



## News You Can Use...

---

September 20, 2010

### **National Survey Reveals Increases in Substance Use from 2008 to 2009**

The use of illicit drugs among Americans increased between 2008 and 2009 according to a national survey conducted by SAMHSA. The National Survey on Drug Use and Health (NSDUH) shows that the overall rate of current illicit drug use in the United States rose from 8.0 percent of the population age 12 and older in 2008 to 8.7 percent in 2009. This rise in overall drug use was driven in large part by increases in marijuana use. The annual survey also shows that the nonmedical use of prescription drugs rose from 2.5 percent of the population in 2008 to 2.8 percent in 2009.

For more information, go to

<http://www.samhsa.gov/newsroom/advisories/1009152021.aspx>

### **Quick Health Facts 2010: A Compilation of Selected State Data**

A set of AARP fact sheets provides a snapshot of each state's health care landscape by providing comparable state-level and national data for over 70 indicators. The data reflect current health care priorities, with a particular focus on information relevant to the provisions of the recently passed health care reform legislation. Findings include the number of adults age 50+ eligible for health insurance premium and cost-sharing assistance (starting in 2014) and the number of Medicare Part B beneficiaries who paid an income-related premium in 2008.

Source: National Academy on an Aging Society [www.agingociety.org](http://www.agingociety.org)

For a copy of the fact sheets, go to [http://www.aarp.org/health/medicare-insurance/info-08-2010/d19305\\_healthfacts.html](http://www.aarp.org/health/medicare-insurance/info-08-2010/d19305_healthfacts.html)

### **Join the Cause...**

The Pennsylvania Adult/Older Adult Suicide Prevention Coalition has created a Facebook Cause. Click here to join: <http://www.causes.com/causes/522733>



## Mobile Applications for Caregivers

For family caregivers, getting the right advice when you need it is key. A pair of mobile applications now exists for the iPhone and the iPod touch, providing insights, checklists, and support with an eldercare emergency, whether the family member is in the hospital or at home. Elder411.net and Elder911.net offer best practices from the over 40 years' experience of the geriatric care manager Dr. Marion. Elder 411 covers legal, financial, housing issues and more, while Elder 911 is designed for emergency situations, such as a fall or sudden illness. Having well organized information in your pocket helps alleviate much of the stress associated with the challenges of caregiving.

Source: MetLife Mature Market Institute. [www.MatureMarketInstitute.com](http://www.MatureMarketInstitute.com)

## Older Americans 2010: Key Indicators of Well-Being

The Federal Interagency Forum on Aging-Related Statistics released a report providing the latest data on 37 key indicators selected to portray aspects of the lives of older Americans and their families. Data are divided into five subject areas: population, economics, health status, health risks and behaviors, and health care. Examples of indicators include racial and ethnic composition, participation in the labor force, out of pocket health care expenditures, and chronic health conditions.

Source: National Academy on an Aging Society [www.agingsociety.org](http://www.agingsociety.org)

Go to [http://www.agingstats.gov/agingstatsdotnet/main\\_site/default.aspx](http://www.agingstats.gov/agingstatsdotnet/main_site/default.aspx) for a copy of the report.

## HHS Report Examines Disparities Among Older Adults

A new report, titled "Disparities in Quality Care for Midlife (45 – 64) Adults Versus Older Adults (65+)," has been released by the U.S. Department of Health and Human Services (HHS). It discusses disparities among older adults. Policy implications and recommendations for future directions for research are also included.

Source: Gerontology News, September 2010

Full text of the report is available at

<http://www.aspe.hhs.gov/health/reports/2010/qualcare/index.shtml>

## We Want Your HIPAA/Confidentiality Questions

The PBHAC's Integrative Case Conference Series is providing an opportunity to collaborate around cross-systems issues. As you work across agencies are you facing questions about HIPAA and confidentiality that you can't answer? If so, we want to hear your questions. Please email the Coalition ([info@olderPA.org](mailto:info@olderPA.org)) with your HIPAA and confidentiality questions, which will be collected and compiled into a FAQ.



## **Panel's Findings Inform Direct Care Workforce Studies**

Under a cooperative agreement with the U.S. Administration on Aging (AoA), the Benjamin Rose Institute on Aging recently convened a national panel of experts to discuss strengthening the long-term care workforce, specifically direct-care workers (DCWs) and family caregivers. The panel's work was organized to address four areas of concern: the supply of DCWs and family caregivers, the retention of these helpers, the readiness or capacity of these helpers to provide care, and the quality of care they provide in terms of outcomes for those in their care.

The report, "Strengthening the Direct Care Workforce for Long-Term Services and Supports: Suggested Approaches From a National Panel of Experts," is available at <http://www.benrose.org/kpi/kpiprojectspanel.cfm%5C>.

Source: Gerontology News, September 2010

## **Assisted Living Regulation FAQ Available**

Since the publication of the final form Assisted Living regulations on July 17, 2010, Office of Long-Term Living (OLTL) staff has been hard at work with the implementation of the new assisted living residential licensure operation. OLTL is currently working on the many forms, policies & procedures, etc. necessary to license Assisted Living Residences in PA. Over the past month they have received many questions and have pulled the most commonly heard questions into a Frequently Asked Questions (FAQ) document which has been posted to the Department's web site.

The FAQ was placed on a new web page that will house assisted living-related information as it is developed. Here is that link:

[http://www.aging.state.pa.us/portal/server.pt/community/provider\\_information/17893/assisted\\_living/762613](http://www.aging.state.pa.us/portal/server.pt/community/provider_information/17893/assisted_living/762613)

OLTL recognizes that there are a lot of questions out there regarding assisted living. If you have specific questions that are not currently part of the FAQ please send them to [RA-assistedliving@state.pa.us](mailto:RA-assistedliving@state.pa.us). OLTL intends to periodically update this FAQ as new questions come in.

## **U.S. Accelerates Suicide Prevention With National Action Alliance Leadership**

U.S. Department of Health and Human Services Secretary Kathleen Sebelius and U.S. Department of Defense Secretary Robert M. Gates announced acceleration of efforts to respond to what has become a foremost, preventable public health tragedy in our Nation: suicide. Together they announced the founding membership of the executive committee and public and private sector co-chairs of the National Action Alliance for Suicide Prevention.

More information is available at

<http://www.samhsa.gov/newsroom/advisories/1009103715.aspx>



## Community Forum Celebrating Respite Awareness Week in Western PA

The Alliance for Community Respite Care of UCP is sponsoring an evening to learn about and celebrate respite care for individuals across age and disability in Western Pennsylvania. Caregivers, family members (including children and adults with special needs), service providers, funders and individuals interested in respite care are encouraged to attend.

The evening will include

- The opportunity to hear important local, State and Federal updates on respite care and learn more about our Aging Disability Resource Center in Pennsylvania from community leaders and representatives.
- The chance to share your stories and ask questions to policy makers, stakeholders and legislators.
- A Respite Resource Fair, held during the community meeting, to provide you with valuable information from community respite providers.

Monday, September 27, 2010

6-8 p.m.

4638 Centre Avenue, Pittsburgh PA 15213 (Oakland)

Light refreshments will be served. Please RSVP for the event by phone or email

Phone: 412-683-7100, Ext. 4230 or Toll Free: 1-888-954-2424

Email: [acrc@ucpclass.org](mailto:acrc@ucpclass.org)

## Free Caregiver Seminar Series

Dementia 101 October 6 at 7 pm & Depression and Mental Health Issues Facing Caregivers October 13 at 7 pm. More information is available at

<http://www.brooklinevillage.com/newsevents/caregiverseminarseries.html> or by calling 814-235-2000.

## Did You Know? Your Online Searches Could Support the Coalition!

The Pennsylvania Behavioral Health and Aging Coalition can earn a donation every time you search the Internet, or a percentage of every purchase you made online went to support our cause. [www.GoodSearch.com](http://www.GoodSearch.com) is a Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up! Type "Pennsylvania Behavioral Health and Aging Coalition" under "Who Do You Goodsearch For" and the Coalition will receive a donation for every search.

---

Previous copies of PBHAC's News You Can Use are available on the website at

[www.olderPA.org/newsletter](http://www.olderPA.org/newsletter)

---

