



News You Can Use...

August 2016

New Training Experience Offers Inside View of Dementia

Pennsylvania Behavioral Health and Aging Coalition (PBHAC) will be offering Dementia Live! Would you like to host this unique opportunity for family members and professional caregivers to briefly, yet movingly, experience the challenges and struggles of a person living with dementia? The Dementia Live™ program is the newest tool in the powerful arena of sensitivity awareness training being used for the booming number of direct care staff, family caregivers, healthcare professionals, and college and university students. It offers participants a real life simulation and a unique inside-out understanding of dementia and aging. Participants will gain a heightened awareness of the challenges faced by those who live with dementia. Learn tips and tools to improve communications and care. Participants will gain a greater awareness and understanding of the constant struggles affecting persons with dementia. Greater understanding leads to more sensitive care partnering.

If you are interested in hosting the Dementia Live™ experience, please contact **Anne Adams**, Pennsylvania Behavioral Health and Aging Coalition at **717-541-4219** or at anne@olderpa.org to inquire about this training program.

Community HealthChoices Update

In May, the Department of Human Services and the Department of Aging announced that Community HealthChoices (CHC) will use managed care organizations to coordinate physical health care and long-term services and supports (LTSS) for older persons, persons with physical disabilities, and Pennsylvanians who are eligible for both Medicare and Medicaid. As a result, these organizations will be able to serve more Pennsylvanians in their communities and allow consumers to have an active voice in the services they receive. Fourteen responses to their request for proposals were received. Those



managed care organizations that applied were: Accenda, Aetna, AmeriHealth Caritas, Cedar Woods Care Management, CignaHealth, Gateway Health Plan, Geisinger Health Plan, Health Partners Plus, Molina Healthcare, PA Health & Wellness, Trusted Health Plan, United Healthcare, UPMC for You, and WellCare.

Deadlines for enrolling have been extended in order to give the 420,000 Pennsylvanians who will benefit from the program time to adapt to the programs adjustments and improvements. This will also allow time for outreach and education on the CDC program to ensure communication with as many caregivers and consumers as possible.

In 2008–2012, the National Institute on Aging along with the US Census Bureau reported that there were 40.7 million people aged 65 and over in the United States, representing 13.2 percent of the total population. Among this older population, about 15.7 million, or 38.7 percent, reported having one or more disabilities. To learn more about Community HealthChoices, please go to:

<http://www.dhs.pa.gov/citizens/communityhealthchoices/index.htm>.

Why People with Alzheimer's are Unable to Recognize their Loved Ones

As Alzheimer's disease and related forms of dementia advance, the ability to recognize the faces of loved ones diminishes. As it does, a family relationship often diminish as well and many people with Alzheimer's become isolated and lonely. A new study sheds more light on why facial recognition is impaired in Alzheimer's, bringing new understanding to the disease. For more information on this topic, please go to:

<http://www.alzheimers.net/6-06-16-people-with-alzheimers-unable-to-recognize-loved-ones/>.

Frontal Lobe Dementia- Often Misdiagnosed

Frontal lobe dementia may account for as much as 20 percent of all dementia cases. Due to specific signs and symptoms that vary, individuals with frontal lobe dementia, (frontotemporal dementia) may often be misdiagnosed with a psychiatric problem or with Alzheimer's disease.

Frontal lobe dementia isn't one condition. It's several disorders that affect the frontal and temporal lobes of the brain. Personality, emotions, behavior and speech are controlled in these areas of the brain. These disorders cause the brain to lose brain cell function and cause the frontal lobe portion of the brain to shrink. While the onset of frontal lobe dementia typically occurs in the 50s and 60s, it has been seen in patients as young as 21 or as old as 80. Research has shown the cause of frontal lobe dementia,



though about half of those with the disease have some history of dementia in their families.

While frontal lobe dementia can mimic Alzheimer's, there are key differences. To read more about these differences as well as what are some other behavioral changes that can occur with frontal lobe dementia, please go to:

<https://reading.havenbehavioral.com/frontal-lobe-dementia/>.

Addiction Treatment Task Force Opens Public Comment Period on DDAP Website

The Pennsylvania Department of Drug and Alcohol is now accepting public comments on its website regarding consumer access to addiction treatment programs. The public comments will help the department's newly-created task force compile a report with recommendations to remove barriers to treatment, due to the General Assembly in May 2017. "We are in the midst of the worst ever overdosing death epidemic, with nearly 3,400 people dying of drug overdose in Pennsylvania in 2015," said DDAP Secretary Gary Tennis. "We must ensure that those who need addiction treatment have unfettered access to it. Therefore, the work of this task force is absolutely critical. We look forward to the task force's findings and recommendations." The task force will begin holding public meetings on the issue "later this summer or in early fall," though an official schedule has yet to be announced. Addiction can occur at any age, from teenagers to senior adults. For instructions on how to comment publicly, click:

http://www.media.pa.gov/pages/DDAP_details.aspx?newsid=39.

Mental Disorders in Mid-Life and Older Adulthood May Be Substantially More Prevalent than Previously Reported

Common methods of assessing mental or physical disorders may underestimate the prevalence of mental disorders among middle-aged and older adults. A recent study from the Johns Hopkins Bloomberg School of Public Health, led by postdoctoral fellow Dr. Yoichiro Takayanagi, reveals substantial discrepancies among mid-life and late-life adults in reporting past mental health disorders, including depression, compared with physical disorders such as arthritis and hypertension. For more information on these findings, please go to: <http://www.jhsph.edu/news/news-releases/2014/mojtabai-mental-disorders-mid-to-late-life-underreported.html>.

Four in Ten Older Adults Burdened by Demands of Health Care System

In a recent published article from the October 2015 issue of the Journal of General Internal Medicine, Johns Hopkins Bloomberg School of Public Health research suggests



nearly four in ten older adults say that managing their health care needs is difficult for them or their families, that medical appointments or tests get delayed or don't get done, or that all of the requirements of their health care are too much to handle. "High quality care is not only about a single disease or visit, but rather the overall treatment plan across multiple providers." says study author Jennifer L. Wolff, PhD, an associate professor in the Department of Health Policy and Management at the Bloomberg School. "Older adults are among the heaviest users of health services and their care is often not well coordinated among their various physicians." To find out more about taking an active role in your treatment plan, please go to: <http://www.jhsph.edu/news/news-releases/2015/four-in-ten-older-adults-burdened-by-demands-of-health-care-system.html>.

How Older-at-Risk Adults Can Prevent Medication Misuse & Abuse

Prescription medication misuse and abuse are growing public health problems among older adults; these problems are associated with many serious consequences, and often go unrecognized. Misuse of prescription medications, also referred to as non-medical use of prescription drugs, is estimated to increase from 911,000 in 2001 to 2.7 million in 2020—a 100 percent increase—among older adults. The Substance Abuse and Mental Health Services Administration (SAMHSA) along with the Administration on Aging offers strategies for education, screening and early interventions for prevention of prescription medication misuse and abuse. Learn more about the nature of the problem, how to determine if you are misusing medications and the risk that can occur if there is misuse or abuse. For more information on this topic, please go to:

http://www.aoa.gov/AoA_Programs/HPW/Behavioral/docs2/Issue%20Brief%205%20Prescription%20Med%20Misuse%20Abuse.pdf.

Substance Use & Medication Misuse Trainings for 2017

The Pennsylvania Behavioral Health and Aging Coalition will be presenting half-day training sessions on "Issues of Substance Use and Medication Misuse in Older Adults" in 2017. We will be posting our training schedule dates in the near future. Please continue to check our website www.olderpa.org or email anne@olderpa.org for more information.

Celebrate Senior Citizens On August 21

Throughout our history, older people have achieved much for our families, our communities, and our country. That still holds true today, and that is why a special day was earmarked to recognize and honor senior citizens whom mean so much to the our homeland. In August 1988, President Ronald Reagan proclaimed August 21 as National Senior Citizens Day. This observance was established in honor of senior citizens in the



US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens. Not only on this day, but every day we should show our gratitude and respect by making sure that our communities are good places in which to grow, and where seniors can live their life to the fullest by finding encouragement, enjoyment, acceptance, and assistance in services they need. To see the actual Proclamation 5847, please go to:

<https://www.reaganlibrary.archives.gov/archives/speeches/1988/081988b.htm>.

Coalition News

Upcoming In-Person Trainings from the Coalition

Understanding Hoarding Behaviors: Assessment and Intervention

- [Dauphin County 10/5/16](#)
- [Centre County 10/17/16](#)
- [Westmoreland County 11/9/16](#)

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>

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.

Make a Purchase on Amazon-And PBHAC Receives a Donation

When you make a purchase on Amazon, you can help the Pennsylvania Behavioral Health and Aging Coalition receive additional funds. Amazon has a program called AmazonSmile where for every purchase you make, Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases back to PBHAC.



What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support Pennsylvania Behavioral Health and Aging Coalition every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate back to PBHAC. Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Please think of us when you shop! For more information on AmazonSmile and how you can help the Pennsylvania Behavioral Health & Aging Coalition, please go to:

http://smile.amazon.com/gp/chpf/about/ref=smi_aas_redirect?ie=UTF8&*Version*=1&*entries*=0.

Thank You to Our Recent Donors

The Pennsylvania Behavioral Health and Aging Coalition depends greatly on gracious donations from our community members, local groups and volunteers. We want to thank the following individuals who have recently contributed to PBHAC.

AmazonSmile Foundation

Cori Brindle

Lynn Fields Harris

Bernadette Kozen

Janet Mills

Margaret Thatcher

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

