



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

November 2015

Giving Tuesday is December 1st

PBHAC has joined [#GivingTuesday](#), a first of its kind effort that will harness the collective power of a unique blend of partners—charities, families, businesses and individuals—to transform how people think about, talk about and participate in the giving season. Coinciding with the Thanksgiving Holiday and the kickoff of the holiday shopping season, #GivingTuesday will inspire people to take collaborative action to improve their local communities, give back in better, smarter ways to the charities and causes they support and help create a better world. Taking place December 1, 2015 – the Tuesday after Thanksgiving – #GivingTuesday will harness the power of social media to create a national moment around the holidays dedicated to giving, similar to how Black Friday and Cyber Monday have become days that are, today, synonymous with holiday shopping. Click here to donate now: www.OlderPA.org/donate. 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.

New Method Could Help Nurses Spot Delirium Quickly

Delirium is a cognitive condition that can be reversed if treated early, but that can result in death if not addressed. Delirium tests have been developed, but they took several minutes and were only accurate 83% of the time. Researchers led by Donna M. Fick have found two questions that, when asked, have a 93% accuracy rate for detecting delirium in hospitalized older adults. By asking what day of the week it is, and to recite the months of the year backwards, nurses are able to accurately detect delirium in less than a minute. Fick clarified that the sample size for this study was small, and the results need to be confirmed within a larger population before the test is approved for use. For the full article, please visit http://www.eurekalert.org/pub_releases/2015-09/ps-nmc091515.php.



Aging Parents of Disabled Adult Children Are Feeling the Strain

More than 75% of adults with disabilities are being cared for by their parents, who are aging themselves. Due to advances in care and supports, adults with disabilities are living longer than in previous generations, leaving parents wondering who will care for their children after they die. Furthermore, adults with developmental disabilities are at higher risk of chronic health conditions, and at younger ages than their peers, requiring additional care. While this issue is currently unresolved, a new documentary may stimulate public interest in finding viable solutions. To read the full article and learn more about the documentary, please visit

http://www.jewishjournal.com/opinion/article/aging_parents_of_disabled_adult_children_are_feeling_the_strain.

In Preventing Return of Winter Blues, Talk Outshines Light, New Study Says

Seasonal Affective Disorder, or SAD, can be effectively treated with light therapy, but a new study argues that cognitive-behavioral therapy (CBT) may be more effective. The study found that, “two winters after the initial treatment, 46 percent of subjects in the light therapy group reported a recurrence of depression compared with 27 percent of those in the CBT group.” However, a companion study found the two treatments to be equally effective, while noting that CBT may be a more accessible treatment for most people. To view the full article, click here:

http://www.eurekalert.org/pub_releases/2015-11/uov-ipr110315.php.

Two Resources for Winter Energy Assistance

The Pennsylvania Low Income Home Energy Assistance Program (LIHEAP) is a Federally-funded program that helps low-income households with their home energy bills. LIHEAP can help you stay warm in the winter and cool in the summer. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction). To learn more about LIHEAP, please visit <http://www.benefits.gov/benefits/benefit-details/1536>.

The U.S. Department of Energy (DOE) Weatherization Assistance Program (WAP) provides grants to states, territories, and some Indian tribes to improve the energy efficiency of the homes of low-income families. These governments, in turn, contract with local governments and nonprofit agencies to provide weatherization services to those in need using the latest technologies for home energy upgrades. To learn more about WAP in Pennsylvania, please visit <http://www.benefits.gov/benefits/benefit-details/1878>.



What Happens If You Try To Prevent Every Single Suicide?

Despite national efforts to prevent suicides, the suicide rate has increased in the past decade. The Henry Ford Health System in Detroit has found a way to dramatically reduce the number of suicides among those in its insurance plan. Instead of taking a reactive approach – only talking about suicide if the patient brought it up first – they developed a proactive approach, asking every patient two questions: How often have you felt down in the past two weeks? And how often have you felt little pleasure in doing things? Depending on the patients' answers, other questions may be added. If a problem is detected, the patient is referred to appropriate care, such as counseling, drugs, group therapy, or hospitalization. To view the full article, click here:

<http://www.npr.org/sections/health-shots/2015/11/02/452658644/what-happens-if-you-try-to-prevent-every-single-suicide>.

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

House Calls For the Homebound Make A Comeback

1 in 20 people over the age of 65 are homebound, and the number will increase as the American population ages. The Affordable Care Act is also adding to the demand; patients who previously could not afford home care are now able to request services. Unfortunately, home care skills are not generally taught in medical school, and the reimbursement is not competitive with traditional medical offices. This leaves many homebound patients on waiting lists for care, while home care physicians struggle to treat hundreds of patients. To read more, click here:

<http://www.npr.org/2015/11/08/448406540/doctor-treats-homebound-patients-often-unseen-even-by-neighbors>.

Idea House Demystifies Aging in Place

A Better Nest, a consulting service for older adults who want to age in place, has opened their "idea house," a home in Nashville, TN, to exhibit how home design can accommodate changing physical abilities. The home has no stairs or raised entries, and the doorways are wide enough for wheelchair use. If homeowners are not interested in leaving their current home, they can learn how to retrofit their property, such as closing off part of the house for a caregiver's living area or creating a master bedroom on the first floor. Grab bars, lighting, and handheld shower heads are other simple and effective modifications to ease everyday tasks. For more information, please visit

<http://www.tennessean.com/story/money/homes/2015/11/11/idea-house-demystifies-aging-place/74752210/>.



Coalition News

Upcoming In-Person Trainings from the Coalition

- Mental Health First Aid – Older Adult Focus
 - [11/19/15 Wyoming County](#)
 - [4/12/16 Warren County](#)
- Geriatric Resource Nurse/Older Adult Community Resource Specialist Training
 - [1/4/16 – 4/4/16 Webinar Series](#)
- Aging, Mental Health, and Chronic Illness
 - [11/30/15 Montgomery County](#)

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

