

2017 Forum on Aging in Rural Oregon



THURSDAY, APRIL 20

8:00 – 9:00	Breakfast	<i>Gorge Room</i>
9:00 – 9:15	Welcome: Scott Ekblad, Director, Oregon Office of Rural Health	<i>Gorge Room</i>
9:15 – 10:00	PLENARY SESSION: Fighting Ageism Sarah Kagan, PhD, RN, Lucy Walker Honorary Term Professor of Gerontological Nursing, University of Pennsylvania Discrimination based on age is commonplace across America. However, the contexts in which we find ageism shape the nature, focus, and type of discrimination expressed and experienced. In fighting ageism, I aim to explore various expressions of ageism – especially those common in rural and frontier communities – and to collaborate in developing solutions to abolish this pervasive form of discrimination.	<i>Gorge Room</i>
10:00 – 10:30	Break, tour of Casey Eye Institute Outreach Van	<i>Parking Lot near the Gorge Room</i>
10:30 – 11:30	CONCURRENT SESSIONS:	
Session 1	Achieving Person-Centered Age-Friendly Care Sarah Kagan, PhD, RN, Lucy Walker Honorary Term Professor of Gerontological Nursing, University of Pennsylvania Most health and social care aims to care for all, equally. Nonetheless, current models of care are generally not effectively designed to meet the needs of older people. In this talk, I discuss two major models for elder care – person centered care and age-friendly care - and explore their application in rural and frontier communities and institutions.	<i>Riverview Room</i>
Session 2	Community-Based Palliative Care in Florence Donna Becker, MSW, Palliative Care Social Worker, PeaceHealth Peace Harbor Medical Center; Stephen Kerner, DO, PeaceHealth Peace Harbor Medical Group Studies have shown that many patients die prolonged and painful deaths, receiving unwanted, expensive and invasive care. The benefits of palliative care have now been shown in multiple clinical trials. Home-based palliative care programs have been associated with significant reductions in total Medicare costs, fewer hospitals admissions, and an increase in hospice utilization in the final months of life. The Peace Harbor Palliative Care team currently consists of a physician, Dr. Kerner, a Medical Social Worker, Donna, and a Medical Office Assistant. The program is currently managing the care of approximately 100 patients. The program has had a number of successes. There has been a 37% decrease in Emergency Department use for the facility-based patients, patients are being referred to the hospice care in a timely manner, there is a focus on advance care planning and patients give positive feedback.	<i>Shoreline Room</i>

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Session 3 **Understanding Tension Between the Generations**

Julie Reynolds, PhD, Consulting Gerontologist

Members of the Silent Generation, Baby Boomers, Gen X-ers, and Millennials seem to have different ways of communicating, working, living, and socializing. These factors can lead to tension among the generations, and make interaction difficult. The problems may be greater in rural areas, with less exposure to societal changes. How can we bridge the gap?

Columbia Room

11:30 – 1:00 **Networking Lunch**, tour of Casey Eye Institute Outreach Van

Gorge Room

1:00 – 2:00 **CONCURRENT SESSIONS:**

Session 1 **Rural Resources for the Older Patient**

Anna Williams, MSW, Project Coordinator, Volunteers-in-Action, Providence Hood River Memorial Hospital; Verian Wedeking, Outreach Program Administrator, OHSU Casey Eye Institute; Marvin Pohl, MSW, LCSW

During this panel discussion, conference attendees will learn about the scope of service of the Casey Outreach Program and partnership opportunities to provide no-cost medical eye exams to their communities. Anna Williams will discuss Volunteers in Action, a program of Providence Hood River. This program uses volunteers to help older adults and people with disabilities live independently and pursue wellness on their own terms. Anna will discuss how to set up a similar program in your community and answer questions about the limitations of the program. Mr. Pohl will talk about Area Agencies on Aging and the services they provide in rural Oregon.

Columbia Room

Session 2 **The Homecare Workforce: How Can You Get Involved?**

Cheryl Miller, Executive Director, Oregon Home Care Commission

This session is for Community Champions looking for opportunities to recruit individuals in their community to the homecare workforce as a worker, trainer, or business owner.

Shoreline Room

Session 3 **Lessons to be Learned: Elders in Hispanic and Native American Communities**

Joel Pelayo, Lead Health Promoter, The Next Door; Maria Antonia Sanchez, Lead Community Health Worker, The Next Door; Delores Pigsley(Siletz), Chair, Confederated Tribes of Siletz and Tribal Delegate, National Indian Council on Aging; Michelle Singer(Navajo), Project Manager, Center for Healthy Communities, & Senior Research Assistant, OHSU-PSU School of Public Health

In this session, we will share characteristics of elder Latino population perspectives, cultural values as family, and traditions. We will also discuss how culture helps to define values within a community or family. The American Indian & Alaska Native foundational values and customs are specific to each tribal nation, however, one value is common, "Respect Your Elders." Elders are often referred to as "Wisdom Keepers" and often looked to for guidance, suggestion, and direction on many matters ranging from policy, leadership, historical perspective, and social conscience. Michelle Singer will discuss the Navajo cultural role of children to an aging parent & inherent responsibility of native people to the Native elder community.

Riverview Room

2:00 - 2:30 **Break**, tour of Casey Eye Institute Outreach Van

Parking Lot near the Gorge Room

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2:30 - 3:30

CONCURRENT SESSIONS:

Session 1 **Meeting the Behavioral Health Needs of Older Adults and Adults with Physical Disabilities in Rural Oregon**

Columbia Room

Diana White, PhD, Senior Research Associate, PSU Institute on Aging; Kris Boler, Older Adult Behavioral Health Manager, Greater Oregon Behavioral Health, Inc.; Rod Harwood, MDiv, MA, BCC, Older Adult Behavioral Health Specialist, Greater Oregon Behavioral Health, Inc.

The Older Adult Behavioral Health Initiative (OABHI) is composed of a network of professionals with expertise in aging and behavioral health. These OABH Specialists work within their communities to improve planning and coordination to reduce gaps in services, complex case consultation, workforce development, and community education for older adults and adults with physical disabilities. This session will provide an overview of the Initiative and present preliminary evaluation findings. OABH Specialists will describe their own work to address needs in rural communities, including successes and challenges. Resource information, including how to connect with OABH Specialists and resources in your community will be provided.

Session 2 **Medicaid, Dual Eligibles and Where to Turn for What**

Shoreline Room

Moderator: Mark Thomas, MDiv, BCC, Providence Hood River Memorial Hospital; David Brehaut, District Manager, DHS Aging and People with Disabilities; Rachel Larive, Senior Health Insurance Benefits Assistance Programs (SHIBA); Kristi Murphy, Program Analyst, Department of Human Services

Mr. Brehaut will discuss Medicaid services, Ms. Murphy will discuss how to access services and Ms. Larive will discuss Medicare

Session 3 **Share the Care: Organizing to Support Caregivers**

Riverview Room

Claire Culbertson, MPH, Advisory Board Member, Volunteers-in-Action, Providence Hood River Memorial Hospital

In this presentation, participants will learn how to utilize the caregiver support model, Share the Care, based on the book, Share the Care – How to Organize a Group to Care for Someone who is Seriously Ill, by Capossela and Warnock. Share the Care provides an organized and structured approach on how to create a caregiver team, comprised of friends, relatives, neighbors, faith community members, and others, to provide individuals and families with help to meet the daily challenges of aging or disability. From coping with emotional needs to providing transportation to appointments, from handling ongoing household chores to helping with personal needs, Share the Care insures that the person with the need and their family has the support necessary so no one has to do this very difficult task alone.

3:30 - 4:30

PLENARY SESSION:

The Whys and How-Tos of Creating an Age-Friendly Community

Gorge Room

Margaret Neal, PhD, Director, PSU Institute on Aging

This presentation will discuss how and why the age-friendly communities movement is growing and the reasons why creating an age-friendly community makes sense, based on two key premises: Older adults are a growing resource presenting a set of often-overlooked opportunities, and an age-friendly community can benefit people of all ages and abilities. Results from a business case synthesizing the results of research conducted by academics, government agencies, non-profit organizations and corporations will be shared, along with ways in which this information can be used to further age-friendly efforts.

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FRIDAY, APRIL 21

8:00 - 9:00

Breakfast

Gorge Room

Oregon's Long Term Care Ombudsman Program - Rural Provision Implications

Todd Steele, MPA, Deputy State LTC Ombudsman, District 6

The presentation provides a primer on the Federal Long Term Care Ombudsman Program as a part of the Older American's Act, as well as greater detail on how the Oregon LTC Ombudsman is structured and administered. Observations and implications of providing LTC Ombudsman services in Rural Oregon will be explored.

9:00 - 10:00

CONCURRENT SESSIONS:

Session 1

Caring for Caregivers: An Overlooked Problem

Riverview Room

Marcy Houle, biologist and author, *The Gift of Caring*

Studies show that 66 million Americans are caring for someone - a parent, spouse, child, family member, friend. With the burgeoning growth of people over 65, it is predicted that, in twenty years, nearly every middle aged person will be caregiving someone. While the individual needing care gets attention, caregivers usually do not. This can lead to caregiver burnout, depression, fatigue, and medical problems of their own. This session, taught by an author and caregiver who experienced 14 years of caring for her parents, will highlight seven effective strategies detailed by Elizabeth Eckstrom, MD, in their book, *The Gift of Caring*, of what caregivers can do to prevent their own debilitation and meet the demanding job with success.

Session 2

Policy Solutions: A Brainstorming Session

Columbia Room

Jon Bartholomew, Director, Government Relations, AARP Oregon

What are the public policy issues facing an aging population in Oregon? How do these issues differ in rural Oregon? What policy ideas do you have to address the needs of Oregon's rural senior citizens? Join us for an interactive conversation where we may come up with creative new ideas to address the needs facing rural older Oregonians.

Session 3

Rural Retirees: There's Gold in Them Thar Hills!

Shoreline Room

Bonnie New, MD, MPH, Aging in the Gorge Alliance

A conversation about elders in a community often concentrates on special needs and problems of elders, but there's a different and shiny side to that coin. Elders, usually retired, can bring lots of positive things too - time, experience, skills, enthusiasm, and money. And many of their needs can be assets, too - the need for connection, interactivity, purpose, belonging, and stimulation. We will explore the various ways in which retirees can benefit their communities, and what communities can do to make the most of this asset.

10:00 - 10:30

Break

10:30 - 11:30

CLOSING PLENARY SESSION:

Innovative Programs Serving Elder Communities

Gorge Room

Derenda Schubert, PhD, Executive Director, Bridge Meadows

The Stanford University Center for Longevity reports that there are three key areas associated with long life - financial security, health and social connections. Many cultures around the world have this figured out and live naturally in a three generation setting establishing the cultural norms, sharing traditions, providing learning from life experiences and safety to the community. Imagine a community where all generations know they belong to something bigger than themselves. In a Bridge Meadows intentional, intergenerational community, a strong community fabric is created to provide all generations with a sturdy foundation to weather life's trials and tribulations and to celebrate life.

11:30 - 11:45

WRAP-UP AND ANNOUNCEMENT:

The Elder Service Innovation Grant Program

Gorge Room

Scott Ekblad, Director, Oregon Office of Rural Health