



Pennsylvania Behavioral Health and Aging Coalition  
Opening Doors for Older Pennsylvanians

## News You Can Use...

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December 2011

### **Help Seniors Avoid Scams with New Toolkit**

Older adults represent 12% of the U.S. population, but make up 35% of all fraud victims. This new toolkit can help educate seniors on how to protect themselves. *Savvy Savings Seniors: Steps to Avoiding Scams* was developed in partnership with the Women's Institute for a Secure Retirement and Bank of America Charitable Foundation. It includes a presentation, training guide, participant handbook, and more that you can use to hold a workshop for seniors in your community. For more information, click here: <http://www.ncoa.org/press-room/press-release/new-tools-help-seniors-avoid.html>

### **NIH Database Will Speed Research Toward Better Prevention, Diagnosis and Treatment of Traumatic Brain Injury**

The National Institutes of Health (NIH), in partnership with the Department of Defense, is building a central database on traumatic brain injuries. The Federal Interagency Traumatic Brain Injury Research database is designed to accelerate comparative effectiveness research on brain injury treatment and diagnosis. It will serve as a central repository for new data, link to current databases, and allow valid comparison of results across studies.

Press Release: <http://www.nih.gov/news/health/aug2011/ninds-29.htm>

### **NIMH Video: Suicide Prevention and Research**

NIMH researcher Dr. Jane Pearson talks about warning signs as well as progress in suicide prevention. <http://www.nimh.nih.gov/media/video/suicide-prevention-and-research.shtml>

### **Diagnosing and Treating Depression Gets Better in Nursing Homes but Some Disparities Remain**

This AHRQ-funded study demonstrated that diagnosis and treatment of depression among nursing home residents has risen significantly in the past decade. Yet some disparities persist, particularly among minority residents and those with significant cognitive impairment or dementia. <http://www.ahrq.gov/research/sep11/0911RA14.htm>



## Medicare Find and Compare

Medicare can help locate and compare doctors and other healthcare professionals by specialty, location, and more. One can even look for providers who accept the Medicare-approved amount as payment in full. [Find and compare doctors](#).

## Addiction Treatments

Different types of treatment are available to meet specific needs. To get referrals to treatment programs, call 1.800.662.HELP (confidential hotline) or visit: <http://dasis3.samhsa.gov/>

## Rural PA Statistics-Children Decreasing, Seniors Increasing

There are now more rural Pennsylvania residents who are 40 years old and older than at any other time in the last 60 years. To take a closer look at Pennsylvania's rural population and how it is aging go to: <http://www.rural.palegislature.us/newsletter.html#4>.

## AARP Report on Older Adult Housing Issues

This paper summarizes findings from State Housing Profiles 2011, which uses several sources, including the 2009 American Community Survey, to look at key housing indicators for older adults. The data show that conditions have deteriorated significantly for older households during the last decade. <http://www.aarp.org/home-garden/housing/info-09-2011/insight-53.html>.

## FAQ for Caregiver Stress

This FAQ answers frequently-asked questions about caregiver stress, including information about recognizing and preventing stress, finding care giving services in your community and paying for home health care and other care giving services. [Visit here for details](#).

## Anxiety is Common Among Older Adults Receiving Care from Aging Services Agencies

More than 10 million older adults receive services from approximately 30,000 local and State aging services agencies. More than a quarter of this group had significant levels of anxiety, according to a new AHRQ-funded study. <http://www.ahrq.gov/research/sep11/0911RA28.htm>

## New Federal Website on Medicaid

[www.Medicaid.gov](http://www.Medicaid.gov) is the first official government website devoted to the policies — and the people — of Medicaid and the Children's Health Insurance Program (CHIP). It is similar to [www.Medicare.gov](http://www.Medicare.gov) and provides information about the Medicaid and CHIP programs that is logically organized and updated to reflect today's policy issues and priorities. We also tried to provide easy access to answers to the most commonly asked questions and requests for information. *Medicaid.gov* includes a section for consumers to help them get information about the Medicaid or CHIP program in their State and links to [www.healthcare.gov](http://www.healthcare.gov) where broader information about health coverage options is now available.



## Medicare to Cover Obesity Screening and Counseling

Medicare is adding coverage for preventive services to reduce obesity. This adds to Medicare's existing portfolio of preventive services that are now available without cost sharing under the Affordable Care Act.

## Articles of Interest

### Report: Drug dealers tap Ohio seniors to procure painkillers for illegal street sales

Drug dealers around Ohio are developing new sources for prescription painkillers by buying them from senior citizens, sometimes as the patients leave pharmacies, according to a new state report that shows Ohio's prescription painkiller epidemic is continuing and in some cases may be getting worse.

<http://www.therepublic.com/view/story/38b34a59e6bd4e3a943e813a1fb28ce3/OH--Drug-Deaths-Seniors/#share>

### Caregiver Burnout

Being able to cope with the strains and stresses of being a Caregiver is part of the art of Caregiving In order to remain healthy so that we can continue to be Caregivers, we must be able to see our own limitations and learn to care for ourselves as well as others.

[http://www.caregiver.com/articles/caregiver/caregiver\\_burnout.htm](http://www.caregiver.com/articles/caregiver/caregiver_burnout.htm)

## Coalition News

### The Coalition is Now on Facebook!

Click on the following link and "like" us to receive a fact sheet on older adults, depression and suicide. Use this as an opportunity to share with others about the behavioral health needs of older adults and read updates and posts about this important issue!

[http://www.facebook.com/PBHAC?sk=app\\_134986609932858](http://www.facebook.com/PBHAC?sk=app_134986609932858)

### New BHC Training Offered

In partnership with Mathewson Park Apartments, BHC will conduct a training on "Understanding and Accessing Medicare Services for Mental Health Consumers" and "Q,P,R" Gatekeeper Suicide Prevention training. For further details and to register, please see the flyer

<http://www.olderpa.org/Resources/Documents/BHC/January%202012%20Training%20Flyer.pdf>).



## Understanding Dementia: Diagnosis, Treatment and Behavioral Management

The Coalition's training series for 2011/12 will focus on dementia. At the completion of the training, participants will be able to:

- Differentiate the most common forms of dementia including: Alzheimer's dementia, Vascular dementia, Frontal Temporal dementias, and Lewy Body dementia.
- Identify the new diagnostic criteria for Alzheimer's disease
- Articulate the difference between delirium and dementia.
- Appreciate the common psychiatric and behavioral symptoms of the individual suffering from dementia.
- Describe interventions that may be used with individuals who are suffering from dementia including: communication skills, behavioral management, psychosocial interventions, and medications.
- Identify community resources available for both professionals and family caregivers.

Dates for the training, being offered at 6 locations across the state, are below. Click on the date to be taken directly to the online registration form, or click here for a copy of the [flyer](#).

- [April 4, 2012, Bryn Mawr, Montgomery County](http://www.olderpa.org/ViewEvent.ashx?eventId=365008)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365008>)
- [May 9, 2012, Edwardsville, Luzerne County](http://www.olderpa.org/ViewEvent.ashx?eventId=365010)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365010>)
- [May 16, 2012, Clearfield, Clearfield County](http://www.olderpa.org/ViewEvent.ashx?eventId=365011)  
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365011>)

## Did You Know??? Customized Behavioral Health and Aging Training is Available

Training topics Below is a link to the training topics we currently offer through the Coalition. We can come to your site and offer the trainings, or we also have regular training opportunities available that you will receive notice about as a member of the Coalition.

<http://www.olderpa.org/Default.aspx?pageId=1080869>

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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)

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