



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

February 2012

RX For The Caregiver

Do caregivers experience physical and emotional stress? Do they have special needs, which are to be addressed so that they can perform effectively? Are there ways caregivers can, and must, take care of themselves? "Quality of Life," most often, is discussed in terms of the individual requiring the care. However, it must also be experienced by the caregiver.

http://www.caregiver.com/articles/caregiver/rx_for_the_caregiver.htm

Mindfulness meditation improves connections in the brain

Mindfulness meditation is getting a lot of attention because it seems to help with so many physical and psychological problems—like high blood pressure, chronic pain, psoriasis, sleep trouble, anxiety, and depression. It's also been shown to boost immune function and stop binge eating. No one knows for sure what's behind these benefits, but physical changes in the brain probably play a role.

http://www.health.harvard.edu/blog/mindfulness-meditation-improves-connections-in-the-brain-201104082253?utm_source=review&utm_medium=email&utm_campaign=TOP2011&j=28198308&e=rebecca@olderpa.org&l=16278673_HTML&u=324978222&mid=148797&jb=0

Innovations Clearinghouse on Family Caregiving

For additional research-based information and informed practices, visit FCA's [Innovations Clearinghouse/Online Technical Assistance Center](#). Search the Clearinghouse to identify best practices, specific tools and policy & advocacy efforts; connect with fellow professionals from the aging networks; and request specialized technical assistance.

Depression and Complementary Health Practices

The latest newsletter from the National Center for Complementary and Alternative Medicine features an overview on depression and complementary health practices.

<http://nccam.nih.gov/health/providers/digest/depression.htm>



In Search of Balance Educational Kit

This kit includes a 23-minute video and five 25-page workbooks. The video touches on such topics as, How the Senior Gambler Feels, "Soft Signs" of a Gambling Problem, and The Road to Recovery. The kit is directed at all levels of helping professions and can be used in an array of educational and public awareness settings.

<https://nati.org/products/?mode=desc&ID=26>

You're Never Too Old: Keep Active as You Age

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger and improve your health.

<http://newsinhealth.nih.gov/issue/Dec2011/Feature2>

Stroke Risk Linked to Thinking Problems

Known risk factors for stroke may also boost your chance of developing cognitive problems, according to a new study. The results suggest that keeping blood pressure in check might help protect cognitive health.

<http://newsinhealth.nih.gov/issue/Dec2011/Capsule2>

Accessible Technology Coalition (ATC)

The Accessible Technology Coalition provides people with disabilities, and those who work with them, answers to questions about assistive technology (AT) so they can identify the solutions that work best for them. <http://atcoalition.org/>.

Depression Following a Traumatic Brain Injury: AHRQ Policymaker Summary

A systematic review of 115 studies for the Agency for Healthcare Research and Quality (AHRQ) was conducted to synthesize the evidence on what is known and not known about the diagnosis and treatment of depression following traumatic brain injury (TBI). The results of this review are summarized in this "policymaker summary."

<http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=851>

Ethnic Disparities Persist in Depression Diagnosis and Treatment Among Older Americans

Older racial and ethnic minorities living in the community are less likely to be diagnosed with depression than their white counterparts, but are also less likely to get treated, according to a recent NIMH-funded analysis published online ahead of print December 15, 2011, in the American Journal of Public Health. <http://www.nimh.nih.gov/science-news/2012/ethnic-disparities-persist-in-depression-diagnosis-and-treatment-among-older-americans.shtml>



New Report Shows Treatment Admissions for Abuse of Prescription Pain Relievers Have Risen 430 Percent from 1999-2009

A new Substance Abuse and Mental Health Services Administration (SAMHSA) report shows that while the overall rate of substance abuse treatment admissions among those aged 12 and older in the U.S. has remained nearly the same from 1999 to 2009, there has been a dramatic rise (430 percent) in the rate of treatment admissions for the abuse of prescription pain relievers during this period. The report shows that the rate of treatment admissions primarily linked to these drugs rose from 10 per 100,000 in the population in 1999 to 53 per 100,000 population in 2009.

Full Report: <http://wwwdasis.samhsa.gov/teds09/teds2009stweb.pdf>

Press Release: <http://www.samhsa.gov/newsroom/advisories/1112074117.aspx>

National Health Policy Forum NHPF Releases Updated Paper on Aging Services Network

The Aging Services Network: Serving a Vulnerable and Growing Elderly Population in Tough Economic Times has been released and is available at:

https://www.nhpf.org/file.cfm?name=/uploads/announcements/BP83_AgingServices_12-13-11.pdf

Free Webinar on SBIRT for Older Adults

Age is a factor to be considered when using SBIRT (Screening Brief Intervention and Referral to Treatment) in the workplace. Excessive alcohol use among older adults represent major but often neglected public health problems, even among those who regularly receive health care from a physician. This webinar, scheduled for February 9, 2012 at 3:00 – 4:00, discusses how to assess and treat older workers whose use of alcohol or prescription pain medications may create health and work-related problems. Click on the following link for more information and to register.

<http://bigsbirteducation.webs.com/olderadults.htm>

Depression, Hearing Impairment, and Health Literacy Influence Older Adults' Abilities to Self-manage their Care

The degree to which elderly patients with high blood pressure can effectively assist in their own care is influenced by a set of measurable factors, according to a new study. It found that elderly persons with hypertension were more likely to be activated to self-manage their conditions if they had higher self-ratings of their own health, higher degrees of health literacy, greater receipt of patient-centered care, shorter lengths of stay in long-term care, and lower levels of depression and hearing impairment.

<http://www.ahrq.gov/research/feb12/0212RA23.htm>



Coalition News

Understanding Dementia: Diagnosis, Treatment and Behavioral Management

The Coalition's training series for 2011/12 will focus on dementia. At the completion of the training, participants will be able to:

- Differentiate the most common forms of dementia including: Alzheimer's dementia, Vascular dementia, Frontal Temporal dementias, and Lewy Body dementia.
- Identify the new diagnostic criteria for Alzheimer's disease
- Articulate the difference between delirium and dementia.
- Appreciate the common psychiatric and behavioral symptoms of the individual suffering from dementia.
- Describe interventions that may be used with individuals who are suffering from dementia including: communication skills, behavioral management, psychosocial interventions, and medications.
- Identify community resources available for both professionals and family caregivers.

Dates for the training, being offered at 6 locations across the state, are below. Click on the date to be taken directly to the online registration form, or click here for a copy of the [flyer](#).

- [April 4, 2012, Bryn Mawr, Montgomery County](http://www.olderpa.org/ViewEvent.ashx?eventId=365008)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365008>)
- [May 9, 2012, Edwardsville, Luzerne County](http://www.olderpa.org/ViewEvent.ashx?eventId=365010)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365010>)
- [May 16, 2012, Clearfield, Clearfield County](http://www.olderpa.org/ViewEvent.ashx?eventId=365011)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365011>)

Did You Know??? Customized Behavioral Health and Aging Training is Available

Training topics 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>

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

