



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

August 2013

Why Managing Your Medicine Matters

As people age they face a greater likelihood of relying on medications to survive. In many cases, multiple medications are often needed for older adults. However, when administered incorrectly, it can have potentially dangerous results. One in three older adults has had hazardous reactions to medications. Anyone who takes medication needs to stay on top of it in regards to dosages, drug interactions, or even allergies to products. For a list of six steps to follow in regards to medications please visit http://www.ncoa.org/improve-health/community-education/why-managing-your-medicine.html?utm_source=NCOAWeek_130219&utm_medium=newsletter&utm_campaign=NCOAWeek

National Strategy for Suicide Prevention 2012: Goals and Objectives for Action

SAMHSA has released a new report on their 2012 findings regarding suicide prevention. Their publication is an in depth look of 13 goals and 60 objectives to bring attention to the issue of suicide and to help reduce existing suicide rates. Their target group studied consists of several diverse populations, as well as mental health and higher risk populations. To download an electronic copy, or to request a paper copy of their publication please visit http://store.samhsa.gov/product/National-Strategy-for-Suicide-Prevention-2012-Goals-and-Objectives-for-Action/PEP12-NSSPGOALS?utm_source=Weekly+Spark+February+14+2013&utm_campaign=Weekly+Spark+Feb+14+2013&utm_medium=email

Substance Use in Older Adults: Screening and Treatment Intervention Strategies

This 3-hour self-paced online course reviews alcohol and prescription medication use among older adults, and highlights the need for routine screening, assessment, and specialized interventions. The Addiction Technology Transfer Center Network is funded by SAMHSA. To read more, please go to: <https://www.thedatabank.com/dpg/423/donate.asp?formid=meetb&c=2178349>



Hospice Engagement, Home Health Task Forces Move Forward

Two new task forces have also recently been formed to address home health care for older adults: the Hospice Engagement Task Force and the Home Health Task Force. The Hospice Engagement Task Force strives to bring more awareness and to fully advocate for end of life care. Additionally it examines the details of individual costs, as well as Medicare and Medicaid involvement in hospice settings. In comparison, the Home Health Task Force focuses on individual guidelines for care and adapts them to match to existing federal guidelines, as well as offer possible feedback for changes. To read more about both tasks forces please visit

<http://www.pahomecare.org/links/articles/hospice-engagement-home-health-task-forces-move-forward-.html>

Affordable Care Act Expands Mental Health and Substance Use Disorder Benefits and Federal Parity Protections for 62 Million Americans

The Affordable Care Act will provide an added 62 million people with federal parity protections. This is to ensure when people receive services for mental health and substance abuse related problems, the quality of care is equal to that one would receive for other medical services. Prior to the Act, one in three people struggled to have any insurance coverage for substance abuse related issues, while 20% had no coverage for mental health. By 2014, mental health and substance abuse will be added to the Ten Essential Health Benefits Categories, which means coverage for these conditions will have to be included in insurance plans. To read more please visit

http://aspe.hhs.gov/health/reports/2013/mental/rb_mental.cfm

Top Ten Myths of Medicare

Medicare can be hard to understand, even for people who are the most informed about it. Richard Kaplan's research explains the top ten common myths that people associate with Medicare. To read his findings please visit

http://static.ow.ly/docs/TOP%2010%20MYTHS%20OF%20MEDICARE_IGt.pdf

Pilot Study of a Statewide Initiative to Enhance Depression Care Among Older Home Care Patients

An Interdisciplinary Focus to Home Health Care Management & Practice, 2013

This pilot study, part of a statewide initiative to enhance depression care, evaluated the influence of a 2-hour depression screening and intervention workshop on home care professionals' knowledge, self-efficacy, and attitudes related to depression in older home care patients. Following the depression workshop, participants' knowledge levels in evidence-based screening and care for depressed older adults was significantly increased. A significant increase in confidence and attitude ratings were also found.

<http://hhc.sagepub.com/content/25/2/45.abstract?maxtoshow=&HITS=10&hits=25&RESULTFORMAT=&andorexacttitle=and&andorexacttitleabs=and&fulltext=mental+behavioral+substance&andorexactfulltext=or&searchid=1&usestrictdates=yes&resourcetype=HWCIT&ct>



Alzheimer's Markers Predict Start of Mental Decline

Scientists from Washington University School of Medicine are studying biomarkers, think of them as genetic blueprints, with certain biomarkers being common in patients with Alzheimer's disease. Spinal fluid from 201 participants between the ages of 45-88 was examined over a four to seven and a half year period of time. Common indicators were looked for such as amyloid, and protein tau, which have been linked to Alzheimer's disease. Over the course of the study, they were able to identify people who were at an increased risk of developing cognitive impairment. Essentially it breaks down to sex, age, and race. While Alzheimer's disease can affect anyone and knows no barriers, older African American males were at a greater chance of contracting the disease, while younger Caucasian females were at the lower end of the scale and had a smaller chance of contracting the disease. If early detection is possible, it is suggested that early types of clinical treatments may delay or prevent the formation of Alzheimer's disease in patients. Preventive medicines are growing and could eventually influence how people are treated for Alzheimer's disease. For more information or to read the article in its entirety please visit the following link

http://www.adcs.org/research/eNewsletter/ADIN_E-Newsletter_June_2013.pdf

Concussion Damage Looks Much Like Early Alzheimer's

One of the more common types of head injuries that people can receive are concussions. Concussions are often associated with physically extreme activities: Examples being sports when being hit in the head by a ball, or knocked down by a player. However, concussions can occur anytime a person suffers a hit or a blow to the head. It does not mean this will always be the case, but anytime a head injury occurs, it is better to proceed on the side of caution. This is because several concussion symptoms do not manifest until after the first 24 hours, and in some cases it can be days to weeks before some symptoms manifest themselves. It is crucial because these symptoms are very similar to Alzheimer's symptoms: confusion, weakness, problems sleeping, and trouble completing normal tasks. Research does not necessarily reflect that every person with a concussion will develop Alzheimer's later on in life, far from it. In fact many people believe it is a bit of a stretch by making the connection. However, the research is suggesting since some symptoms behave in a similar fashion, it warrants further research to see if there is a relationship between the two. To learn more please visit,

<http://www.nlm.nih.gov/medlineplus/concussion.html>

http://www.nlm.nih.gov/medlineplus/news/fullstory_137912.html

Affordable Care Act Website

National Network of Libraries of Medicine, Mid Atlantic Region (NN/LM MAR), has created a website to highlight authoritative information about the *Affordable Care Act*. They are updating this website on a regular basis.

NN/LM MAR's goal is to help with outreach efforts to inform consumers as they make important decisions about their health insurance options:

<http://nnlm.gov/mar/consumer/aca.html>.



Seeking Responses to Homelessness Survey

Homelessness is a problem that is very difficult to combat, partly because it is so hard to obtain accurate information about the homeless. We are sending this survey to a very wide range of professionals in order to learn more about who comes into contact with the homeless, under what circumstances, and what patterns they see. Even reporting that you do not come in contact with the homeless is helpful, so please consider participating regardless of your amount of involvement with this issue. By participating you can help increase our understanding of and ability to combat this problem. Just click here to access the survey:

https://bloomu.qualtrics.com/SE/?SID=SV_82FFaqj7yPiABq1.

Please feel free to contact Heather Feldhaus if with any questions or to receive a copy of the report. Heather S. Feldhaus, Ph.D, Director, Bloomsburg University Center for Community Research and Consulting, 570-389-4221, 315 Bakeless Center Bloomsburg, PA 17815, hfeldhau@bloomu.edu

Pennsylvania Alzheimer's Disease Planning Committee Seeks Public Comment

The Pennsylvania Alzheimer's Disease Planning Committee is holding regional meetings, providing an opportunity for the public to provide comment in the planning process. Information is sought on the needs of persons living with Alzheimer's and their caregivers; resources available and suggestions for strategies to be considered by the Pennsylvania Alzheimer's Disease Planning Committee.

To view a flyer that provides information on how to participate in the regional meetings and provides information on the places and times for the regional meetings, please click here.

http://www.portal.state.pa.us/portal/server.pt/document/1347794/alzheimers_disease_planning_committee-Regional_meetings%28final_all%29_pdf

The Committee will develop a comprehensive state plan by February 2014 that recommends ways to address the Alzheimer's disease crisis in Pennsylvania. For more information about the Committee, click here.

<http://www.portal.state.pa.us/portal/server.pt?open=514&objID=1521934&mode=2>

If you have any questions or comments about the Committee or wish to submit comments in writing, please email us at alzstateplan@pa.gov or write to Pennsylvania Alzheimer's Disease Planning Committee, PA Department of Aging, 555 Walnut Street, 5th Floor, Harrisburg, PA 17101 or call 717-425-5115.

If you cannot attend a meeting, PDA would still like to include your feedback for the Committee's consideration. To take the Alzheimer's Disease Survey, click here.

http://act.alz.org/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=24100



Coalition News

Upcoming Trainings from the Coalition

Be on the lookout for the following upcoming trainings, to be scheduled regionally throughout PA during 2013/2014.

- Understanding the Behaviors of Depression, Anxiety and Dementia
- Cross System Collaborative Approaches: Working with Individuals with Hoarding Behaviors

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

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>

Sponsorship Available

The Coalition provides training opportunities to more than 1000 participants each year. We now offer the opportunity to sponsor Coalition trainings, providing your organization access to individuals in the behavioral health and aging fields. Contact Rebecca May-Cole (Rebecca@olderpa.org) or 717-541-4219 ext. 106 for more information.

Donate Now!

Help support the work of the Coalition! Join us in improving the behavioral health of older Pennsylvanians by [donating](#) to PBHAC. Your [tax deductible donation](#) will help us meet our mission to promote wellness, enjoyment and engagement in life, including care, services and community support, that respect the behavioral health needs and values of older Pennsylvanians and their caregivers.

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

