

Rush System for Health

Building an Age-Friendly Health System and Community

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Robyn Golden, LCSW
Associate Vice President, Population
Health and Aging
Rush University Medical Center

Disclosures

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CATCH-ON Overview

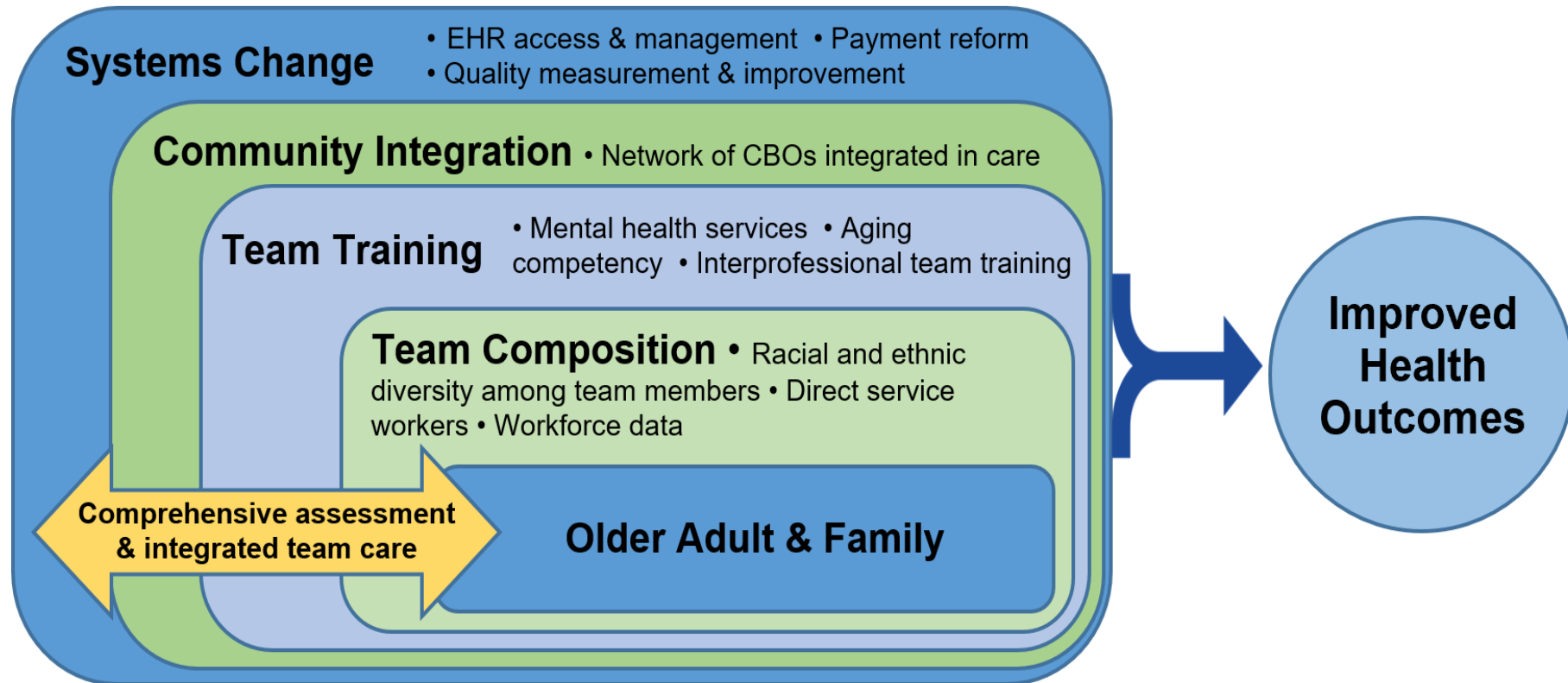
Education

- 4M online education
- Learning Communities
- Interprofessional education
- Matter of Balance training
- Behavioral Pain Management training
- Geriatric competency online modules for mental health professionals
- Health Education About LGBT Elders (HEALE)

Primary Care Transformation

- Create Age-Friendly Health Communities
- Caregiver Identification and Wellbeing Project
- Closing the Loop
- Safe – Home Opioid Management Education (SAFE-HOME)
- Active Listening Training
- Dementia Friends and Dementia Friendly Communities

Age-Friendly Health Communities



Golden, R.L., Emery-Tiburcio, E.E., Post, S., Ewald, B., & Newman, M. (2019). Connecting social, clinical, and home care services for persons with serious illness in the community. *Journal of the American Geriatrics Society*, 67, S412-S418. doi:10.1111/jgs.15900

CATCH-ON Partners



Rush University Medical Center, IL

**Southern Illinois University
Family Medicine, IL**

Shawnee Health Service, IL

Cherokee Health Systems, TN



Cherokee Health Systems: Rural Federally Qualified Health Center (FQHC)

What Matters	Routine advance care planning; integration with the Medicare Annual Wellness Visit (MAWV)
Medication	Clinical pharmacist identification of older adults on high-risk medications; education to providers and older adults
Mobility	Matter of Balance training for staff; older adult education through MAWV
Mentation	MoCA training; Dementia Friends and Dementia Friendly Community dissemination



What is a Dementia Friendly Community?

Cherokee Health Systems (CHS) is committed to educating our patients, families and communities about dementia in order to increase understanding, decrease fear and confusion, and help people living with dementia be safe and as active and independent as possible. You can join us in this mission by becoming a **Dementia Friend**.

What is a Dementia Friend?

A Dementia Friend is anyone who learns about what it's like to live with dementia by watching a series of short videos, then takes action to show their understanding and support.

How do I become a Dementia Friend?

Visit this website (<https://dementiafriendsusa.org/become-a-dementia-friend>), watch a series of short online videos and commit to support those living with dementia in your community. In less than 20 minutes, you can watch the entire series and receive an online certificate naming you as a Dementia Friend!

To learn even more about dementia, including Alzheimer's disease, visit the Alzheimer's Association website at <https://www.alz.org>.

For information about resources for those living with dementia in the Knoxville area, please see <http://www.knoxseniors.org/ssd/>



Age-Friendly Health Community: Engaging Community-Based Organizations (CBOs)



Opioid Medications for Older Adults: What You Need to Know

What are opioids?

Opioids are pain medicines, usually for very bad pain. You need a prescription for them. You might have heard of fentanyl, hydrocodone, morphine, and oxycodone.

What are the side effects of opioids?

- Trouble sleeping
- Feeling confused
- Having low energy
- Constipation
- Being more likely to fall
- Feeling depressed
- Overdosing

How are side effects different for older adults?

Your body processes medicine slower as you get older. Opioids stay in your body longer. You might be at risk for more health problems or side effects from opioids.

Are opioids safe for long-term use?

You can become dependent on opioids after taking them for just a few days. You could also:

- Start to feel you have to take more and more to function
- Still be in pain, even on opioids
- Be at risk for serious side effects, such as an overdose

We now know there are better ways to help with ongoing pain.

- Active Listening Training
- Safe-Home Opioid Management Education (HOME) opioid safety and naloxone education
- Alzheimer's Disease and Related Dementias (ADRD) Workshops

Age-Friendly Health Community: Engaging Diverse Older Adults

- Schaalman Senior Voices

<https://aging.rush.edu/schaalman/what-matters-community/>

- 4Ms Community Brochure

<http://catch-on.org/oaf-home/age-friendly-health-system/>



What Matters: Community

Schaalman Senior Voices extends into the community and offers opportunities for people to share what matters with the CEA and their own communities.

LEARN MORE

Better care for older adults...



It starts with the 4Ms.

In this guide, learn how to improve your health by talking with your health team about the 4Ms:

What Matters, Medication, Mind, and Mobility.

This brochure was co-designed by older adults and family caregivers, in partnership with Rush University Medical Center, and Community Catalyst.

Health is a team effort

A team of providers helped Luis recover from a stroke and move back home – What Matters to him.



Every team is different. **Who's on your team?**



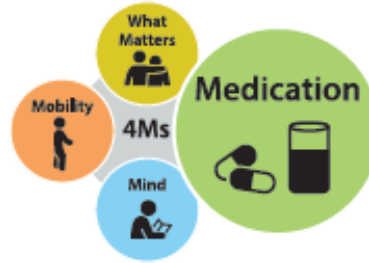
As you age, your needs might change. No matter what's going on, *you* are the person who should decide what's best for your health.

What You Can Do

- ✓ Make a list of questions to ask at each visit.
- ✓ Make sure you agree with everything in your care plan.
- ✓ Make sure your providers have copies of your Healthcare Power of Attorney form.



"I'm the main caregiver for my mom, who has dementia. I wouldn't have it any other way. I work full time, so it would work best to have one person coordinating mom's care."



You might take many medicines now, which can mean more side effects. Some drugs affect us in new ways as we age, too.

What You Can Do

- ✓ Talk with your provider. Make sure you need all of your medicines. Make sure you understand the side effects, too.
- ✓ Ask how medicines interact with each other.
- ✓ Tell your providers about any over-the-counter medicine or natural remedies you take, too.



“When my doctor recommends a new drug, I ask “Why should I take this? What are the side effects? How does it interact with my other medicines?””



Older adults are at risk for dementia (losing mental abilities over time) or delirium (sudden confusion). Depression (ongoing sadness or loss of interest) can be a problem, too.

What You Can Do

- ✓ Get screened for dementia and depression yearly.
- ✓ To avoid delirium, take medicines as prescribed. Watch for infections, which can cause confusion, too.
- ✓ If you become confused suddenly, get help right away. Sudden confusion is a medical emergency.



"My generation may not like to talk about depression, but still we must. Depression is not a normal part of aging. It's treatable."



It's also important to think about how to get around safely as we get older.

What You Can Do

- ✓ Talk with your providers about how you get around at home or go from place to place. What's working or not?
- ✓ Ask about exercises to get strong, flexible, and improve balance.
- ✓ Check your home for rugs or missing handrails that can cause falls. These safety problems are easy to fix.

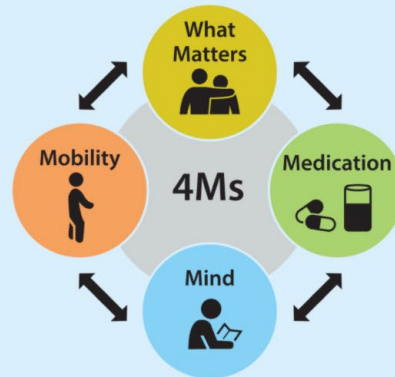


*"What Matters to me?
My independence. I'd like
to stay in my own home
as long as possible."*

The 4Ms are all connected...

What matters to me? I want to keep active so I can avoid falls and keep up with my grandkids!

Do I really need all these medicines? I prefer a natural solution and plan to ask about that.



Going from a cane to a walker in one year was a big loss and I felt depressed.

My medicine made me confused and I lost my balance.

LEARN MORE ▶

www.catch-on.org
(800) 757-0202

For More Information

Robyn Golden, LCSW

Associate Vice President, Population Health and
Aging

Co-Director, Center for Excellence in Aging
Rush University Medical Center

Email: Robyn_L_Golden@rush.edu

Phone: 312-942-4436

<http://catch-on.org/>

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