



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

November 23, 2010

TIP 26: Substance Abuse Among Older Adults

Researchers are only beginning to realize the pervasiveness of substance abuse among people age 60 and older. Until relatively recently, alcohol and prescription drug misuse, which affects as many as 17 percent of older adults, was not discussed in either the substance abuse or the gerontological literature.

The reasons for this silence are varied: Health care providers tend to overlook substance abuse and misuse among older people, mistaking the symptoms for those of dementia, depression, or other problems common to older adults. In addition, older adults are more likely to hide their substance abuse and less likely to seek professional help. Many relatives of older individuals with substance use disorders, particularly their adult children, are ashamed of the problem and choose not to address it. The result is thousands of older adults who need treatment and do not receive it.

This TIP brings together the literature on substance abuse and gerontology to recommend best practices for identifying, screening, assessing, and treating alcohol and prescription drug abuse among people age 60 and older.

<http://www.ncbi.nlm.nih.gov/bookshelf/br.fcgi?book=hssamhsatip&part=A48302>

National Resource Center on LGBT Aging

The National Resource Center on LGBT Aging (lgbtagingcenter.org) is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and transgender (LGBT) older adults. Established in 2010 through a federal grant from the U.S. Department of Health and Human Services, the National Resource Center on LGBT Aging provides training, technical assistance and educational resources to aging providers, LGBT organizations and LGBT older adults.

For more information, go to www.lgbtagingcenter.org



Year of Family Caregiver Starts Nov. 17

Nov. 17 will launch the Year of the Family Caregiver—a year-long celebration to recognize the remarkable efforts of family caregivers and mark the 10th anniversary of the National Family Caregiver Support Program.

For more information, go to <http://celebratingfamilycaregivers.org/>.

Source: National Council on Aging

Eldercare Locator Gets an Upgrade

The Eldercare Locator—a free, public service that connects older adults and caregivers with resources in their community—is getting a makeover. The enhanced toll-free call center (800-677-1116) and redesigned website now offer a connection to live information specialists and access to extensive resources. NCOA has contributed information and expertise on government benefits counseling.

For more information, go to <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Source: National Council on Aging

Assessing and Managing Suicide Risk: Core Competencies for Staff

December 7, 2010 at Warren State Hospital. Cost: \$35.00

Feeling Blue Suicide Prevention Council, in collaboration with the Office of Mental Health and Substance Abuse Services, the Pennsylvania Adult/Older Adult Suicide Prevention Coalition, the American Association of Suicidology and the Suicide Prevention Resource Center.

Click here for a copy of the flyer.

http://www.olderpa.org/Resources/Documents/Newsletter/AMSR%20REGISTRATION%20FORM_FBSPC.pdf

2010 Nursing Home Transition

If you haven't done so already, now is the time to register. Updated Registration Information for the 2010 Nursing Home Transition is now available on the Long Term Living Training Institute Calendar at

<http://www.lttrainingpa.org/calendar/index.cfm?ecalendar=&sy=2010&sm=12&go.x=11&go.y=7>

Audience: AAA's and Under 60 Nursing Home Transition Coordinating Agencies, as well as other agencies and individuals.

Date: Dec 8, 2010 - Dec 10, 2010

Location: Hershey Lodge & Convention Center
W. Chocolate Ave. & University Dr.
Hershey, PA 17033



Hospitalization for Medication and Illicit Drug-Related Conditions on the Rise Among Americans Ages 45 and Older

The number of hospital admissions among Americans ages 45 and older for medication and drug-related conditions doubled between 1997 and 2008, according to a report released by the Agency for Healthcare Research and Quality (AHRQ). Medication and drug-related conditions include effects of prescription and over-the-counter medications as well as illicit drugs.

More information is available at

<http://www.ahrq.gov/news/press/pr2010/hospmedpr.htm>.

Assessment, Treatment and Services for Older Adults with Mental Health Disorders

Thursday December 2, 2010, 12:15-4:30, Philadelphia

Older adults with a mental disorder are at higher risk for medical illnesses than people in the general population. It is important that people working with older adults understand the physical and cognitive changes that occur during the aging process that might increase their client's health risks and contribute to increased mortality. This conference will address the assessment and treatment of older adults with behavioral health disorders and is intended for all levels of staff. Email jdent@mhasp.org for more information and to register

Coalition News and Offerings:

Understanding and Accessing Medicare Services for Mental Health Consumers & Working with Behavioral Health Issues in Older Adults

A basic understanding of Medicare will be provided in working with Medicare beneficiaries, especially "dual eligible beneficiaries". The training will include case studies to help understand issues involved in serving Baby Boomers, older adults, and those dealing with substance use. December 1, 2010 Clarks Summit and December 6, 2010, Lewistown. More information is available on the flyer at

<http://www.olderpa.org/Resources/Documents/Fall%202010%20Training%20Flyer.doc>

New Training: Understanding Behavioral Health Concerns in Caregiving

Between 20 – 50% of all caregivers, both professional and family, suffer from a "clinical" or Major Depression. This workshop will address the issues related to caregiver depression and its symptoms. We will discuss interventions and what we can do to prevent depression. December 13, 2010, 8:30 – 4:00 More information is available on the flyer at

<http://www.olderpa.org/Resources/Documents/Caregiver%20December%202010%20Training%20Flyer.pdf>



Understanding Depression, Anxiety and Suicide in Older Adults

The next trainings in this state-wide series will be held at

- December 8, 2010, Centre County
- March 23, 2011, Luzerne County
- April 6, 2011, Montgomery County
- May 11, 2011, Jefferson County

Click here for a copy of the flyer and to register:

<http://www.olderpa.org/Resources/Documents/DepAnxSuicRegFlyer2010.doc>

ACT Program Update

On October 7th, 2010 the PA Behavioral Health & Aging Coalition's first Aging Coalition Trainer (ACT) program was held at the Kline Library in Harrisburg, PA. Eleven senior volunteers completed the training that consisted of a curriculum concerning older adult behavioral health issues including late life depression, substance abuse/misuse, suicide prevention, navigating the aging systems, and basic advocacy skills.

Upon completion of this training, these ACT volunteers are now committed to providing three presentations to other older adults in group settings such as: senior centers, congregations, senior housing facilities and other community based sites where seniors gather.

The goal of this ACT program is to counter the stigma and misinformation that results in underutilization of behavioral health services by older adults. The focus of these presentations will be on bringing awareness to the various behavioral health issues that may affect older adults and when and where to go to address these issues.

These ACT volunteers are now trained and available to conduct presentations in the following counties: Adams, Dauphin, Cumberland, Franklin, Lancaster, Lebanon, Perry, and York.

The next ACT program is scheduled for the Southeast region of the state on December 10 in West Chester. More information on the next program is available at:

<http://www.olderpa.org/Default.aspx?pageId=643643&eventId=232624&EventViewMode=2&CalendarViewType=1&SelectedDate=11/17/2010>

For additional information, contact Jill Parisi, Regional Coordinator PA Behavioral Health & Aging Coalition at 717-649-0452 or jill@olderpa.org.

Previous copies of PBHAC's News You Can Use are available on the website at www.olderPA.org/newsletter

