



Get Connected!

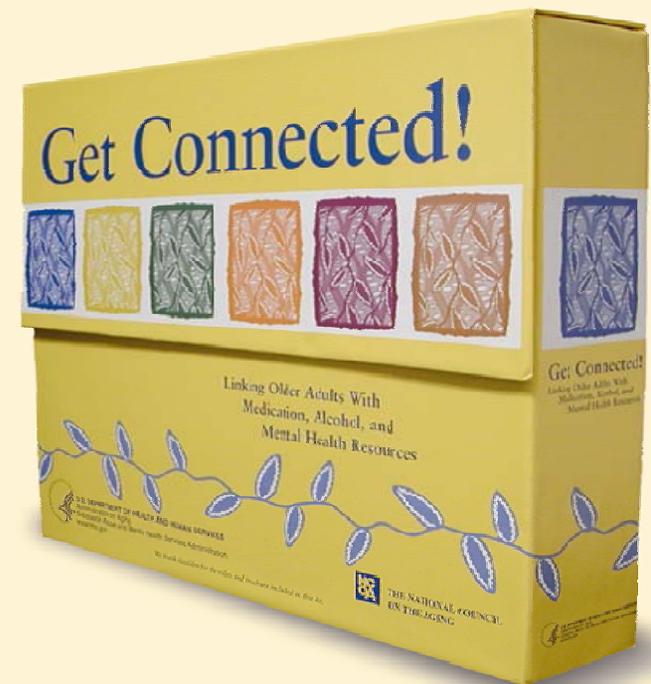
Linking Older Adults With
Medication, Alcohol, and
Mental Health Resources

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DEPARTMENT OF HEALTH AND HUMAN SERVICES
Administration on Aging
Substance Abuse and Mental Health Services Administration

Get Connected Toolkit

A partnership

The National Council on the Aging

and

**Substance Abuse and Mental Health Services
Administration (SAMHSA)
Administration on Aging (AoA)**

U.S. Department of Health and Human Services



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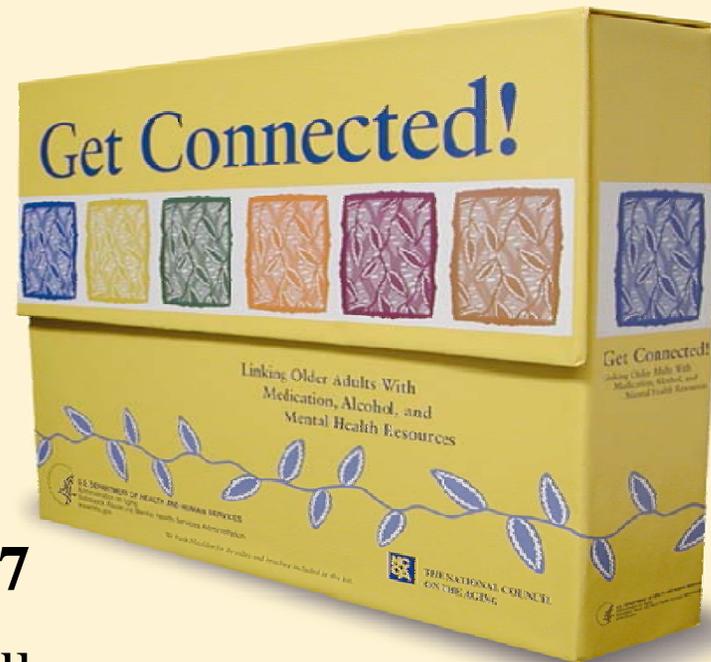
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Item # GCKIT

1-800-729-6686 or 1-877-726-4727

<http://store.health.org/catalog/productDetails.aspx?ProductID=16523>



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Session 1

*Implementing
the Toolkit Program*



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Who will benefit from using the Get Connected Program?

- Senior Centers
- Adult Day Health Services
- Nutrition Programs
- State and Local Agencies
- Area Agencies on Aging
- Health and Social Services Providers



Get Connected Toolkit

Helps Aging Services Providers

- Build health promotion programs
- Offer prevention messages and education
- Provide screening and referral for mental health problems and misuse of alcohol and medications



Five Steps to Get Connected!

Step 1: Assess Organizational Strengths & Challenges

Step 2: Identify Resources

Step 3: Educate Staff

Step 4: Educate Older Adults

Step 5: Plan Future Developments



Get Connected Toolkit

Toolkit Binder

- Program Coordinator's Guide
- Program Support Materials
 - Education Curricula
 - Fact Sheets and Handouts
 - Forms and Resources



Video / DVD

*It Can Happen to Anyone:
Problems with Alcohol and
Medications Among Older Adults*

By AARP and Hazelden



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Brochures and Guides

Aging, Medicines, and Alcohol

Good Mental Health is Ageless

*How to Talk to an Older Person Who
Has a Problem with Alcohol or
Medications*



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Publications

Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems

Substance Abuse Among Older Adults: A Guide for Social Services Providers



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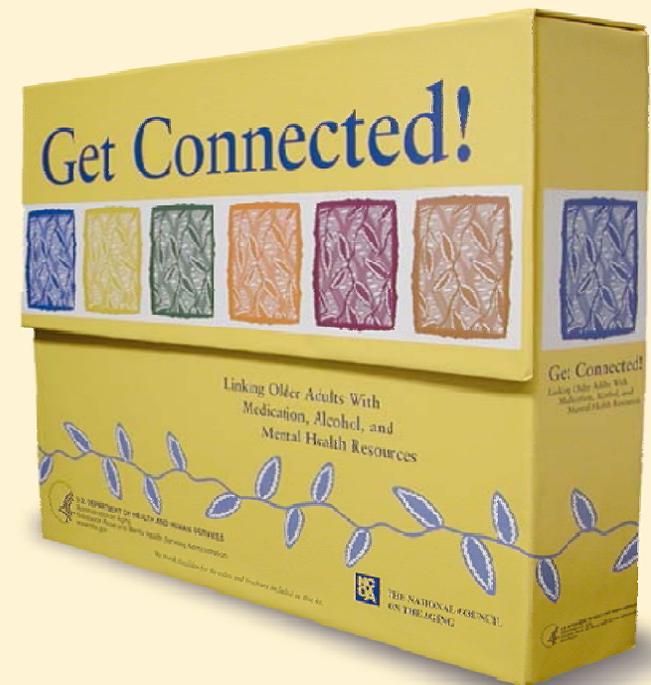
Get Connected Program Goals

- Help staff and older adults understand substance abuse and mental health issues
- Increase staff confidence
- Provide tools and resources
- Educate older adults
- Link older adults to resources



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Five Steps To Get Connected



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Step 1: Assess Organizational Strengths and Challenges



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Step 1: Assess Organizational Strengths and Challenges

⇒ Interest and Willingness?

⇒ Knowledge and Education?



Step 1: Assess Organizational Strengths and Challenges

(continued)

⇒ Training and Experience?

⇒ Organizational Resources?

⇒ Challenges and Constraints?



Get Connected Strengths and Challenges Worksheet

Interest and Willingness	Knowledge and Education	Training and Experience	Organizational Resources	Challenges and Constraints
<p><i>Are leaders or staff interested? If yes, who? If no, what might you do?</i></p>	<p><i>What are some previous substance abuse and mental health activities?</i></p>	<p><i>Do any staff members have substance abuse or mental health training? If yes, who?</i></p>	<p><i>Who is available to implement the program and ensure resources and referrals are in place?</i></p>	<p><i>What factors are challenges, internal and external? Consider a strategy.</i></p>
<div style="text-align: center;">  <p>THE NATIONAL COUNCIL ON THE AGING</p> </div>			<div style="text-align: center;">  <p>DEPARTMENT OF HEALTH AND HUMAN SERVICES Administration on Aging Substance Abuse and Mental Health Services Administration</p> </div>	

Get Connected Start-Up Actions

1. Who will you contact in your agency to get started?
2. Who will you contact outside your agency to establish or confirm referral sources?
3. When could your organization hold staff education?
4. When could your organization hold older adult education sessions?
5. What actions will you take in the next three months?



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Step 2: Identify Resources



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Sample Resource Matrix

Area of Expertise	Name of Organization	Contact Person and Phone	How to Request Assistance	What the Organization Can Provide
<i>Medication</i>				
<i>Outpatient addiction treatment</i>				
<i>Geriatric medicine</i>				
<i>Social work</i>				
<i>Chemical dependency</i>				
<i>Mental health issues</i>				
<i>Support groups</i>				
<i>Health education</i>				
<i>Training</i>				



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SAMHSA Treatment Facility Locators at:

www.samhsa.gov

www.mentalhealth.org

BenefitsCheckUp at:

www.benefitscheckup.org

www.ncoa.org



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Step 3: Educate Staff



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Step 4: Educate Older Adults



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Staff and Older Adult Education Curricula

- **Session One:** It Can Happen to Anyone –
Coping with Life Transitions
- **Session Two:** Using Medication Wisely
- **Session Three:** Keeping a Healthy Outlook
on Life



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- Teaching agendas, learning objectives
- Class outlines
- Required materials lists
- Exercises, self-screeners, & discussion topics
- Tips for preparing & conducting sessions
- Feedback form



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Step 5: Plan Future Developments



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Evaluate Your Program

Assess Future Needs

- How did the sessions go?
- What are possible improvements?
- What would help older adults most?
- Are referral sources available?
- What do we still need to cover?



Other Opportunities

- Discuss these issues in health promotion and lifestyle programs
- Provide self-screen tools at events
- Encourage peer support
- Invite speakers from Alcoholics Anonymous



Promising Practice Guidebook

Promoting Older Adult Health: Aging Network Partnerships to Address Alcohol, Medication and Mental Health Problems

- Education and Prevention
- Outreach
- Screening, Referral, Intervention,
Treatment
- Service Improvement through Coalitions
and Teams



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Promising Practice Guidebook

- Organization Contacts
- Promising Practice
- How It Works
- Getting Started
- Assessment
- Resources and Funding
- Keys to Success





Session 2

Tools to Address Medication and Alcohol Use and Misuse

Experiential Training in Coping with Life Transitions



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Learning Objectives

- Increase understanding that life transitions in older age can lead to problems with alcohol and medications.
- Learn warning signs of alcohol and medication problems - why they are hard to detect among older adults.
- Increase awareness that prevention and screening can identify need for help.



Recommended Sensible Drinking Limits

- NIH recommendations
 - ✓ For men over 65, moderate drinking is no more than one alcoholic drink per day
 - ✓ Older women should drink somewhat less
- No alcohol for people who
 - ✓ Plan to drive
 - ✓ Take medications
 - ✓ Have some medical conditions like diabetes
 - ✓ Are in recovery from alcohol problems



Recommended Sensible Drinking Limits

People should **never drink** alcohol if they

- Take prescription pain medications, sleeping pills, or over-the-counter sleep aids
- Take medication for anxiety or depression
- Have memory problems
- Have a history of falls or unsteady walking



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Alcohol and medication misuse and mental health problems are affected by

- Physiological changes
- Higher use of prescriptions
- Generational attitudes



Challenges

What concerns and attitudes prevent us and older adults from stepping in to help someone we suspect of having a problem with alcohol?





Session 3
*Tools to Address
Depression and Other
Mental Health Problems*

*Experiential Training on Keeping
a Healthy Outlook on Life*



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Learning Objectives

- Increase awareness that mental health problems can be treated and that prevention and treatment are effective.
- Increase comfort and confidence discussing sensitive issues with older adults.
- Understand what aging services providers can do.





Myths and Realities

Myth – Feeling sad or depressed is part of growing old.

Reality – Depression is common among older adults, but it isn't a normal part of aging.





Myths and Realities

Myth – If an older adult says drinking is his or her last pleasure, it is best to allow the person to continue to drink.

Reality – Problem drinking seriously affects physical health and quality of life.



Common Mental Disorders

- Anxiety disorders
- Depression
- Cognitive impairments



Anxiety

- Chest pain or other physical distress
- Chest palpitations
- Shortness of breath
- Dizziness
- Abdominal stress
- Extreme fears



Depression

- An “empty” feeling, ongoing sadness
- Loss of interest or pleasure in activities
- Problems with eating
- Sleep problems, tiredness, lack of energy
- Irritability, feelings of worthlessness
- Trouble focusing, remembering, or making decisions



Cognitive Impairment

- Forgetting recent events
- Not recognizing familiar people and objects
- Forgetting how to do simple tasks
- Problems communicating
- Aggressive behavior
- Getting lost



Mental Health Promotion Messages

- You are not alone!
- These feelings are not your fault.
- Treatment does work.
- See a doctor or other professional,
the sooner the better.



Check Your Mood

Screening can help people recognize possible problems, encourage them to get help, and prevent further health problems.



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Self – Screening

The Geriatric Depression Scale and Michigan Alcoholism Screening Test – Geriatric Version, can be used to help identify problems.

1. Reviews health & raises awareness
2. Does not give diagnosis
3. May motivate to seek help



Summary

- 1 in 4 adults has experienced mental health problems
- Education and screening help
- Treatments are effective

How You Can Help

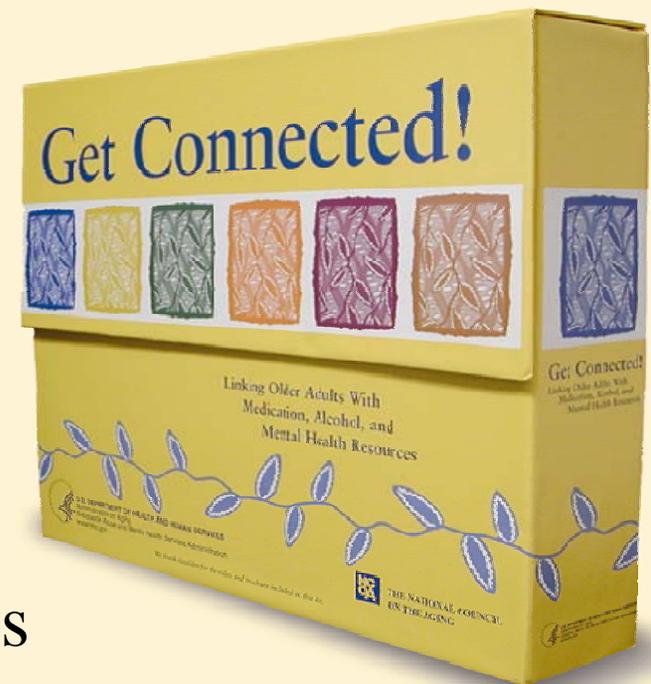
- Learn how to discuss these issues
- Offer self-screeners
- Refer for assessment and treatment





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