



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

January 2012

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

Lewey Body Dementia Association Survey

The Lewey Body Dementia Association (LBDA) is conducting a survey to assess if there are differences in how grief is experienced by caregivers for individuals with Lewey bodies, Alzheimer's disease, Parkinson's disease with and without dementia, and frontotemporal degeneration.

The survey will also assess the well-being and quality of life for caregivers of individuals diagnosed with the neurodegenerative diseases. Internet access is required to participate in the study, and LBDA needs 500 caregivers who are currently providing care for each different disease that is being studied. For more information, or to participate, visit: <http://www.lbda.org/go/caregiversurvey>

New Report Highlights LGBT Older Adults' Needs, Identifies Policy Opportunities

The latest issue of Public Policy & Aging Report is the first ever devoted to addressing the needs of lesbian, gay, bisexual and transgender (LGBT) older adults within the context of the broader aging field.

http://sageusa.org/about/news_item.cfm?news=309

Older Adult Admissions Reporting Alcohol as a Substance of Abuse: 1992 and 2009

This report examines changing alcohol abuse patterns among older adult treatment admissions. Data from 1992 and 2009 are used to compare such factors as alcohol-drug combinations, demographic characteristics, co-occurring mental health problems, and prior admissions. <http://store.samhsa.gov/product/TEDS11-1115>



New Consumer Guide To LGBT Caregiving

Next Steps in Care, in collaboration with SAGE and SAGECAP, recently released a fact sheet that provides practical advice for LGBT caregivers. In addition to a checklist on important legal documents, the guide also explains how hospital discharges happen, and recommends "Do not wait for the social worker on the unit to find you. Instead, find the social worker as soon as you can." If a caregiver and their loved one lives near a state border or spend a lot of time in two states, the guide also recommends obtaining documents for both states since civil union or domestic partner laws may not carry across state lines. For more information, visit:

[Next Steps in Care: "A Guide to LGBT Caregiving"](#)

Primary Care Physicians' Responses to Older Adults Expressing Thoughts of Suicide

Many older adults who die by suicide have had recent contact with a primary care physician. As the risk-assessment and referral process for suicide is not readily comparable to procedures for other highrisk behaviors, it is important to identify areas in need of quality improvement. This article discusses research that attempts to identify patterns in physician-patient communication regarding suicide.

<http://www.springerlink.com/content/f23n261487270m58/fulltext.pdf>

Suicide in Older Adults

This article makes the case that late-life suicide is a cause for great concern that warrants ongoing attention from researchers, health care providers, policy makers, and society at large. It reviews the evidence for factors that place older adults at risk for suicide, or protect them from it. The authors introduce the notion that suicide preventive interventions target individuals or groups at different levels of risk at different points on the developmental trajectory toward death by suicide, offering examples and recommending their strategic, combined application to create an effective, community-level response to the mounting problem of suicide in older adults.

<http://www.psych.theclinics.com/article/S0193-953X%2811%2900020-7/abstract>

SAMHSA and the National Suicide Prevention Lifeline collaborate with Facebook to help those in crisis

Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the nation and Canada. The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the Report Suicidal Content link or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an e-mail from Facebook encouraging them to call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), or to click on a link to begin a confidential chat session with a crisis worker.

[Press Release: http://www.samhsa.gov/newsroom/advisories/1112125820.aspx](http://www.samhsa.gov/newsroom/advisories/1112125820.aspx)



Geriatric Depression Scale Now Available on iTunes for Apple iPhone and iPad

The most widely used screening assessment for depression in older adults is now available for iPhone or iPad. This is the short 15-item version.

<http://itunes.apple.com/us/app/geriatric-depression-scale/id433446297?mt=8>

Gambling Away the Golden Years - Senior Problem Gambling Educational Kit

This educational kit explores the possibility of gambling turning from entertainment to addiction, especially during the retirement years.

<https://nati.org/products/?mode=desc&ID=25>

The Growing Cost of Long-Term Care

Costs continue to rise for those requiring long-term care according to a new MetLife Mature Market Institute study. National average rates for a room in a private nursing home increased in 2011 by 4.4% to \$239 daily or \$87,235 a year. Annual assisted living base rates rose by 5.6% to \$41,724. Adult day services went up 4.5% to \$70 a day. Home health aide and homemaker/companion rates were unchanged at \$21 and \$19 an hour respectively. Nursing home daily rates were highest in Alaska, where a private room averaged \$655, and lowest in Louisiana, where it averaged \$141 outside the major metropolitan areas.

<http://www.metlife.com/mmi/research/2011-market-survey-long-term-care-costs.html#findings>

NIH-Commissioned Census Bureau Report Describes Oldest Americans

In 1980, there were 720,000 people aged 90 and older in the United States. In 2010, there were 1.9 million people aged 90 and older; by 2050, the ranks of people 90 and older may reach 9 million, according to a report from the U.S. Census Bureau, commissioned by the National Institute on Aging. The report describes this rapidly growing segment of the population, which suggests that the designation of oldest-old should be changed from 85 to 90 years. The report, 90+ in the United States: 2006–2008, details the demographic, health, and economic status of America's oldest adults. Full report: <http://www.census.gov/prod/2011pubs/acs-17.pdf>

University of Pittsburgh Program Combats Geriatric Depression

The Pittsburgh Post-Gazette reported that the University of Pittsburgh's Center for Late Life Depression Prevention and Treatment Research "is one of the few academic centers focused on late-life depression nationally, with the National Institute of Mental Health (NIMH) recently awarding it a five-year grant totaling nearly \$9 million to bolster its efforts." For more information and to read the article, go to <http://www.post-gazette.com/pg/11325/1191054-114-0.stm>



Coalition News

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.

Remaining dates for the training, being offered at 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>)
- [May 9, 2012, Edwardsville, Luzerne County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365010>)
- [May 16, 2012, Clearfield, Clearfield County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365011>)

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