
*Responsibilities:*
- Developed relationships with key stakeholders in African-American, Hispanic, and Vietnamese communities.
  - Provided assistance in qualitative data collection, analysis, led, and co-led peer-reviewed manuscripts, presented at conferences, and participated in the dissemination of findings.
- 2014-2016      **Role: Project Manager**  
*Project:* The Senior Companion Program Plus for African American Dementia Caregivers.  
*Funding:* The University of Texas at Arlington, Innovative Community Academic Partnership  
*PI:* Drs. Noelle Fields & Ling Xu  
*Responsibilities:*
- Co-developed a “signs and symptoms train the trainer” (signs and symptoms of dementia) workshop for senior companions.
  - Provided assistance in qualitative data collection, analysis and preparation of peer-reviewed manuscripts, presented at conferences, and participated in the dissemination of findings.
- 2014-2015      **Role: Research Assistant**  
*Project:* Access to Piped Water and Childhood Stunting in India.  
*PI:* Dr. Vijayan Pillai  
*Responsibilities:*
- Provided assistance in qualitative data collection, data analysis and the preparation of peer-reviewed manuscripts.
- 2013-2014      **Role: Research Assistant**  
*Project:* Health Care Decision-Making for Unbefriended Adults.  
*PI:* Dr. Gail Adorno  
*Responsibilities:*
- Provided assistance in qualitative data collection, data analysis and the preparation of peer-reviewed manuscripts.
- 2003-2004      **Role: Co-Investigator**  
*Project:* South Asian Home Care: An Assessment of the Home Care Needs of the South Asian Community in New York, NY.  
*PI:* Purvi Shah  
*Funding:* Visiting Nurse Service of New York (VNS)  
*Responsibilities:*
- Developed research methodology, collected qualitative data and wrote market research report which focused on the home care needs of the South Asian community in New York City.

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## CONFERENCE PRESENTATIONS

- Reddy, S., **Parekh, R.**, Rai, A., & Agha, E. (2019, January). Culturally Adapted Research Methods for South Asian Participants. (Round Table). Society for Social Work Research: San Francisco, CA.
- Fields, N., Xu, L., & **Parekh, R.** (2018, November). The Senior Companion Program Plus: A Peer-led Model for Culturally-Informed Alzheimer's Disease and Related Dementia Family Caregiver Interventions. (Poster Presentation). Gerontological Society of America Annual Program: Boston, MA.
- Parekh, R.**, & Schuman, D. (2018, November). Veteran and Nonveterans' Risk and Protective Factors for Being Elder Orphans: An Exploratory Study. (Paper Presentation). Council on Social Work Education: Orlando, FL.
- Fields, N., Felderhoff, B., Adorno, G., **Parekh, R.**, & Magruder, K. The Social Construction of "Emerging Elders": Implications for Aging-Friendly Community Assessment. (Poster Presentation). *IAGG World Congress of Gerontology and Geriatrics 2017*: San Francisco, CA.
- Adorno, G., Fields, N., Cronley, C., **Parekh, R.**, & Magruder, K. Aging in Low-density Urban Environments: Transit Mobility as a Social Justice Issue. (Poster Presentation). *IAGG World Congress of Gerontology and Geriatrics 2017*: San Francisco, CA.
- Adorno, G., Black, K., **Parekh, R.**, & Miller, V. Social workers as proxy decision- makers for unbefriended, incapacitated adults. (Workshop). *Council on Social Work Education 2016 Annual Program Meeting*: Atlanta, GA.
- Adorno, G., Fields, N., **Parekh, R.**, & Miller, V. Expanding perspectives of aging well at the intersections of community and aging-related disability. (Poster Presentation). *Gerontological Society of America 2016 Annual Program*: New Orleans, LA.
- Adorno, G., Black., K., & **Parekh, R.**, Social workers as proxy decision-makers for unrepresented, incapacitated adults: An exploratory case study of Florida's response to a growing public health concern. (Poster Presentation). *American Public Association 2016*: December, CO.
- Parekh, R.**, Adorno, G., Fields, N., Magruder, K., & Felderhoff, B. Civic engagement in diverse communities: Age-Friendly for whom? (Paper Presentation). *The Gerontological Society of America 2015*: Orlando, FL.
- Parekh, R.**, Schuman, D., Verbovaya, O., & Sainato, S., The influence of women's autonomy: Mother's from scheduled castes/tribes and backward populations. (Poster Presentation). *Society for Social Work Research 2015*: Washington, D.C.
- Parekh, R.**, Pillai, V., & Bain-Nordberg, A., The social determinants of stunting among Indian children. (Poster Presentation) *Society for Social Work and Research 2015*: Washington, D.C
- Adorno, G., Fields, N., **Parekh, R.**, Magruder, K Felderhoff, B., Ageing in low-density urban city: Transportation mobility as a social equity issue. (Poster Presentation). *Gerontological Society of America 2015*: Orlando, FL.
- Felderhoff, B., Fields, N, Adorno, G., **Parekh, R.**, & Magruder, K., 'It's a changing over....it's like a metamorphosis:' A qualitative exploration of emerging elders. (Poster Presentation). *Gerontological Society of America 2015*: Orlando, FL.
- Fields, N., Richardson, V., **Parekh, R.**, Feinhals, G., Knowledge of dementia and senior companions: A pilot psychoeducational training program (Poster Presentation) *Gerontological Society of America 2015*: Orlando, FL.

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Fields, N., Adorno, G., **Parekh, R.**, Magruder, K. & Felderhoff, B. J., "Aging well" and "age-friendly" communities: The role of faith based organizations. (Poster Presentation) *The Gerontological Society of America Annual Scientific Meeting 2015*: Orlando, FL

**Parekh, R.**, Pillai, V. Access to Piped Water and Childhood Stunting in India. (Paper Presentation). *American Public Health Association 2014*: Washington, D.C.

**Parekh, R.** & Adorno, G., Health care decision-making for unbefriended adults, incapacitated adults: A value-committed policy transfer. (Poster Presentation). *Council on Social Work Education 2014*: Tampa, FL.

**Parekh, R.** Carers' experiences in families impacted by Huntington Disease: A qualitative interpretive meta-synthesis (QIMS). (Poster Presentation). *Society for Social Work Education 2014*: New Orleans, LA.

Peterson, L., **Parekh, R.**, Ortiz, J., & Sainato, S., The prevalence of theoretical frameworks within the *British Journal of Social Work*. (Poster Presentation). *Annual Celebration of Excellence by Students 2014*: Arlington, TX

Friedman, D., Fahs, M., Parikh, N., & **Parekh, R.**, Obesity, depression, and health promotion for older African-American adults. (Poster Presentation). *American Public Health Association 2007*: Boston, MA.

## TEACHING EXPERIENCE

### Served as an Individual Instructor

#### Advanced Practice with Individuals, Groups and Families, Across Settings and Populations

University of Connecticut: Graduate (face-to-face)

Spring, 2019

#### Advocacy for Social Policy Change

University of Connecticut: Undergraduate (face to-face)

Spring, 2019

#### Research Methods for Social Work Practice

University of Connecticut: Undergraduate (face-to-face)

Fall, 2018

#### Human Behavior & Diverse Populations

University of Texas Arlington: Graduate (face-to-face & online)

Summer, 2017, Spring, 2016 & Spring 2017

#### Field Liaison, Second Year Advanced

University of Texas at Arlington: Graduate

Spring, 2017

#### Direct Practice with Children and Families

University of Texas at Arlington: Graduate (face-to-face & online)

Fall, 2016 (2 sections) & Summer, 2016

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### **Direct Practice and Aging**

University of Texas at Arlington: Graduate (face-to-face)  
Spring, 2016

### **Social Work Research Methods 1**

University of Texas at Arlington: Undergraduate (face-to-face)  
Spring, 2016

### **Aging and Social Policy**

University of Texas at Arlington: Graduate (course development & face-to-face)  
Spring, 2015, Summer, 2015, Fall, 2015

### **Generalist Macro-Practice**

University of Texas at Arlington: Graduate (face-to-face)  
Spring, 2015

## **AWARDS & SCHOLARSHIPS**

- |             |  |
|-------------|--|
| 2018 Fall   | <b>Northwell Hospital, Manhasset, NY</b><br>Spielman Award, \$1,500  |
| 2018 Summer | <b>The University of Texas at Arlington, Office of Graduate Studies</b><br>Summer Dissertation Fellowship, \$6,750                           |
| 2016-2017   | <b>Association for Gerontology in Social Work</b><br>Outstanding Doctoral Leadership   |
| 2015-2016   | <b>The University of Texas at Arlington, School of Social Work</b><br>Outstanding Doctoral Leadership  |
| 2013-2016   | <b>The University of Texas at Arlington, School of Social Work</b><br>Doctoral Fellowship, tuition waiver and \$14,000 per annum for 3 years |
| 2013-2014   | <b>Association for Gerontology in Social Work</b><br>Pre-Dissertation Award, \$1500  |

## **PRACTICE EXPERIENCE**

- |           |  |
|-----------|--|
| 2011-2013 | Solstice Living Solutions/Rose Rock Healthcare, Tulsa, Oklahoma<br><i>Vice President of Client Services/ Social Worker</i> <ul style="list-style-type: none"> <li>▪ Managed compliance and regulatory requirements through quality assurance activities.</li> <li>▪ Provided geriatric management services for patients with complex needs.</li> <li>▪ Developed relationships with key stakeholders in hospice and home care industry.</li> </ul> |
| 2011-2013 | Brookhaven Hospital, Tulsa, Oklahoma<br><i>Admissions &amp; Weekend Therapist</i> <ul style="list-style-type: none"> <li>▪ Conducted admissions assessments for new patients.</li> <li>▪ Developed discharge plans for patients based on social and cultural considerations, clinical diagnosis and level of functioning and other relevant factors.</li> </ul>  |

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- 2010-2011 Forest Hills Rehabilitation, Tulsa Oklahoma  
*Director of Social Work*
- Participated in reviewing and setting policies concerning resident care.
  - Lead interdisciplinary resident care plan meetings.
  - Conducted admissions assessments for new patients.
  - Managed all grievances related to patient care.
- 2008-2009 Geriatric Consultants, New York, NY  
*Homecare Social Worker*
- Assisted with all facets of health care and activities of daily living with culturally diverse immigrant and refugee older adult populations.
  - Provided case management services for patients with complex physical and mental health needs.
- 2006-2007 Brookdale Center for Healthy Aging, New York, NY  
*Training & Research Project Coordinator*
- Assisted in the development of project goals and coordinated logistics with principle investigators, senior centers directors and other key stakeholders.
  - Conducted training courses and developed criteria for evaluating effectiveness of training activities.
- 2004-2005 Bronx Works, New York, NY  
*Elder Abuse & Housing Project Coordinator*
- Oversaw and directed management plan for senior housing and elder abuse programs.
  - Provided organizational grassroots advocacy strategies and action plans for elder abuse policy-related initiatives.
  - Supervised (2) social work case managers.

## **SELECTED PROFESSIONAL CONSULTATIONS & INTERNSHIPS**

- 2009-2010 Senior Suites Extended Care, Tulsa, Ok  
*Social Work Consultant*
- Assisted in the development of policies and procedures for the social work department.
  - Developed and administered surveys to better understand the clinical needs of social work and nursing staff.
- 2005-2008 Jewish Board of Family and Children Services, New York, NY  
*Trainer*
- Developed and conducted supervisory skills training for child welfare staff.
- 2003-2004 Medicare Rights Center  
*Social Work Internship*
- Collaborated with policy and research department to develop grassroots advocacy strategies and action plans for issues related to Medicare legislation.
- 2002-2003 Kingsboro Psychiatric Center, New York  
*Social Work Internship*
- Conducted group therapy, family therapy and psycho-education groups.
- 2002-2003 Bellevue Hospital South Asian Mental Health Clinic, New York  
*Social Work Internship*
- Conducted clinical assessments with patients, families, and developed discharge plans.



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## LEADERSHIP AND SERVICE

- 2019-current Board Member, For all Ages
- 2019-current Advisory Board lead, National Institute for Transportation and Communities (NITC), Vietnamese Transportation Research
- 2019-current Member, Transportation Research Board (TRB), Safe Mobility of Older Persons Committee
- 2019-current Ad Hoc Reviewer, SAGE, International
- 2019-current Ad Hoc Reviewer, Journal of Dementia: *The International Journal of Social Research and Practice*
- 2016-current Planning Committee Member, Council for Social Work Education (CSWE) *South Asian Social Work Educator's Association*
- 2016-current Peer Reviewer, *Social Development Issues*
- 2014-2018 Aging Content Committee Ph.D. representative  
University of Texas at Arlington
- 2017-2018 Research Committee Ph.D. representative  
University of Texas at Arlington
- 2014-2018 Member, *Students for International Social Work*,  
University of Texas at Arlington
- 2014- 2018 Member, *Gerontological Student Association*,  
University of Texas at Arlington
- 2015-2016 Abstract Peer Reviewer, *Gerontological Society of America*
- 2014-2015 Cultural Chairman, *Doctoral Student Association*,  
University of Texas at Arlington
- 2013-2015 Doctoral Student Mentor, *School of Social Work*,  
University of Texas at Arlington
- 2013-2014 Curriculum Content Committee Member, *Doctoral Student Association*,  
University of Texas at Arlington

## PROFESSIONAL AFFILIATIONS

National Association of Social Workers (NASW)  
 Council on Social Work Education (CSWE)  
 The American Association of Public Health (APHA)  
 The Gerontological Society of America (GSA)  
 The Association for Gerontology Education in Social Work (AGE-SW)  
 Society for Social Work and Research (SSWR)