



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

October 2013

Older Women's Health

The LGBT Elder Initiative has released a series of videos pertaining to older women's health ranging from The Affordable Care Act, to nutrition, and physical health. To view these videos online please visit the following link

<http://www.lgbtei.org/2013/07/webvideo-older-womens-health.html>

Suicide Rates Are High Among The Elderly

Suicide can occur within any age range. Normally people believe that as people age, they have a higher sense of well being and self satisfaction. However, this might not always be the known case. 14.9 of 100,000 older adults take their own lives. These numbers can be misleading according to The New York Times. Taken into consideration the negative stigma that goes with suicide, county officials may be quicker to indicate it as an accidental overdose, or an accident, rather than be indicative of suicide. Older adults rely more on weapons for suicide and are more likely to die from a suicide attempt, recent research has indicated. So better screenings, and assessment tools need to be available to help prevent this. Suicides attempts can occur as results of declining health, loss of love for life with increasing depression, to traumatic life events, to financial situations, just to name a few. That is why it is becoming more and more important to get people the help that they need and fast. To read the article in more details, please visit the following link,

<http://newoldage.blogs.nytimes.com/2013/08/07/high-suicide-rates-among-the-elderly/?emc=eta1&r=0>

In addition for links to more resources and tools please visit **mentalhealth.gov**

World Alzheimer Report Journey Of Caring

In addition, the 2013 World Alzheimer's Report was just recently released on September 19, 2013. It is now available online to download for free at the following link

<http://www.alz.co.uk/research/WorldAlzheimerReport2013.pdf?m>



Pennsylvania LIFE Provider Alliance Launches Website

Resources for older adults are often changing as well as being updated. It is important to stay on top of them all and keep yourself informed. A new website has been introduced to provide more up to date information about the Living Independence For the Elderly or Life Program. The webpage will also have additional links to other state agencies. In addition, the webpage will also serve as resources for older adults and the helping professionals. To read more please visit the following link,

<http://www.pahomecare.org/links/articles/pennsylvania-life-provider-alliance-launches-website.html>

To visit the webpage please visit, <http://www.palpaonline.org/>

Elder Abuse - If We Do Not Take Care Of Each Other, Who Will

Elder abuse can exist in many forms whether it is physical, sexual, verbal, or neglect. We think that it could never happen to someone we know, but unfortunately it does exist. Abuse can occur from a family member, a caregiver, to even a doctor or a nurse. So what can be done to make sure that this does not happen to anyone? According to research, people who are over 80 years old are at the greatest risk for mistreatment. The LGBT population faces additional challenges in regards to elder abuse. Examples that the LGBT Elder Initiative provide are preventing same sex couples from living together in nursing homes, verbal name calling, total disregard of a last will and testament if the family does not approve of the same sex relationship. To read more please visit the following link for more information, <http://www.lgbtei.org/2013/08/lgbt-elder-abuse-risk-factors-and.html>

Straight Talk for Seniors on Health Reform

The Affordable Care Act is hard for even the experts in insurance to fully understand. So the common questions that frequently get asked can sound something like, "What does it mean for me?" "How will it affect my insurance?" "I am receiving Medicare, how will this be affected"? With every question answered also seems to lead to even more questions. To make it easier to understand, The National Council of Aging has composed a fact sheet with a list of five things that you should know about the Affordable Care Act. To read this list, please visit the following link to download your copy today, <http://www.ncoa.org/assets/files/pdf/130812-5-key-facts.pdf>

Google Unveils New Health Company to Address Aging Issues

Google recently announced that they have formed a new health technology company that will strictly focus on the needs of the aging community, as well as various life threatening diseases. The company will be called Calico. To read more please visit <http://www.pahomecare.org/links/articles/google-unveils-new-health-company-to-address-aging-issues.html>



Depression In The Elderly

Depression affects just about everyone at one point or another. We all encounter struggles within our lives, and experience hardships. It is normal to experience these emotions on a short term. However, if they persist, it is an issue that calls for some assistance. Depression in the elderly can be common. Reasoning for this, is a change in health status, a loss of independence, a loss of friends, and financial worries. If these feelings of anguish do not subside, it can lead to clinical depression. This is an issue that requires immediate medical attention. Sometimes this withdrawal from interaction can be misinterpreted as Alzheimer's disease and early dementia. However, there is a significant difference. While both encounter obstacles and can have difficulty completing certain tasks, older adults with depression do not have issues of forgetfulness, and are very aware of their surroundings. Eighteen percent of older adults will experience major depression, according to recent statistics. For signs to watch out for, and for more information regarding depression and older adults, please visit the following link <http://www.sageminder.com/SeniorHealth/MentalHealth/ElderlyDepression.aspx>

The Alzheimer's Epidemic: 4 Ways To Help

Caregivers often struggle when loved ones suffer from Alzheimer's disease. Alzheimer's is a burden to those who have it, but it also indirectly affects the lives of the caregivers, as well as their physical and emotional well-being. Tips that can benefit caregivers when caring for a loved one can help tremendously. **Caregiverstress.com** recommends that caregivers attend local workshops that are offered on Alzheimer's to better understand the disease. With a growing emphasis on technology books on Alzheimer's are now available on iPhones. In addition resources are also available online, and agencies can also make referrals to local services. To read more and to access various online resources please visit the following link <http://www.caregiverstress.com/geriatric-professional-resources/share-clients/alzheimers-epidemic-4-ways-to-help/>

NIH Study Finds Chronic Alcohol Use Shifts Brain's Control Of Behavior

When someone you know has a substance abuse problem, it can be hard to understand how people can quickly shift from substance use, to abuse, and finally to chemical dependency. The National Institute of Health has just released a research report indicating that a change in the thought process occurs in the prefrontal cortex when someone abuses substances. The prefrontal cortex is involved in people's decision making. To read the complete study please visit the following link http://www.nih.gov/news/health/aug2013/niaaa-22.htm?utm_medium=email&utm_source=govdelivery



Coalition News

Upcoming In-Person Trainings from the Coalition

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

- [Understanding the Behaviors of Depression, Anxiety and Dementia – Registration Now Open](#)
- Cross System Collaborative Approaches: Working with Individuals with Hoarding Behaviors – [Registration Now Open](#)
- Mental Health First Aid – Targeted to individuals working with older adults
- Question, Persuade, Refer Suicide Prevention Training
- Medicare Basics, Behavioral Health & Suicide Prevention [Registration Now Open](#)

Coalition Webinars on the Horizon

The following webinars are being scheduled for the winter of 2013/14. Keep your eyes open for registration information...

- Mental Health Advance Directives
- Sexuality and Older Adults
- Using Older Adult Certified Peer Specialists in the Aging System

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

