

2018 Forum on Aging in Rural Oregon

Wednesday, May 16

PRE-FORUM WORKSHOP

8:00— 12:00 **Challenging Behaviors: Working with Individuals Who Have Brain Injury, Stroke and Other Neurological Changes** *Cayuse Hall*
Sherry Stock, ABD/PhD, MS, CBIST, Executive Director – Neurogerontologist, Brain Injury Alliance of Oregon

FORUM

1:00 – 1:15 pm **Welcome & Opening Remarks** *Cayuse Hall*
Scott Ekblad, Director, Oregon Office of Rural Health

1:15—1:45 pm **Care of Native American Elders in Indian Country?** *Cayuse Hall*
Rex Quaempts, MD, Clinical Director, YellowHawk Tribal Health Center
Elders are a vital part of the Native American culture. They play an important role in the Tribe, and are accorded a level of respect not often found in other places. Dr. Quaempts will provide an overview of demographics and services provided at Yellowhawk Tribal Health Center, and talk about how local elders are assisted in accessing services.

1:45—2:30 pm **Introductions** *Cayuse Hall*

2:30—3:00pm **Break**

3:00—3:55 pm CONCURRENT SESSIONS

Track 1 **Meeting the Social and Emotional Needs of Isolated Older Adults: Two Pilot Projects** *Tucannon/Palouse*

Sean Connolly, MS, Older Adult Behavioral Health Specialist, Jackson County
Todd Trautner, MS, Oregon Senior Peer Outreach Program Supervisor, Community Counseling Solutions

Janet Holboke, MSW, LCSW, Older Adult Behavioral Health Specialist, Greater Oregon Behavioral Health, Inc.

1. Reach Out: Meeting People Where They Are

The Reach Out program is designed to engage collaboratively with people where they are, many of whom have been estranged from services or never sought them before. Once clients are identified, a clinician goes into the home and provides a thorough assessment utilizing a variety of screening tools, and provides brief therapeutic services. Reach Out can assist individuals with overcoming obstacles so they can choose to take advantage of available resources needed to improve quality of life and well-being.

2. Oregon Senior Peer Outreach

This peer-led program links isolated older and younger disabled adults with Peer Support Specialists. Trained in the evidence-based model of Intentional Peer Support (IPS), these paid, supervised senior peer support specialists form a meaningful, reciprocal relationship through weekly scheduled calls intended to reduce risk, isolation and loneliness while moving toward meaningful relationships and activities.

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3:00—3:55 pm

CONCURRENT SESSIONS (cont.)

Track 2

Supporting Caregivers: AAA & Veterans Programs

Columbia

Karen Prout, Manager, Services for Independence, Community Action Program of East Central Oregon
Kelly Breshears, Assistant Director, Aging Veterans Services, Oregon Department of Veteran Affairs

Panelists will discuss Area Agency on Aging services to support caregivers including programs such as the Family Caregiver Support Program & Powerful Tools for Caregiving and services such as joint work with hospitals to identify caregivers and referrals, ADRCs- Options Counseling and phone and web information with a focus on the challenges of providing these programs in rural areas. The Oregon Money Management Program, Preventative Health as well as Oregon Department of Veterans Affairs caregiver programs and services related to Aging Veterans such as conservator/rep payee, volunteer, respite, non-service connected pension and the purchase care program which pays for caregivers and caregiving will be discussed. Issues such as burn-out and respite needs, finding providers, aging of population in rural areas, outreach and community resource access issues will be covered.

Track 3

How to Address Firearm Safety with the Rural, Suicidal Patient

Snake

Susan Keys, PhD, Public Health Program Development Consultant
Laura Pennavaria, MD, Chief Medical Officer, St. Charles Health System

This presentation will draw on the presenters' suicide prevention research and training expertise in rural primary care practices. The goal is to increase the capacity of rural health care providers to deliver suicide prevention services in primary care settings. The session will include the results of research with central Oregon firearm owners on firearm safety and implications for conversations about firearm safety among primary care providers, patients at risk of suicide, family members and other care givers.

4:00– 5:00 pm

PLENARY SESSION

Cayuse Hall

The Meaning of Health and Health Care for Older Adults in Rural Oregon

Darcy Mize, EdD, MSN, RN; Assistant Professor of Nursing; OHSU-SON Klamath Falls Regional Campus

Tamara Rose, PhD, RN; Assistant Professor, Campus Associate Dean, OHSU-SON Klamath Falls Regional Campus

The presenters conducted a study in 2017 to describe the meaning of health and healthcare from the perspective of people 75 years and older living in Lake and Harney Counties. The goal was to inform the nursing community, other health care providers, and community stakeholders who are working to eliminate health care disparities for older people. The research approach was culturally sensitive to this particular rural setting, and allowed for the identification of participants' unique strengths and concerns. This presentation reports the findings of the study and offers an opportunity for attendee discussion.

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8:00— 9:00

Breakfast, Announcements

Cayuse Hall

9:00—10:00am

CONCURRENT SESSIONS

Track 1

Non-Emergent Medical Transportation in Rural Oregon

Tucannon/Palouse

Angie Peters, Union County Public Transit Manager, Northeast Oregon Public Transit, Community Connection of Northeast Oregon, Inc.

Connie Guentert, County Manager for Community Connection, Wallowa County

The health of the community is measured in the health of its residents, and one of the most challenging barriers to medical care for Seniors and People with Disabilities is access. This presentation will look at rural programs currently providing access through multiple Non-emergent Medical Transportation Programs in Oregon. Rides to Wellness, Highly Rural Veterans Transportation, Special Transportation Fund, and Brokered OHP/Medicaid programs all lessen the burden of healthcare for aging Oregonians.

Track 2

Understanding Guardianships

Columbia

Honorable Judge Christopher R. Brauer, JD, Umatilla and Morrow Counties

J. Glenn Null, JD, Elder Law Attorney

Marita Somerville, MS, Clinical Gerontologist/Court Visitor

All adults are presumed to be legally competent to make decisions regarding self and estate unless determined in a court of law to be otherwise. Appointment of a guardian results in loss of the right to make choices about residency, health care, medication, relationships, marriage, contracts, voting, driving, use of leisure time, and spending. The potential deprivations of freedom, as well as the risk of petitions that are primarily motivated by potential gains for the guardian, point to the importance of due process in guardianship cases. This facilitated discussion will explain decisional capacity, the elements required to obtain a guardianship, and how the court appoints an individual or agency to be the substitute decision maker and supervisor for decisions regarding the day-to-day life of the protected person. The distinction between legal versus clinical definitions of incapacity is emphasized because clinicians may easily confuse clinical and legal uses of the term and thus intervene without legal authority.

Track 3

Native Dental Therapy Initiative

Snake

Christina Peters, Project Director, Native Dental Therapy Initiative, Northwest Portland Area Indian Health Board

This session will provide an overview of what dental therapy is and why Tribes in Oregon, Washington, and Idaho are pursuing dental therapy as an option for their dental teams, an update on dental therapy in Oregon, and a discussion on the role of an expanded dental team in caring for the aging population in rural Oregon.

10:05—10:30am **Break**

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10:30—11:30am

CONCURRENT SESSIONS

Track 1

Supporting Rural Caregivers: Telehealth Delivery of Powerful Tools for Caregivers

Tucannon/Palouse

Leslie Congleton, Program Director, Powerful Tools for Caregivers
Anna Tollenaar, Project Specialist, Powerful Tools for Caregivers

The presenters will provide updates from the evidence-based caregiver education program, Powerful Tools for Caregivers (PTC). PTC is a national nonprofit based in Oregon. The PTC curriculum has been proven to help caregivers improve self-care behaviors, manage emotions, increase confidence, and use community resources. PTC has been piloting a telehealth/online video version of the class series, in order to reach caregivers who live remotely or are unable to attend an in-person class due to the needs of their care receiver. With attendees, the presenters will discuss ways to provide support and resources to caregivers in rural communities.

Track 2

POLST: What's New and What Can We Do Better?

Columbia

Susan Tolle, MD, Director, Oregon Health & Science University Center for Ethics in Health Care

Valerie Jimenez, Executive Director, Oregon POLST Program

The purpose of this session is to clarify the use of POLST (Physician Orders for Life-Sustaining Treatment) for health care providers, community members and elder care professionals. Learn the details of how and when to talk about POLST and how to best use the POLST form in different care settings. By session's end, you will understand how Advance Directives and POLST work together; what the myths and misunderstandings are about POLST; and will have learned skills for having goals of care conversations.

Track 3

The Rural Medical Practitioner: Using Technology to Bridge Gaps in Care

Snake

Melinda Riter, MD, PhD, Mid-Columbia Medical Center; Assistant Professor, Oregon Health & Science University

Rural populations suffer worse health outcomes due to lack of access to specialty care. As aging rural populations grow, these disparities in access will worsen. To combat this, new initiatives are emerging to provide specialty training to primary care providers and use specialists to remotely care for patients. This talk will cover programs and technology in Oregon to help patients connect to specialists and get the best collaborative care in their local community.

11:30—1:00pm

Lunch & Roundtable Discussions

Cayuse Hall

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Thursday, May 17 (cont.)

1:00—2:00 pm

CONCURRENT SESSIONS

Track 1

Coming OUT across the Ages: Providing Dignity-Affirming Care for Elder Lesbian, Gay, Bisexual, and Transgender (LGBT+) Individuals in Rural Oregon *Tucannon/Palouse*

Melissa Adams, MSW, LCSW

Many more rural Oregonians are identifying openly as members of the LGBT+ community every day and are seeking medical care that is affirming, inclusive and welcoming of their identities; this is of special significance for Transgender patients in particular. Conversely, many medical providers feel inadequately prepared for serving the unique health needs of the LGBT+ population in a respectful and affirming manner and are requesting assistance and resources to better care for this segment of their community. Additionally, rural healthcare providers may be unaware of existing local, rural health care resources to help meet the needs of the LGBT+ community in an affirming, inclusive and welcoming manner without having to travel hundreds of miles to the Portland metropolitan area.

Track 2

Accessible Healthcare and Age-onset Disabilities: Rights & Responsibilities Under the Americans with Disabilities Act *Columbia*

Michael Richardson, MPA, Director, Northwest ADA Center

This PowerPoint presentation and discussion will assist participants in understanding the rights and responsibilities of physical access for people with mobility-related disabilities and effective communication for people with hearing, vision, and cognitive disabilities in medical settings. Discussion will include healthcare access for those with age-onset disabilities, an overview of accessible exam rooms and ADA resources for training and technical assistance support.

Track 3

Geriatric Traumas, Trauma Transfers & the Role of the POLST System in Trauma *Snake*

Jessica Ballou, MD, MPH, General Surgery Resident, Oregon Health & Science University

Trauma is a major source of morbidity and mortality for elderly individuals. Elderly patients may be severely injured by low impact events, such as falls, and have been shown to have worse outcomes than younger patients with similar injuries. Each year, hundreds of elderly patients are transferred from their local hospitals in the Pacific Northwest to OHSU. Often, patients are not familiar with the transfer process until they or a close family member are acutely ill or injured. This presentation will provide an overview of geriatric trauma in the state of Oregon, describe the indications for and methods of transfer to Level 1 or 2 trauma centers, and demonstrate how the POLST registry plays a role in the care of the elderly trauma patient to ensure that the patient's goals and wishes are met.

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2:05—3:05pm

CONCURRENT SESSIONS

Track 1

The Latino Experience in Social Services

Tucannon/Palouse

Carolyn Mendez-Luck, PhD, MPH, Associate Professor of Health Management and Policy / Human Development and Family Sciences, Oregon State University

The demand for informal, family care is likely to increase in the coming decades because of the aging of the population, especially in Oregon where the percentage of older adults is higher than the national average. The Latino population is also aging and growing at higher rates than other racial/ethnic groups, making elder caregiving a central issue for this population for two main reasons. First, older Latino adults prefer family care over formal services, and they utilize services at lower rates than elders from other racial/ethnic groups. Second, older Latino adults arrive at old age in poorer health than their white counterparts, potentially making caregiving a more intensive experience for family caregivers. This subject should be of interest to healthcare and social services providers who work with the Latino population, as well as a general audience who wishes to know about Latino aging in the state of Oregon.

Track 2

The ABCs of Adult Foster Homes

Columbia

Lynette Caldwell, Adult Foster Home Program Manager, Oregon Department of Human Services

Mike Warner, Licensing Supervisor for District 12 – Umatilla and Morrow County

Oregon led the way in 1981 when the Adult Foster Home (AFH) model of care was conceived. This dynamic system allows older adults and adults with physical disabilities to remain in a home-like environment while receiving the care they need from dedicated people willing to open their hearts and homes to those who need it most. This session is meant to provide insight for those looking to know more about the Adult Foster Home program in Oregon, whether you are looking to license or need to find a foster home in your area. We will share all you need to know about becoming a licensed provider: the good, the great and the sometimes challenging. We will also discuss how to choose the right foster home for your loved one – you will learn what to look for, helpful questions to ask a potential provider, and how to use the tools available.

Track 3

Geriatric Polypharmacy

Snake

Kimberly Lovato, MS, PA-C, Assistant Professor, School of Physician Assistant Studies, Pacific University

This session will provide a brief review of common medications that cause difficulties with the aging population. Guidelines on developing an approach to reducing these medications, lowering the risk of adverse events and increasing patient quality of life. Polypharmacy is defined as 5 or more prescribed medications. This lecture will focus on patients aged 65 or older who are prescribed 5 or more medications.

3:05—3:30pm

Break

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3:30—4:30pm

PLENARY SESSION

State Planning to Support Older Adults

Cayuse Hall

Deborah McCuin, BA, MEd, Program Analyst, State Unit on Aging, Oregon Department of Human Services

Kirsten Aird, MS, Cross-Agency Systems Manager, Public Health Division, Oregon Health Authority

This session is an opportunity to learn more about how state agencies are working to support older Oregonians. Come hear about the new State Plan on Aging from the Department of Human Services Aging and People with Disabilities program and the State Health Improvement Plan of the Oregon Health Authority including how these plans and other state agency initiatives address healthy aging. Area Agencies on Aging local plans to meet community needs and achieve state plan goals will also be discussed.

Friday, May 18

8:00—9:00am

Breakfast, Announcements

Cayuse Hall

9:00—9:55am

CONCURRENT SESSIONS

Track 1

Innovative Services for Rural Elders: Two Projects

Tucannon/Palouse

Sharon DeHart, PA-C, Physician Assistant and District Manager, Deschutes Rim Clinic, Maupin
Nora Healey, FNP, Family Nurse Practitioner, Strawberry Wilderness Clinic

The Oregon Office of Rural Health's Elder Service Innovation Grant was awarded to train one of our staff, Tamarra Ferguson, as a Medical Assistant/Community Health Social worker to help provide in-home visits, safety assessments, medication reconciliations, and vital sign checks on some of our more fragile out-lying population. We now also have a second Medical Assistant/EMT who is making home visits. One of the most noticeable markers of these visits is the seniors' isolation. Tamarra has developed the BIRP program (Beginning Intergenerational Relationship Program) to start matching, one-on-one, a student with an elder community member to participate in group meetings and projects with the intent of improving social connectivity and resources for our elders, and improving outcomes for our youth.

The Tai Chi for Grant County Program was initially developed to promote exercise and decrease falls in older adults within the community. The barriers of cost and transportation were removed to improve access. The program was initiated in John Day in June 2017 with plans to expand to other parts of Grant County in 2018. This presentation will discuss the planning, development, implementation, and adjustments made for the program to be a success, all of which can be used as a guide to develop similar programs in other cities.

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9:00—9:55am

Track 2

CONCURRENT SESSIONS (cont.)

Healthy Communities: A Framework to Achieve Inclusion of Elders and Persons with Disabilities

Columbia

Angela Weaver, MEd, Project Coordinator, Oregon Office on Disability and Health
Joseph Lowe, Program Analyst, Aging and People with Disabilities, Oregon Department of Human Services
Darrin Umbarger, CEO, Clearview Disability Resource Center

This presentation will describe an assessment and implementation framework that drives public health action called the Community Health Inclusion Index (CHII). The purpose of the CHII is to enhance community health inclusion through program, policy, systems and environmental changes. The CHII can be used by public health professionals and community coalitions to examine the supports needed to improve active living among persons who experience mobility, cognitive and/or sensory limitations. Oregon was one of five states to receive federal funding to pilot the CHII in Benton and Umatilla Counties. Successes, lessons learned, and next steps will be discussed.

Track 3

Interprofessional Team Approaches to Reducing Falls In Rural Communities

Snake

Elizabeth Eckstrom, MD, MPH, Professor & Section Chief, Geriatrics, Division of General Internal Medicine & Geriatrics, Oregon Health & Science University
Glenise McKenzie, PhD, RN, Associate Professor of Nursing, Oregon Health & Science University

This workshop will share best practices for primary care team-based interventions to reduce falls by older adults in rural settings. The presenters will briefly review the CDC's STEADI (Stopping Elder's Accidents, Deaths, and Injuries) falls prevention initiative, share tips we found to be successful when rolling out falls prevention in primary care, and leave plenty of time for group discussion and brainstorming ways to improve fall prevention in your local communities.

10:00—11:00am

Track 1

CONCURRENT SESSIONS

Meeting Aging Adults Where it Hurts in Rural Oregon

Tucannon/Palouse

Stephen Kliewer, MS, MDiv, DMin, Director Emeritus, Wallowa Valley Center for Wellness

This session will explore ways to help seniors as they deal with issues that are common among that age group, but often not addressed in traditional approaches to care - chronic pain, spiritual/emotional pain, and relational needs. This presentation will help participants clearly understand the components of an effective pain management program for seniors and will focus on the major components of such programs: yoga, mindfulness, psycho-education, and ACT (Acceptance and Commitment Therapy). Participants will learn how a variety of agencies can work together to make such a program successful and leverage resources to make the effort sustainable, even in smaller communities.

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Friday, May 18 (cont.)

10:00—11:00am **CONCURRENT SESSIONS (cont.)**

Track 2

Yellowhawk Tribal Health Center's Community Wellness Program

Columbia

Track 3

Oral Health of Older Adults—Present Status, Future Challenges and Opportunities

Snake

Karen Phillips, MPH, RDH, EPP, Oral Health Program Analyst, Oregon Health Authority
Richie Kohli, BDS, MS, Assistant Professor, Department of Community Dentistry at Oregon Health & Science University

Eli Schwarz, KOD, DDS, MPH, PhD, Professor and Chair, Department of Community Dentistry at Oregon Health & Science University

This presentation will be a panel style discussing the oral health situation in the older adult population and various oral health initiatives in Oregon. Additionally, we will provide recent data on oral health status and attitudes among seniors in Clackamas County and their caregivers. We will also assess the challenges that lie ahead in this field with regard to training, provision of care and health policy issues.

11:00—11:15am **Break**

PLENARY SESSION

11:15—11:45am

Providence ElderPlace & the PACE Model of Care

Cayuse Hall

Lori Frank, MBA, Director of PACE Services, Providence ElderPlace - Portland

The PACE program (Program of All-Inclusive Care for the Elderly) is a model of comprehensive care that offers health, housing, social service and care coordination solutions to older adults and peace of mind to their families. This session will describe the PACE model and how it is implemented through the Providence ElderPlace Program in both urban and rural communities in Oregon.

11:45—12:00pm

Forum Wrap up

Cayuse Hall