



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

July 2014

New Scorecard Gives Pennsylvania Low Marks For Serving Older, Disabled Residents

AARP, The Commonwealth Fund, and The SCAN Foundation have released Raising Expectations, 2014: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers, which can be viewed at <http://www.longtermscorecard.org/>. Scoring each state on five categories, the study found that Pennsylvania ranked #42 for serving residents who require long-term services and support. The scorecard provides analysis of where issues lie and how they may be resolved across the country. Click here to view the full scorecard: <http://www.longtermscorecard.org/2014-scorecard#.U7LYePldWSo>

Medicines And You: A Guide For Older Adults

This website from the FDA covers several topics which are targeted at making sure older adults are taking their medications safely and when necessary. The website is broken down into prescription and over-the-counter medications, communicating effectively with health care professionals, checking for drug interactions, and how to afford the medications needed. Additional resources are listed at the bottom of the page. <http://www.fda.gov/Drugs/ResourcesForYou/ucm163959.htm#aging>

Information Is Powerful Medicine: Understanding Your HIPAA Rights

The Health Insurance Portability and Accountability Act (HIPAA) gives you the right to review your personal health information and choose who can have access to your records. The Act applies to all aspects of health, including mental health. To read more about your rights under HIPAA and find further information on understanding the Act, please visit: <http://www.mentalhealth.gov/blog/2014/06/understanding-hipaa-rights.html>



New Suicide Data Available From Centers For Disease Control And Prevention

The CDC has released the final suicide data for 2011. This two-page report includes rate, number, and ranking of suicide by state, division, and region. The data is also sorted by sex, race, and age group. To view the full document, click here:

http://www.suicidology.org/c/document_library/get_file?folderId=248&name=DLFE-941.pdf

Visit <http://www.sprc.org> to learn more about suicide prevention.

The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (8255).

NIHSeniorHealth.gov Offers Info On Quitting Smoking For Older Adults

Did you know it is never too late to quit smoking? The National Institute of Health's SeniorHealth program has provided materials for quitting smoking which are specifically tailored to older adults. The site covers many topics, from details on how smoking affects one's health to coping with withdrawal symptoms. It includes worksheets to help individuals customize their own reasons and plans for quitting and links to outside resources. Click below to view the full list of topics and resources:

<http://nihseniorhealth.gov/quittingsmoking/quittingwhenyoureolder/01.html>

Department of Justice And Health and Human Services Call For Action To Address Abuse Of Older Americans

This month, the Elder Justice Roadmap was published by the Department of Justice (DOJ) and Health and Human Services (HHS). This roadmap is described as, "a framework for tackling the highest priority challenges to elder abuse prevention and prosecution...." To create the roadmap, the DOJ and HHS gathered input from experts to find the most effective strategies to prevent and address elder abuse. The website below provides a link to several resources, including the full Elder Justice Roadmap resource, an educational resource on recognizing red flags of abuse, and a link for attorneys to learn about elder abuse. <http://www.hhs.gov/news/press/2014pres/07/20140709a.html>

Dangers Of Hyperthermia During The Summer For Older Adults

It's important for everyone to stay cool during the summer, but older adults and those with chronic health conditions can be more vulnerable to extreme heat. Knowing risk factors for hyperthermia, how to stay out of the heat, and how to treat a person suffering from hyperthermia can save lives. Click below to read more on risk factors and how to help: <http://www.redorbit.com/news/health/1113184655/dangers-hyperthermia-during-summer-for-older-adults-070314/>



NIH-Commissioned Census Bureau Report Highlights Effect Of Aging Boomers

Using the 2010 Census data, the NIH has compiled data on the aging population in the United States. As baby boomers age, the U.S. faces a larger older adult population than ever before. While there is good news, such as a decreased rate of smoking, other issues are still prevalent, such as the increased presence of obesity. Also highlighted are economic, geographic, and social issues such as internet use and housing costs. The article includes highlights of the data along with links to the full report.

<http://www.nih.gov/news/health/jun2014/nia-30.htm>

Older Adults Can Safely Donate A Kidney, Study Finds

A new study found that adults age 55 and older who donate a kidney face no more health risks than younger donors. Previously, doctors had little information to provide older adults donating kidneys, as the studies had very few older adult participants. The new study, profiling 3,300 older adults over eight years, has enabled the medical community to better predict a donor's future health and provide more information to the donors themselves. For more information:

http://www.philly.com/philly/health/topics/HealthDay689508_20140709_Older_Adults_Can_Safely_Donate_a_Kidney_Study_Finds.html

What It Takes To Age In Place

Many people would like to remain in their own homes as they age, but aren't sure if it will be possible. This article provides resources on several tactics that may help older adults stay in their homes longer. Simple modifications to one's home, such as safety rails or non-slip floors, can make a residence safer and more accessible for older adults. When a person is no longer able to live alone, hiring a caregiver can be less expensive than moving to a nursing home, and allows the individual to remain where they choose. For more information on home modifications, in-home care, and other opportunities, please visit: <http://www.nextavenue.org/article/2011-06/what-it-takes-age-place>

What Are The Unique Risks Senior Gamblers Face?

Many older adults enjoy visiting casinos, as it provides a change of pace and a chance to socialize. Unfortunately, in some people this may lead to a gambling addiction. Older adults are more vulnerable to some problems associated with gambling addictions, because they are no longer working and cannot earn back their losses. In addition, casinos are recognizing their older adult demographic and targeting them with advertisements and attractive package deals. To learn more about older adults and gambling and how to recognize a gambling addiction, please visit:

<http://www.addictiontreatmentmagazine.com/addiction/gambling-addiction/unique-risks-senior-gamblers-face/>



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 2014.

- Alzheimer's Disease Training
 - [7/30/14 Westmoreland County](#)
 - [9/17/14 Lackawanna County](#)
 - [10/20/14 Centre County](#)
 - [11/5/14 Dauphin County](#)
 - [12/3/14 Montgomery County](#)

New on our website: [Click here](#) to access a list of events from other organizations throughout the state. Please note the Coalition does not endorse any of these organizations or events, and the list is intended as a resource only.

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

