



## News You Can Use...

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February 28, 2011

### **Practical Tips for Communicating With Older Adults**

Communicating about health, health care and health insurance can be challenging even in the best of circumstances. In her most recent podcast, Helen Osborne (<http://www.healthliteracy.com/>), a health literacy expert and plain language writer, interviews an expert in nursing and patient education who discusses:

- Special learning needs of older adults due to cognitive, psychological and physical changes associated with aging.
- Strategies to communicate effectively, even when there is limited time.
- Respectful ways to assess and confirm that information is understood.

To access the interview, visit <http://www.healthliteracyoutloud.com/2010/12/14/health-literacy-out-loud-50-communicating-about-health-with-older-adults/>.

### **Toolkit for Responding to Critical Incidents Involving a Person with a Mental Illness**

Recently released publication, *Responding to a High-Profile, Tragic Incident Involving a Person with a Serious Mental Illness: A Toolkit for State Mental Health Commissioners*, combines practical tips, supported by relevant research, to manage tragedies involving a person with a history or current diagnosis of serious mental illness.

Available as a free download at: [http://consensusproject.org/jc\\_publications/tragic-incident](http://consensusproject.org/jc_publications/tragic-incident).

### **Mental Health Consumers in Intergenerational Dialogue**

This report recaps a meeting on enhancing dialogue between mental health consumers and supporters across multiple generations to promote recovery from mental illnesses. It also offers recommendations to encourage collaboration and leadership among consumers of all ages. <http://store.samhsa.gov/product/SMA09-4372>



## **International Ageing—Alzheimer’s Around the World**

In a recent report released by Alzheimer’s Disease International, an international federation of 73 Alzheimer’s organizations, it was found that the cost of dementia care around the world was estimated at \$604 billion in 2010, the equivalent of 1% of the world’s gross domestic product. These costs come from unpaid care provided by friends and family, community care professionals, and direct medical costs.

Source: Alzheimer’s Disease International, *World Alzheimer Report 2010*, The Global Economic Impact of Dementia

More information is available at:

[http://www.alz.org/documents/national/World\\_Alzheimer\\_Report\\_2010.pdf](http://www.alz.org/documents/national/World_Alzheimer_Report_2010.pdf)

## **Health Care Reform, Mental Health and Aging**

The American Psychological Association worked over the last year to secure provisions related to APA’s health reform priorities in the health reform bill that was signed into law on March 23, 2010 (P.L. 111-148). PI-GRO is now working to ensure appropriate implementation of this law. Click on the following link to access information related to aging.

More information is available at <http://www.olderpa.org/Resources/Documents/PI-GRO%20Aging%20Policy%20Update%20%28Fall%20Consolidated%202010%29.pdf>

## **Substance Abuse and the Older Adult: How to Offer Caring, Culturally Competent Treatment**

The American Society on Aging has published an article about treating older adults with substance use disorders. Click on the following link for more information.

[http://www.asaging.org/at/at-311/pdfs/ATv31n1\\_Salazar.pdf](http://www.asaging.org/at/at-311/pdfs/ATv31n1_Salazar.pdf)

## **Resiliency and Recover E-Learning Center**

Magellan has partnered with national behavioral health experts to offer a variety of informational and educational e-courses and webinars for providers (such as social workers, counselors, certified drug and alcohol counselors, and psychologists); consumers of mental health services; family members and other interested parties. All e-courses and webinars are available free of charge.

<http://www.magellanhealth.com/training/>

## **Medication Adherence and Seniors**

Medication nonadherence is a serious health care concern, especially for the elderly. According to research by the PRIME Institute for Families USA, the average number of prescriptions per elderly person grew from 19.6 in 1992 to 28.5 in 2000, an increase of 45 percent. In 2010, the average number of prescriptions per elderly person is projected to grow to 38.5, an increase of 10 prescriptions, or 35 percent, per senior since 2000. The more medications an older adult takes, the more likely he or she is to forget a dose. Please go to the following link for more information.

[http://www.updatefrom.com/scsa/1008/healthy\\_living.asp](http://www.updatefrom.com/scsa/1008/healthy_living.asp)



## **CMS Considering Alcohol Screening & Brief Intervention a Medicare Prevention Covered Benefit – Your Comments of Support Needed!**

CMS has called for public comments -- for 30 days -- on its plan to make alcohol screening and brief intervention a Medicare prevention covered benefit. This will be very important for integrating substance use into general medical care. CMS has made a similar recommendation for depression screening and treatment in primary care. Public comments in support of this decision are very important. Please consider commenting in support of this important Medicare determination.

<https://www.cms.gov/medicare-coverage-database/details/nca-tracking-sheet.aspx?NCAId=249>

## **Spending on behavioral health is a shrinking portion of overall health expenditures: Spending on psychiatric drugs continues to increase, but at a slower rate**

Spending on psychiatric drugs grew by 5.6 percent from 2004 to 2005, down from the 27.3 percent growth from 1999 to 2000 according to a study published in the February issue of Health Affairs. The study, conducted by SAMHSA, analyzed healthcare costs from 1986 to 2005 to determine patterns in expenditures for behavioral health services.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1102024442.aspx>

## **Assessing and Measuring Suicide Risk Training**

The Adult/Older Adult Suicide Prevention Coalition and the Crisis Association of PA are offering a training in Clarks Summit PA focused on suicide prevention. Please see the flyer for more information.

<http://www.olderpa.org/Resources/Documents/20110512%20AMSR%20REG%20NE.DOC>

## **New and Enhanced VA Benefits Provided to Caregivers of Veterans**

The Department of Veterans Affairs (VA) is launching the first of a series of new and enhanced services supporting family caregivers of seriously ill and injured Veterans. One of these new services is a toll-free line, the National Caregiver Support Line - 1-855-260-3274. This toll-free number connects to a referral center that assists caregivers, Veterans and others seeking caregiver information.

<http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2048>

## **AHRQ's Health Care Innovations Exchange Focuses on Mental Illness and Care Coordination**

The February 2nd issue of the Agency for Healthcare Research and Quality's Health Care Innovations Exchange focused on care coordination for people with mental illness. The featured "Innovations" describe three programs that used care coordinators to assess, monitor, and connect individuals with mental illness to needed services. The featured "QualityTools" help providers improve communication and care coordination for individuals with mental illness.

<http://www.innovations.ahrq.gov/issue.aspx>



## **AHRQ News and Numbers Report: Approximately Five Percent of Seniors Report One or More Cognitive Disorders**

Agency for Healthcare Research and Quality (AHRQ) News and Numbers reports provide statistical highlights on the use and cost of health services and health insurance in the United States. The latest News and Numbers report that slightly over five percent of the nearly 39 million Americans age 65 and older in 2007 reported one or more cognitive disorders, such as senility or dementia. Seniors age 85 and older were the most likely to have reported one or more cognitive disorders, compared to seniors ages 75 to 84 and seniors ages 65 to 74.

<http://www.ahrq.gov/news/nn/nn012611.htm>

## **Alcohol and Other Drugs Trainings Offered Online**

A unique collection of six presentations covering multiple aspects of problem behavior, interventions, and initiatives for older adults affected by alcohol and other drug use.

Please click here for more information about available CEUs (a \$45 fee is charged for CEU processing) and ASA's Alcohol and Other Drugs program, funded with a contract from the California Department of Alcohol and Drug Programs.

- Session #1: Alcohol and Aging: Obstacles to Identification
- Session #2: Communication Skills to Create Conversations with Older Adults Who May be Abusing/Misusing Substances
- Session #3: The Deadly Triangle: The Relationship between Depression, Alcoholism, Suicide and Older Adults
- Session #4: Medication Issues in Older Women
- Session #5: Medications Used by the Senior Community: A Double-Edged Sword?
- Session #6: Cultural Competency & Older Adult Substance Abuse Treat

Please click the following link to register and view all six sessions.

<http://webcast.streamlogics.com/audience/index.asp?eventid=37607973>

## **AARP Article Addresses Senior Addiction**

AARP recently published an interesting article talking about seniors with substance use disorders.

The article is available at: [http://pubs.aarp.org/aarptm/20110102\\_PA?sub\\_id=CiKOHIDAjoosc#pg50](http://pubs.aarp.org/aarptm/20110102_PA?sub_id=CiKOHIDAjoosc#pg50)

## **Coalition News and Offerings:**

### **Understanding Depression, Anxiety and Suicide in Older Adults**

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

- 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>

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

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



