

2020 Forum on Aging in Rural Oregon

May 27-29 | The Riverhouse on the Deschutes | Bend

Track SS: Social Services | Track CA: Community Approaches to Support Aging | Track C: Clinical

Wednesday, May 27

*PRE-FORUM WORKSHOP FOR LONG-TERM CARE PROVIDERS

- 8:00 – 9:00 AM** **Changing Perspectives: A Strength-Based Approach to Planning Activities**
Sarah Foidel, OTD, OTR/L, Pacific University
 As people age, they often lose opportunities to engage in meaningful activity. Due to fatigue and workload, caregivers may focus on managing difficult behaviors. By changing their perspectives to a care plan based on the elder's remaining strengths, caregivers can maximize elders' engagement in joyful interactions and activities. Learn how to maximize potential and identify how to bring out residents' strengths to engage in more meaningful activities.
- 9:15 – 10:30 AM** **Assistive Technology**
Brian Sacre, Access Technologies Inc.
Kevin Robeke, Oregon Public Utilities Commission
 Presenters will educate attendees about state assistive technology programs including, Oregon State Assistive Technology Program (OSATP), National Deaf Blind Equipment Distribution Program (NDEDP), and Telecommunication Devices Access Program (TDAP). The assistive technologies each program offers will be described as well as eligibility, benefits, how to select a potentially expensive piece of technology, and how to get connected to affordable phone and internet services.
- 10:45 – 11:45 AM** **Vicarious Trauma & the Long-Term Care Provider: How to Support Mental Wellness in the Care Provider**
Halley Read, MOT, OTR/L, Pacific University
 Among the many challenges healthcare providers and systems face, is the impact of the provider-client relationship and vicarious trauma. With its unique characteristics, long-term care can often mean longer exposure to the negative effects of vicarious trauma, poor self-care and provider burnout. This presentation will engage participants in hands-on learning to develop skills and tools to mitigate these negative impacts and build resiliency.

**Pre-Forum Workshop can be standalone but is included with Forum registration. Please indicate attendance with regular Forum registration or simply register for the Pre-Forum Workshop.*

FORUM ON AGING IN RURAL OREGON

1:00 – 1:30 PM **WELCOME, OPENING REMARKS & INTRODUCTIONS**

1:40 – 2:40 PM **PLENARY PANEL**

Facilitating Aging in Place

Howard Johnson, Rebuilding Together Rogue Valley

TBD, Pacific Crest Affordable Housing

Kevin Roebke, Oregon Public Utility Commission

Brian Sacre, Oregon's Assistive Technologies Inc.

Aging in place comes with a myriad of components including physical, environmental, technological and social. This panel will discuss various facets of the complex and vital phenomenon we call aging in place.

2:50 – 3:50 PM **CONCURRENT SESSIONS**

Track SS

Hooah and Health: The Implications of Military Service Later in Life

Lacey Carter, Oregon Dept. of Veterans' Affairs

Kelly Breshears, Oregon Dept. of Veterans' Affairs

Explore the long-term implications of military service on all aspects of health. Considerations for providers serving aging veterans will include military cultural competence, and person-centered care and services.

Track CA

Disaster Preparedness for Older Adults and Their Caregivers

Lauren Kraemer, MPH, Oregon State University Extension Service

Older adults face unique challenges preparing for and in the aftermath of natural disasters. This population can be among the hardest hit by hurricanes, floods, winter storms, heat events, and extended power outages. Learn the many reasons older adults are at a particular disadvantage during disasters and how to help them and their families think through and prepare for a variety of scenarios.

Track C

Providing Specialized, Emergency Care to the Aging Population in Rural Oregon Through Geriatric Emergency Department Accreditation

Crystal Bowman, PhD, RN, MSN-Ed., Samaritan North Lincoln Hospital

Older adults require specialized emergency care, especially in rural communities. Samaritan North Lincoln Hospital, a Critical Access Hospital in Lincoln City, Oregon, has committed to delivering appropriate, safe, patient-centered care to the aging population by becoming an accredited Geriatric Emergency Department (GEDA). Attendees will learn about the process and benefits of GEDA.

3:50 – 4:20 PM **CHEESE & CRACKER BREAK WITH PARTNERS**

4:20 – 5:20 PM **CONCURRENT SESSIONS**

Track SS

Medicare 101

Miranda Mathae Amstutz, State of Oregon Senior Health Insurance Benefits Assistance

Medicare can be complicated to navigate. The SHIBA program provides Oregonians free and objective information on all things Medicare to bring clarity and understanding on Medicare rights and choices.

Track CA

Grandma's Porch 2020: Preventing Falls, Preserving Homes, Saving Lives **Sharon Johnson, M.S. CG CAPS, Rebuilding Together Rogue Valley** **Howard M. Johnson, Rebuilding Together Rogue Valley**

The presenters have developed an innovative, all-volunteer approach modeled after the Johns Hopkins University School of Nursing CAPABLE program (Community Aging in Place—Better Living for Elders). Learn about their program that partners trained volunteers with licensed and bonded handymen to assess and remedy elders' difficulties with accessibility, bathroom safety and environmental hazards. For three years, Grandma's Porch has served 700+ elders with proven results in reducing injury falls and increasing independence in activities of daily living. In 2020, Grandma's Porch is taking their fall prevention ideas into even more remote, rural areas of Jackson and Josephine counties. Measures of success include reduced hospitalization or re-hospitalization due to an in-home fall.

Track C

Mental Health Services for the Home Bound Elderly **Eliezer Schwartz, Ph.D., Pacific University**

The paucity of adequate health and mental health services to homebound elders is particularly apparent with the rural population. This presentation explores the profile of the homebound older adult in need of mental health services, with an emphasis on the specific and unique difficulties presented by rural living gained through research and personal clinical experience.

Thursday, May 28

8:00 – 9:30 AM

BREAKFAST, ANNOUNCEMENTS & PLENARY PANEL

8:30 – 9:30 AM

PLENARY PANEL

How Area Aging Agencies Confront Isolation and Loneliness **Cassie Regimbal, LMSW, Central Oregon Council on Aging** **Kathleen Rutherford, LCSW, Klamath Basin Behavioral Health** **Lois Orner, LCSW, Clackamas County** **Angela Jensen, LCSW, Central Oregon Health Council**

Panelists will describe efforts made in their communities to address isolation and loneliness. This will include how evidence-based programs have been adapted to fit rural, as well as challenges that impact rural program implementation.

9:30 – 9:45 AM

BREAK

9:45 – 10:45 AM

CONCURRENT SESSIONS

Track SS

Creating Stronger Supports for Oregon's Medicare-Medicaid Dual Eligible Population

Jennifer B. Valentine, MSPH, Oregon Health Authority

The majority (88%) of Oregon's dual eligible population is enrolled in a coordinated care organization (CCO). Get current information about Oregon's dual eligible populations, the process to qualify as a dual, and identified needs and complexity of care. Also, learn how CCO 2.0 requirements and affiliated Medicare plans seek to address Triple Aim goals in areas such as behavioral health and improving care integration for dually eligible beneficiaries.

Track CA**Using the Village to Village Model to Provide Volunteers for Elders and People with Disabilities****Kim Estes, Area Agency on Aging—Klamath County****Rod Harwood, MDiv, MA, QMHP-C, Greater Oregon Behavioral Health Initiative****Kathleen Rutherford, LCSW, Klamath County**

This presentation will explain how the Village to Village volunteer service model for older adults and people with disabilities was formed and how it serves consumers for no or low cost. Take a deep dive into the process used to build a community-wide Village in Klamath and Lake Counties, including garnering community involvement, support and funding.

Track C**Tips for Communicating with Patients, Families, Co-Workers, or Health Professionals with Hearing Loss****Wendy D. Hanks, Ph.D., Pacific University**

Untreated hearing loss can affect one's ability to understand speech and can negatively impact social and emotional well-being. This interactive session will address three major areas of "non-hearing aid help" to improve communication with individuals with hearing loss.

10:55 – 11:55 AM**CONCURRENT SESSIONS****Track SS****It's About More Than Just the Money—A Snapshot of Elder Financial Exploitation in Rural Oregon****Billie McNeely-Johnston, Adult Protective Services—DHS**

This session will demonstrate financial exploitation and the impact it has on older adults using rural Oregon case scenarios. Learn to identify the indicators of financial exploitation, who to report to, and what Adult Protective Services can and cannot do. Hear about the barriers facing the at-risk population in rural and frontier Oregon, focusing on how to work with banks and local law enforcement to ensure the safety and protection of victims of elder financial abuse. Also, hear about the collaborative multi-disciplinary approaches APS uses to address complicated cases and the challenges that come with investigating financial cases in rural Oregon.

Track CA**Nourishing Connections—Nutrition for Older Adults****Cheryl Kirk, RDN, Oregon State University Extension Service**

Changes in social connection, mental and cognitive function, oral health, physical ability and mobility can greatly impact the nutritional health of older adults and progression of chronic disease. The presenter will discuss nutritional needs of older adults and public domain resources for supporting healthy eating in clinical, home or community-based settings. She will also share examples of successful community partnerships to address food insecurity and healthy aging in place.

Track C**LGBTQ+ Older and Aging Adult Cultural Competency 101—Tools to Improve Patient Communication, Care and Outcomes****Liz James, Former CEO, Lesbian Health Initiative of Houston, Inc.**

A multidisciplinary introductory training course for healthcare professionals with a focus on older and aging LGBTQ+ adults, including challenges, disparities, and solutions.

12:00 – 1:30 PM**LUNCH & ROUND TABLE DISCUSSIONS**

1:30 – 2:30 PM**CELEBRATING GRADUATE STUDENTS—POSTER SESSION**

2:30 – 3:30 PM

CONCURRENT SESSIONS

Track SS

Preventing Elder Abuse and Neglect in Frontier Oregon

Traci L. Robertson, Adult Protective Services—DHS

Using rural Oregon case scenarios, the presenter will discuss abuse and neglect of the elderly and/or disabled population and describe how Adult Protective Services positively impacts this population. Learn what to do and what not to do when an allegation of abuse occurs. We will identify barriers faced by the rural and frontier at-risk population and address safety, choice and the importance of freedom from abuse and/or neglect. Also, learn about how to use the person-centered approach, while respecting choice and self-determination when intervening in potentially unsafe situations.

Track CA

Companioning the Dying: Spiritual Resources for Those Who are Dying and Their Companions and Caregivers, Drawing on Christian, Jewish, and Buddhist Practices

The Rev'd Canon Raggs Ragan, Canon Liturgist, Episcopal Diocese of Oregon

Hear from the presenter about her own experiences and learned wisdom on how to be an effective and helpful companion for the dying, benefitting from the traditions and insights of various spiritual traditions. She will provide liturgies, a bibliography, and other resources for participants to use and adapt for their own work. Attendees are invited to not only ask questions but to also share their own insights.

Track C

When More is Better: Expanding Core Geriatric Behavioral Health and “4M’s” Education to Rural Primary Care Practices Through Project ECHO

Laura K. Byerly, MD, Oregon Health Sciences University

This presentation will introduce a virtual educational opportunity for rural and community providers who are interested in expanding their knowledge of geriatric behavioral health. Learn about age-friendly health system education and mentorship using a Project ECHO course for primary care practices with focus on geriatric behavioral health as it relates to the “4M’s” (what Matters, Mobility, Mentation and Medication).

3:40 – 4:40 PM

CONCURRENT SESSIONS

Track SS

Long-Term Care in Rural Oregon: Demographics, Discussion and Policy Implications

Ann McQueen, Ph.D., Aging & People with Disabilities, Oregon DHS

Finding licensed long-term care (LTC) options in Oregon’s rural areas is challenging. This session will provide an overview of data related to the numbers of LTC consumers served in various rural communities, the types of long-term care settings that are available, and other demographic information. Participants are invited to engage in an interactive discussion to share ideas and recommendations and to discuss various policy and practice implications.

Track CA

Clackamas County’s Loneliness Task Force—Addressing Isolation and Loneliness as a Community-Wide Effort

Cari Vandecoevering, Clackamas County

Lois Orner, LCSW, Clackamas County

Emerging research continues to show the profound impact that loneliness has on physical health as well as mental health and well-being. In an effort to provide comprehensive, efficient, coordinated services, Clackamas County has initiated a county-wide effort to address services for older adults to alleviate the impacts of loneliness. The dynamic work accomplished in the United Kingdom has been an inspiration for this work.

Track C**What I Wish Every Clinician Knew: Fostering Understanding, Communication, and Collaboration Across Care Settings for Compromised Elders****Michael Knower, MD, HMDC, FAAHPM, St. Charles Health System****Lee Garber, Regency Prineville Rehabilitation and Nursing Center**

Long-term care facility residents and hospice patients are fragile, vulnerable, and clinically complex. However, the clinical challenges pale by comparison with the regulatory environments inhabited by those who care for them. Volumes of federal, state, and occasionally local laws and regulations present confusing, intersecting, sometimes conflicting, and constantly shifting rules and regulations. Physicians, nurses, therapists, and family members caring for residents/patients are often unaware of or frustrated with this bureaucratic morass. Get insight into some of the basics of eligibility requirements, options, and services available to this population.

4:40 – 6:00 PM**HAPPY HOUR WITH PARTNERS & STUDENTS**

Friday, May 29**7:45 – 8:30 AM****BREAKFAST & ANNOUNCEMENTS**

8:40 – 9:40 AM**CONCURRENT SESSIONS****Track SS****Alzheimer's Association: Effective Communication Strategies****Keri Turner, Alzheimer's Association Oregon & SW Washington Chapter**

Communication is more than just talking and listening—it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help connect and communicate at each stage of the disease.

Track CA**Creating an Age Friendly Community****Dixie Eckford, MS, Sisters Community Advocate****Denise LaBuda, MA, Central Oregon Council on Aging**

This session will outline the growing need for community features that positively impact the well-being of older adults. Using the Age-Friendly model, presenters will describe the eight domains that characterize a livable community, while sharing examples of successful efforts to create and strengthen partnerships to make communities more livable for people of all ages and abilities. Hear about the steps that Sisters, Oregon took to become a member of the Age Friendly Worldwide Network (one of seven Oregon communities and the first city east of the Cascades) as well as ongoing efforts to improve transportation, health and wellness and social participation in rural Sisters Country.

Track C**TBD**

9:50 – 10:50 AM**CONCURRENT SESSIONS****Track SS****'Cool Aid' for A&A: Understanding Aid and Attendance/Housebound Rates and Other Commonly Misunderstood VA Benefits****Lacey Carter, Oregon Dept. of Veterans' Affairs****Kelly Breshears, Oregon Dept. of Veterans' Affairs**

Learn basics about the United States Department of Veterans Affairs' enhanced benefit rates, including Aid and Attendance and Housebound rates, for veterans and/or their

spouses, as well as other lesser-known VA benefits. Increase your knowledge about how veterans and/or their spouses qualify and apply for special monthly compensation or pension benefits.

Track CA

Staying Upright: Simple Ways for Community-Dwelling Adults to Reduce Their Risk of Falls

Anne E. Hogan, Ph.D. Pacific University

This session addresses the major risk factors for falls and then divides them into preventable and non-preventable factors. Learn how to reduce the risk of falls and injury from falls by focusing on three major areas—physical fitness, environmental modifications, and assistive technologies. Participate in collaborative small-group activities, from listing falls hazards in your own home to performing some simple exercises that have been shown to reduce falls risk.

Track C

Trauma Informed Approach to Care for Older Adults

Sherry Stock, ABD/PhD CBIST, Brain Injury Alliance of Oregon

Trauma refers to intense and overwhelming experiences that involve serious loss, threat or harm to a person's physical and/or emotional well-being. These experiences may occur at any time in a person's life. They may involve a single traumatic event or may be repeated over many years. Trauma experiences often overwhelm a person's coping resources and can lead them to find a way of coping that may work in the short run but may cause serious long-term harm. Attendees will learn how to implement different approaches to working with individuals who have experienced trauma.

11:00 – 12:00 PM

PLENARY SESSION

Leadership for Change Using the LiveWell Method

Barbara Kohnen Adriance, MPP, The Malden Collective

Caring for aging or vulnerable adults can be challenging, especially when it's your full-time job. That's why it's important to have a good team, whether you work in a medical, residential, or another setting that serves older adults. Since its debut in 2016, the LiveWell Method has been used in various long-term care settings to help teams reconnect to their mission of care. This session will describe how to focus, support and positively impact the caregiver team. The presenter will demonstrate democratic and participatory ways of providing value to the contribution of every person in a community, informal and formal leaders alike. This method can be used in any type of organization to create a culture of excellence!

12:00 PM

FORUM WRAP UP