



Pennsylvania Behavioral Health and Aging Coalition  
Opening Doors for Older Pennsylvanians

## News You Can Use...

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September 2013

### **UC San Diego Creates Center for Brain Activity Mapping**

In response to a request made by President Obama, the Center for Brain Activity Mapping or (CBAM) has been formed by UC San Diego. This organization has slowly been forming since early April and Ralph Greenspan has been appointed the director. The center encompasses neuroscience, cognitive functions, psychology, and chemistry just to name a few. The hopes are with a better understanding and an updated model of the brain pathways; this knowledge can in turn be used to treat not only Alzheimer's disease, but other forms of dementia as well. It could also be used to treat autism, traumatic brain injury, etc. To read more please visit

[http://www.adcs.org/research/eNewsletter/ADIN\\_E-Newsletter\\_June\\_2013.pdf](http://www.adcs.org/research/eNewsletter/ADIN_E-Newsletter_June_2013.pdf)

### **Substance Use in Older Adults: Screening and Treatment Intervention Strategies**

To keep up with the latest developing information regarding older adults and substance abuse; considering signing up for an online course funded by SAMHSA the (Substance Abuse and Mental Health Service Administration). This course pertains specifically to the older adult population with regards to how substance abuse and prescription drugs affect older adults, as well as provide tools for screening and assessments. The course is three hours. Cost to complete the course is free. However, a 15 dollar fee is required if taken for continuing education credits. To sign up for the course please visit the following link, <https://www.thedatabank.com/dpg/423/donate.asp?formid=meetb&c=2178349>

### **Mental Health Resources**

A new website has also been introduced to further the commitment to mental health and helping the people that are affected by mental illness either directly or indirectly. It includes basic information about various mental illnesses, signs to watch out for, how to get help, and how to realize that there is no shame in getting help. Everyone at one point or another could use the extra help. To visit the webpage as well as access the various resources provided, please visit the following link <http://www.mentalhealth.gov/>



## **CMS Proposes Payment Changes For Medicare Home Health Agencies For 2014**

Proposed changes to Medicare have been announced for calendar year 2014. One being that Medicare will be reduced by 1.5 percent. Though it seems small it amounts to about 290 million dollars reductions on proposed policies. In addition to this, the number of visits to a health care professional, and the type of services received will be different. An exact number will be allocated per every sixty day episode period for an individual on Medicare. For complete up to date information about Medicare and the proposed rule change please visit the following pages:

<https://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/HomeHealthPPS/index.html>

<https://www.federalregister.gov/public-inspection>

## **The National Conference on Mental Health**

Over 45 million people in the United States suffer from some form of mental or behavioral health related issue. This can stem from depression, post-traumatic stress disorder, various forms of dementia, and so forth. President Obama and The White House hosted a conference to educate the population about the issue of mental health, and well as advocate for the population who might not be able to advocate for themselves, or are embarrassed to do so. President Obama indicated that we all know someone who is affected by mental health issues, so it is very much an issue that impacts us all. To read more about the conference that was held on June 3, 2013 please visit the following link

<http://www.whitehouse.gov/blog/2013/06/03/national-conference-mental-health>

## **Alzheimer's Association 2013 Alzheimer's Disease Facts And Figures**

Alzheimer's disease statistics are always changing. To read the latest facts and figures for people with Alzheimer's disease, please visit the following link for complete and up to date information, [http://www.alz.org/alzheimers\\_disease\\_facts\\_and\\_figures.asp](http://www.alz.org/alzheimers_disease_facts_and_figures.asp)

## **Alzheimer's Disease And Dementia: A Comparison of International Approaches**

Dementia and Alzheimer's is a worldwide problem. It is not strictly limited to just the United States. Are there different approaches that other countries use to help treat older adults who suffer from dementia? Dementia presents itself in a similar fashion regardless of location. However, treatments and medical approaches, and even opinions can vary due to different health care systems, policies, culture, and social norms. Overall, it is evident that numerous countries recognize this to be an extremely important relevant field of research to further examine. To download the complete report written by the Committee of Aging, please visit the following page

<http://www.aging.senate.gov/reports/rpt2012.pdf>



## **Dementia Care and Reduction of Antipsychotic Drug Use In Nursing Homes**

In recent years, it has been known there is an ongoing effort to reducing the number of residents using anti-psychotic drugs in nursing homes. This has been part of a growing effort to reduce overmedication. While it is true that many residents might need anti-psychotic drugs for their own well-being, it should not automatically be the go to default whenever a doctor encounters a patient in a nursing home. The Department of Health has released a variety of resources for families to review ranging from how to help an older relative who has Alzheimer's, how caregivers should handle certain behaviors, and lists of RX medication information. For complete information please visit the following links:

<http://www.rxfacts.org/>

<http://www.nia.nih.gov/alzheimers/managing-alzheimers-disease-communication-and-behavior-problems-resource-list>

[http://www.alz.org/national/documents/brochure\\_behaviors.pdf](http://www.alz.org/national/documents/brochure_behaviors.pdf)

## **New Analysis Finds Share of Seniors Living in Poverty at Least Double the Official Rate in 12 States Under Census Bureau's Supplemental Poverty Measure**

According to the United States Census, nine percent of seniors live in poverty. This failed to take into consideration the rising cost of living and how it can vary from state to state. So an updated review indicated that fifteen percent of seniors were either at the poverty line or below it. According to the Kaiser Family Foundation, while all state poverty levels for seniors were higher than originally expected, twelve states stood out as well as Washington D.C. To see where Pennsylvania ranked, please visit the following link

<http://kff.org/medicare/issue-brief/a-state-by-state-snapshot-of-poverty-among-seniors/>

## **Drive Out Suicide**

The Pennsylvania Adult/Older Adult Suicide Prevention Coalition has launched a new suicide prevention campaign called "Drive Out Suicide." Volunteer drivers agree to place large window clings on their rear windshields with a message of hope and the National Suicide Prevention Lifeline number: 1-800-273-TALK (8255). The drivers then go about their normal activities, spreading awareness of suicide prevention. Check out the website at [www.DriveOutSuicide.org](http://www.DriveOutSuicide.org) and learn about this exciting campaign.



## U.S. Ways & Means Committee Releases Draft Legislation That Would Affect Medicare Post-Acute Care

The U.S. House Ways and Means Committee released draft legislation that would significantly alter post-acute care under the Medicare program. Proposals included in the legislation include creating post-acute care bundled payments, establishing a skilled nursing facility (SNF) re-admissions program and reducing market basket updates for all post-acute care providers, including home health agencies, by 1.1% every year between 2014 and 2023. For more information, please click here

[http://www.nahc.org/mobile/NAHCRReport/nr130806\\_1/](http://www.nahc.org/mobile/NAHCRReport/nr130806_1/)

## 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](mailto: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.

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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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