

healthy aging UPDATE



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Rest easy: Changes in sleep patterns are common among older adults

For older adults, getting a good night's sleep is more important than you might think. However, due to a number of age-related and external factors, many people over the age of 65 do not get the sleep they need for optimal health.

Symptoms of sleep disturbances include having difficulty falling asleep, waking often during the night, waking up too early or having poor quality sleep. These issues are common among older adults who suffer from other chronic health conditions, such as obesity, diabetes, cardiovascular disease, cognitive decline or neurological disorders. Additionally, things like lack of exposure to sunlight, excessive noise or light, physical inactivity, pain, depression and even some medications can disrupt older adults' circadian rhythms and contribute to poor sleep health.

Although the number of hours a person needs to sleep varies from individual to individual, studies have shown that getting an adequate amount of sleep is critical to improving many aspects of an older adult's health, safety and quality of life. Those who suffer from chronic sleep issues not only experience daytime sleepiness, but often have difficulty paying attention, slower response time, decreased ability to perform daily tasks, impaired memory, greater risk of falling and higher health care costs.

To remedy the issue, 25 percent of adults over 65 with sleep difficulties use



prescription sleep aids, while 37 percent rely on over-the-counter sleep aids or supplements. This is concerning because sleep aids may adversely impact the health and safety of older adults, especially when they are used in combination with other medications or alcohol or are used over long periods of time.

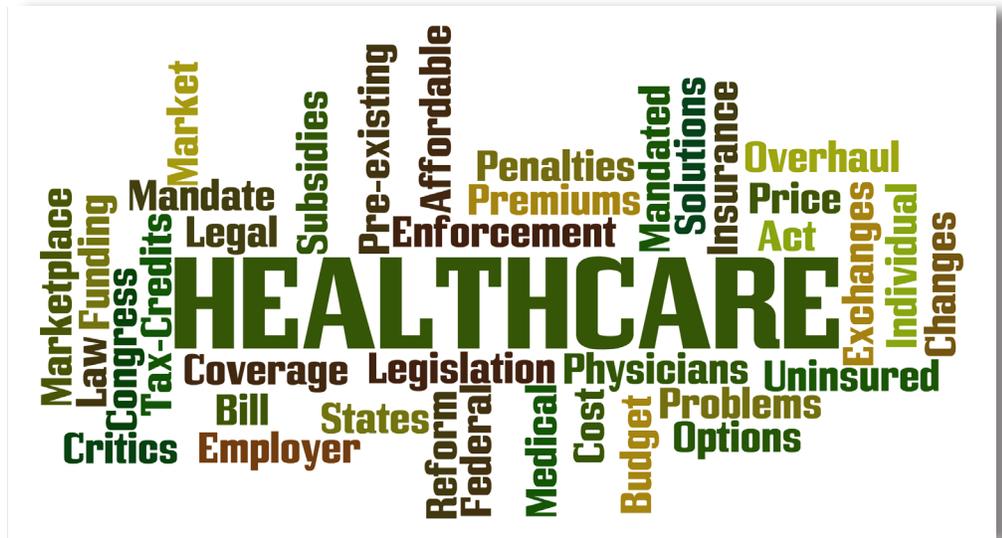
Research suggests cognitive behavioral therapy, relaxation techniques and exercise may be just as helpful in resolving issues with sleep health as medication – without side effects like blurred vision, constipation, dry mouth and urinary retention. To learn more about these options and rule out underlying health problems, older adults should talk to their physician when they have difficulty sleeping. Changes to sleep patterns are normal as adults get older, but the need for good quality sleep does not decline with age.

Source:
The Gerontological Society of America. "Sleep Health and the Appropriate Use of OTC Sleep Aids in Older Adults." (2014)

Is your HCBS program ready for the new health care market?

The health care landscape is changing rapidly and the role of home and community-based services (HCBS) is becoming more significant as the demand for integrated health care services increases. But where should an agency begin when it comes to assessing their HCBS program and its sustainability?

Independent health care consultant Tim McNeill, RN, MPH, recently worked with the National Nutrition Resource Center to record five webinars that focus on helping organizations move their HCBS programs forward. The series – “Positioning Your HCBS Program in the Health Care Market” – is available to download for free at <http://nutritionandaging.org/professional-development/momentum-51064>.



and opportunities for collaborating/contracting with insurers offering Medicare Advantage plans.

reform, its implications for consumers and service providers and business planning opportunities to support the increased sustainability and delivery of person-centered care.

- ▶ Part 1 introduces the basic terminology used in the health care environment and discusses opportunities available via the Affordable Care Act. The webinar also includes a basic discussion about the U.S. health insurance system – specifically Medicare Parts A and B – and how payments are made to hospitals and skilled nursing facilities.
- ▶ Part 2 provides information on how health reform initiatives are impacting organizations. Discussion focuses on value-based purchasing and Medicare, readmission penalties
- ▶ Part 3 discusses the provision of managed long-term care services and supports from the perspective of both the consumer and the provider. It also provides a primer on Accountable Care Organizations and opportunities for community-based organizations to provide value-added services in the health care market.
- ▶ Part 4 addresses the purpose of the Bundled Payment for Care Improvement in regard to clinical service coordination and payment
- ▶ Part 5 walks organizations through a SWOT analysis to determine readiness for collaborations with health care entities and talks about how hospitals identify needs, who they look to for help and what motivates them to change. It suggests using a hospital's Community Needs Assessment (required by the IRS of all non-profit hospitals and usually available from a hospital's website) as a starting point for developing a sustainable plan.

Iowa nutrition program participation continues to decline

Data from the National Aging Program Information Systems (NAPIS) report for the second quarter of State Fiscal Year 2015 shows a continued decline in consumers participating in Iowa's nutrition program and the number of meals served compared to SFY 2014:

	# of Consumers	# of Meals
SFY 2013	45,975	2,706,799
SFY 2014	41,822	2,526,925

Percent Change: - 9% - 6%



Medicaid-eligible Iowans and dental care

During a presentation given in February 2015, Sabrina Johnson of the Medicaid Dental Policy Division provided the following information about Medicaid-eligible Iowans who received dental care during calendar year 2014:

39,894 Iowans aged 65 or older who were Medicaid members in 2014

4,596 Medicaid members who were not eligible for the Elderly Waiver program who received a dental service

2,414 Medicaid members participating in the Elderly Waiver program who received a dental service



I-Smile Silver Dental Program designed to improve oral health of older Iowans



The Iowa Department of Public Health's I-Smile™ Silver Dental Program has received a grant from the Delta Dental of Iowa Foundation to develop a community-based system of care to support and improve the oral health of Iowans aged 60 and older.

The two-year pilot project is designed to prevent dental disease, increase access to oral health care and maintain overall oral health for homebound individuals and residents of nursing facilities in Lee and Scott Counties.

According to the Delta Dental Foundation, nearly 33 percent of older Iowans have untreated tooth decay. This is due, in part, to the fact that approximately three-quarters of Iowans aged 65 or older do not have dental insurance, which is a primary barrier to preventive dental care. Severe gum disease is also associated with chronic conditions prevalent among older adults, including diabetes, heart disease, stroke and respiratory disease.

Volunteer spotlight: Wayne Demint retired to become a full-time volunteer

Stop by the Newberry Center in Burlington on any given weekday around 10 a.m. and chances are good that you'll see Wayne Demint rolling out carts of red bags full of lunches for those who participate in the Milestones Area Agency on Aging's congregate meal program.

Wayne has been delivering the meals five days a week, rain or shine, since July 2014 – logging nearly 2,800 hours to date. Add that to the hours of service he has contributed as an RSVP volunteer since 1991 and Wayne has donated an impressive 3,262.25 hours back to his community.

Volunteering has always been a part of Wayne's life. While working for DuPont as an IT expert with IBM personal computers, Wayne also found time to serve on the boards of directors for DARE and RSVP and share his computer resourcing talents. Following his retirement in 1990, Wayne began volunteering with Senior Follies and RSVP Singers and eventually



started the Newberry Center's version of a Meals on Wheels program in 2000.

Wayne credits his life-long desire to volunteer to a former chemistry teacher he greatly admired as a young man. One day, after thanking his teacher, Wayne asked, "What can I do for you?"

"Give back to others," was the teacher's response – words Wayne has lived by ever since.

IDA launches Falls Prevention Initiative for Iowans



The Iowa Department on Aging (IDA) recently received

a grant from the U.S. Department of Health and Human Services to help prevent the number of falls by at-risk Iowans, a leading cause of injury-related emergency room visits and deaths for adults aged 65 or older.

“Increasing the variety and availability to evidence-based falls prevention programs throughout the state is key to reducing the number of fall-related injuries and deaths among older Iowans and Iowans with disabilities,” said IDA Director Donna Harvey.

With the grant funds, the State of Iowa is working to establish a falls prevention network and build a statewide infrastructure of instructors and community-based workshops for three evidence-based falls prevention programs: A Matter of Balance, Stepping On and Tai Chi for Arthritis.

By ensuring more trained instructors are available in communities across Iowa to lead the workshops, the project hopes to increase public awareness of the risks of falling and the importance of falls prevention activities, reach more at-risk Iowans and gradually reduce the number of falls among older Iowans and Iowans with disabilities.

More information about each of the programs is posted on the IDA website at <https://www.iowaaging.gov/healthy-lifestyles/falls-prevention>. If you are scheduling a workshop, please send information to Pat Wyatt (pat.wyatt@iowa.gov) to have the details posted online. For information about the availability of leaders and workshops in your area, contact Mark Hanson at mhanson@i4a.org or (515) 210-7008.

Stepping On program comes to Iowa

For the first time in Iowa, a Stepping On leader training was held in Des Moines in February. Twenty-three individuals from 11 Iowa counties attended the training, which prepared them to lead Stepping On workshops in a number of communities across the state.

Stepping On is a seven-week program where participants attend workshops once each week to learn about balance exercises and develop specific knowledge and skills to help them prevent falls. The 23 new leaders are now beginning to schedule Stepping On workshops for older adults and adults with disabilities.



A Matter of Balance graduates 20 new Master Trainers

Two facilitators from MaineHealth traveled to Iowa in March to conduct a Master Trainer session for 20 individuals interested in training others to lead A Matter of Balance workshops.

The evidence-based falls/injury prevention program is designed for older adults and began at Boston University. The program targets older adults who have sustained falls in the past, have limited physical activity due to concerns about falling and are interested in learning more about flexibility, strength, balance and how to prevent falls. Classes are held twice a week for four weeks by coaches trained by Master Trainers. Following the training session in March, 24 counties in Iowa now have certified Master Trainers.



YMCA of Greater Iowa introduces Tai Chi for Arthritis

Tai Chi for Arthritis – a program designed by Dr. Paul Lam – is gaining popularity in Iowa as the YMCA of Greater Iowa works to train additional tai chi leaders.

In February, 31 individuals participated in the training workshop and are now completing mandatory practice hours to obtain certification, which will allow them to lead classes throughout Iowa. Due to the strong response, the YMCA has scheduled a second tai chi leader training for May 16-17. For more information or to register, call the YMCA Healthy Living Center at (515) 226-9622.



Working to keep older Iowans walking

Submitted by Janet Bulls, Northeast Iowa Area Agency on Aging

Northeast Iowa Area Agency on Aging (NEI3A) has long promoted physical activity to maximize the health of older adults, placing a special emphasis on walking programs to improve strength and decrease the risk of falls.

In May 2010, NEI3A held its first annual one-mile walk to celebrate Older Americans Month and this year, with help from the Iowa Department of Public Health and Iowa State University Extension and Outreach, NEI3A is working with the towns of Dyersville and Bellevue to improve the walkability of their communities.

Using the Iowans Walking Assessment Logistics Kit (I-WALK), community leaders and stakeholders formed coalitions in each town to survey residents and plan an assessment of the walking environment. Coalition members are then responsible for walking around the communities to survey the condition of sidewalks and walking paths, noting whether or not they are accessible, free from overgrown bushes or other obstacles and safe for pedestrians – including having even cement, being free from large cracks and other tripping hazards and having clearly marked crosswalks.

Helping communities improve conditions for pedestrians offers many benefits to all residents, but particularly to older adults and adults with disabilities who have higher risks of falling. Falls prevention is a priority for NEI3A, and this project has brought together some unlikely partners – from city parks and recreation departments to school districts, local organizations, public works departments and city planners – to improve the communities' walkability and help decrease the risk of falls among residents.

A final report with findings and recommendations to improve sidewalk access and pedestrian safety was presented to the communities. The



community surveys revealed that many residents of these communities are using paved alleyways as an alternative to streets without sidewalks because they have lighter traffic flow and smoother surfaces for walking.

The surveys also identified pedestrian safety as a major concern among residents. It turns out that simple and inexpensive measures, such as reducing speed limits, clearing overgrown vegetation and clearly marking pedestrian areas, are easy ways to greatly improve a community's walking environment.

The project also supported the development of walking groups within the communities, which provide members an opportunity to socialize and have fun while encouraging one another to stay active and keep walking.

Thanks to its many benefits, this project is anticipated to soon expand into three more communities. For more information, visit <http://www.i-walk.org/>.

FY 2015 and 2016 I-Walk projects across Iowa

The Iowa Department of Public Health is supporting the following I-WALK projects:

FY 2015:

AREA AGENCY ON AGING	COMMUNITY	CONTACT
NEI3A	Dyersville	Janet Bulls
Aging Resources	Knoxville	Dawn Allpasch Kline
Elderbridge	Carroll	Rebecca Sporer
Connections	Greenfield	Rhonda Engles

FY 2016:

AREA AGENCY ON AGING	COMMUNITY	CONTACT
NEI3A	Bellevue	Janet Bulls
Aging Resources	Pleasantville	Dawn Allpasch Kline
Elderbridge	Humboldt	Jennifer Brown
Connections	Harlan	Alice Kenkel
Heritage	Cedar Rapids (Oakhill Jackson)	Melissa Adams

A new Stepping On leader at Heritage

"I was excited to be selected to attend the Stepping On leader training in March," said Melissa Adams of Heritage Area Agency on Aging.



"The training was a great opportunity for Heritage to become a leader in providing falls prevention programs," Melissa added. "Working for Heritage gives me the opportunity to implement this program into our area and help older adults prevent falls. We are looking forward to building partnerships with other organizations to grow this program and have a positive impact on those we serve."

Tools and Resources

EVIDENCE-BASED FALLS PREVENTION PROGRAMS FOUND EFFECTIVE

A [new CDC study](#) published in the *Journal of Safety Research* found that three evidence-based fall programs are proven to be “feasible, effective, save costs and provide a positive return on investment for society.” The analysis found that the cost of implementing the programs is “far less costly than the potential medical costs needed to care for someone injured from a fall.”

FOOD SAFETY FOR GARDENERS

Iowa State University Extension and Outreach has developed a new [online training tool about food safety](#) with fresh produce. The video series can assist community gardeners and others who donate food to older adults or congregate meal sites to identify food hazards and minimize safety risks.

FALLS IN IOWA BY COUNTY REPORT

Falls are one of the leading causes of injury hospitalization and deaths among older adults in Iowa. This [report](#) by the Iowa Department of Public Health presents deaths and hospitalizations associated with falls among older adults between 2009 and 2013. Included in this report are death rates, hospitalization rates and hospital charges

HUNGER DIRECTORY

The World Food Prize created the [Iowa Hunger Directory](#) as a statewide platform for Iowa’s hunger fighters to network and collaborate. The directory includes a description of each organization and contact information, a map to locate organizations and a schedule of volunteer opportunities.



BETTER NUTRITION VIDEO SERIES

The “[Next Steps to Better Nutrition](#)” video series covers topics like stretching your budget and healthy food choices. The three free videos were produced by the National Council on Aging for National Nutrition Month 2015.

AARP TACKLING HUNGER

The AARP Foundation is taking a multi-pronged approach to the hunger problem among Americans who are 50 or older. The “[Creating a Food Secure Nation](#)” campaign takes steps to feed those who are hungry now while developing long-term, sustainable solutions to end hunger among older adults.

COMBATING THE DIABETES EPIDEMIC

The American Medical Association (AMA) and the Centers for Disease Control and Prevention (CDC) are collaborating on a

diabetes prevention program. [Prevent Diabetes STAT: Screen, Test, Act - Today](#) is a campaign to educate the public about prediabetes and focuses on local efforts.

POSITIVE HEALTH OUTCOMES FOR CDSMP PARTICIPANTS

[National and state translational research studies](#) have shown that participating in a Chronic Disease Self-Management Program (CDSMP) can positively influence the Institute of Healthcare Improvement’s “triple aim” of better health, better care and lower costs.

FALLS PREVENTION SYMPOSIUM

Save the date for the Iowa Falls Prevention Coalition’s “Iowa Stands Up to Prevent Falls Symposium” on Friday, July 10, from 9 a.m. until 5 p.m. at Hawkeye Community College in Waterloo. For more information, contact Mark Hanson at (515) 210-7008 or mhanson@i4a.org.