Taking Care of Aging Relatives, Friends and Neighbors

Carlene Russell, Nutrition Program Director
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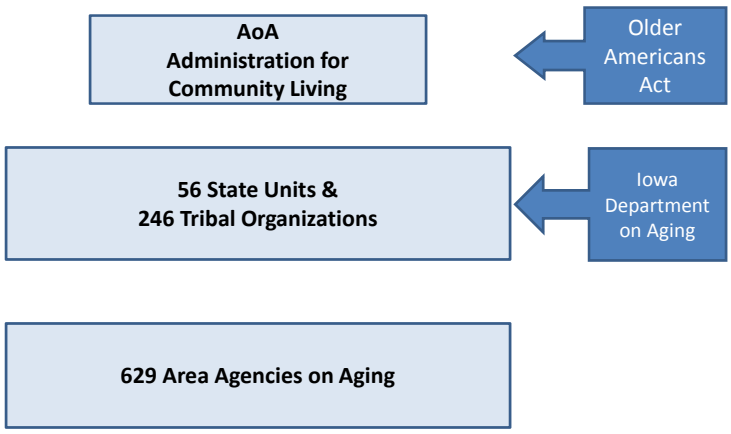
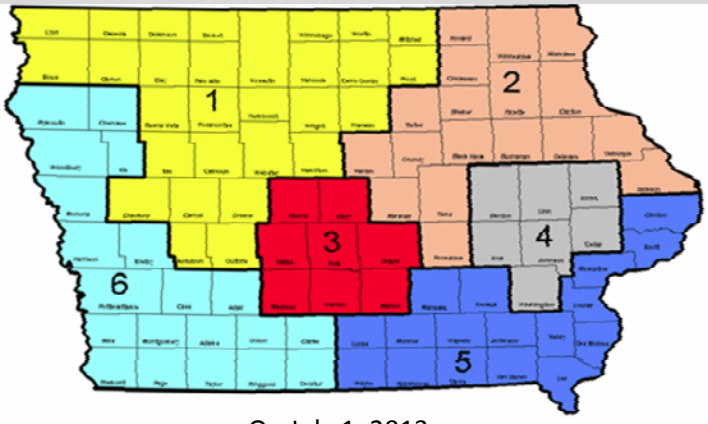
March 21, 2013

Aging Network



Aging Network Reorganization



On July 1, 2013:
13 Area Agencies on Aging will become 6 Area Agencies on Aging

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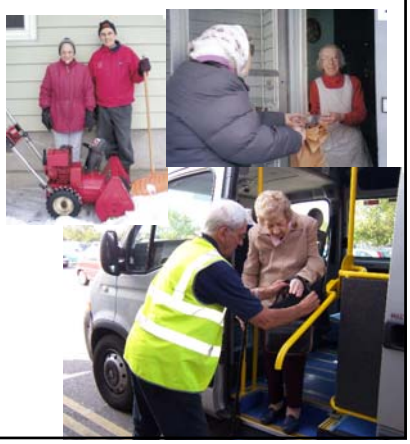
The Department on Aging Helps Older Iowans Live Healthy, Independent Lives Via Area Agencies on Aging

Nutrition: Congregate and Home Delivered meals
Case Management
Family Caregivers
Transportation
Chore Services
Legal Services
Elder Abuse Prevention
Advocacy
Senior Internship
Options Counseling



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Older Americans Act Nutrition Program Purpose

- to reduce hunger and food insecurity
- to promote socialization
- to promote the health and well-being of older individuals by assisting such individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior

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Older American Act Nutrition Program

- Congregate and Home Delivered Meals
- Nutrition education
- Nutrition counseling
- Preventive health services- i.e., fall prevention, physical activity programs, Better Choices/Better Health

NAPIS Report:
www.aging.iowa.gov/Documents/Reports

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Older American Act Nutrition Program

- 60 years or older
- 1/3 DRI/AI / Current Dietary Guidelines
- Target low income, rural, non-English speaking, at risk for institutionalization
- Donations accepted
- Funded in part by Older American Act Administration on Aging/Department on Aging/ Area Agency on Aging

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SFY 2012

34,365 Congregate clients
13,835 Home delivered clients

Benefits of Participation

High Nutrition Risk in Meal Participants

Congregate 21%	80% improved or maintained
Home delivered 45%	79% improved or maintained

Activities of Daily Living Limitations (5-6) of High Nutrition Risk Meal Participants

Congregate 86%	96% improved or maintained
Home delivered 73%	95% improved or maintained

Meal Participants reporting
"I don't always have enough money to buy the food I need"

17% of congregate improved
11% of Home Delivered improved

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Facts about Falls

- Nationally, older adults fall and
  - go to an emergency department every 15 seconds
  - Die from injuries every 29 minutes
- In Iowa
  - 1 in 3 fall each year
  - 20-30% suffer moderate to Severe injuries-hip fx, head traumas, lacerations

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What Can Be Done

Older Adults can remain independent and reduce risk of falling:

- Exercise regularly- increase leg strength and improve balance
- Review medicines with their doctor or pharmacist
- Have annual eye exam to update eyeglasses and maximize vision
- Make home safer by reducing tripping hazards, adding grab bars in the bathroom, and adding stair railings and improving lighting

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What Can Be Done

Nutrition

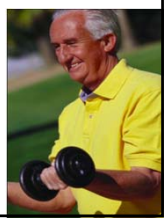
- Protein 3 times a day
- Vitamin D

Physical Activity

- Walking
- Resistant Exercise
- Balance Exercise

Evidenced Based Fall Prevention Programs

- Matter of Balance
- EnhanceFitness
- Tai Chi
- Ortego



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What Can be Done

Screening for falling risk at doctor's office

STEADI Toolkit

Fall risk factors are categorized as intrinsic or extrinsic.

Intrinsic

- Advanced age
- Previous falls
- Muscle weakness
- Gait & balance problems
- Poor vision
- Postural hypotension
- Chronic conditions including arthritis, diabetes, stroke, Parkinson's, incontinence, dementia
- Fear of falling

Extrinsic

- Lack of stair handrails
- Poor stair design
- Lack of bathroom grab bars
- Dim lighting or glare
- Obstacles & tripping hazards
- Slippery or uneven surfaces
- Psychoactive medications
- Improper use of assistive device

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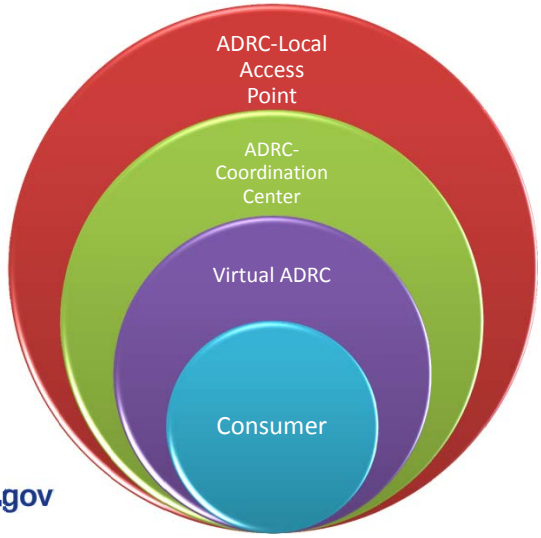
For more information, go to: www.cdc.gov/injury/STEADI

Fall Prevention Resources

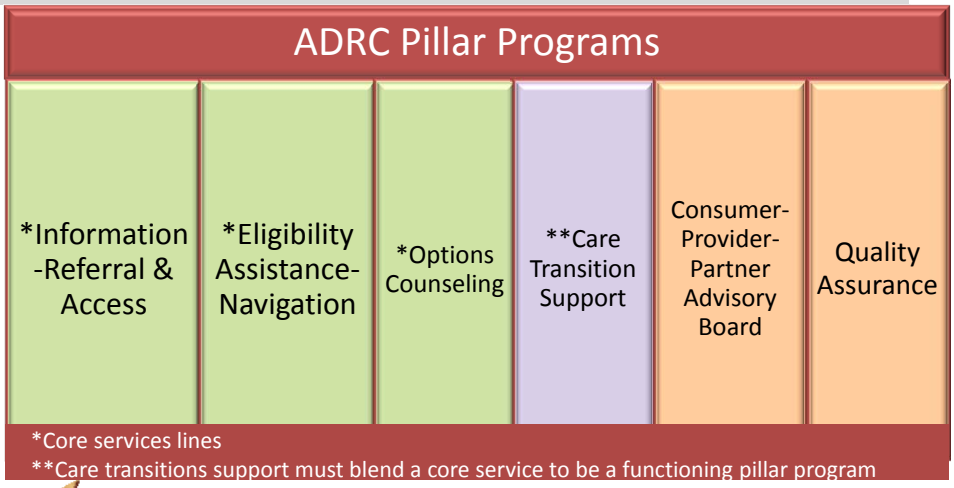
Iowa Fall Prevention Coalition
website www.idph.state.ia.us/FallPrevention/

Iowa Department on Aging
website www.iowaAging.gov (Fall Prevention)
Nutrition in Fall Prevention

State of Iowa Aging & Disability Resource Center



ADRC Pillar Programs



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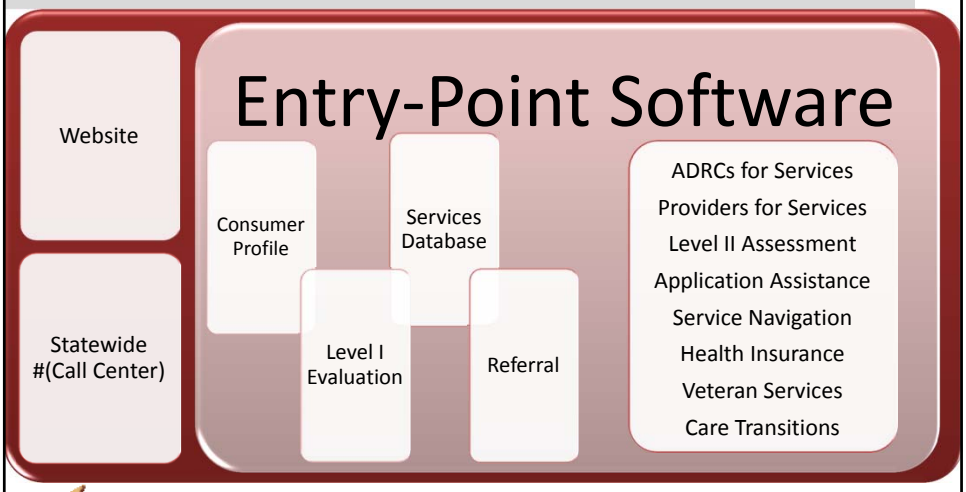
Virtual ADRC (BIPP/DptAging/DOT)



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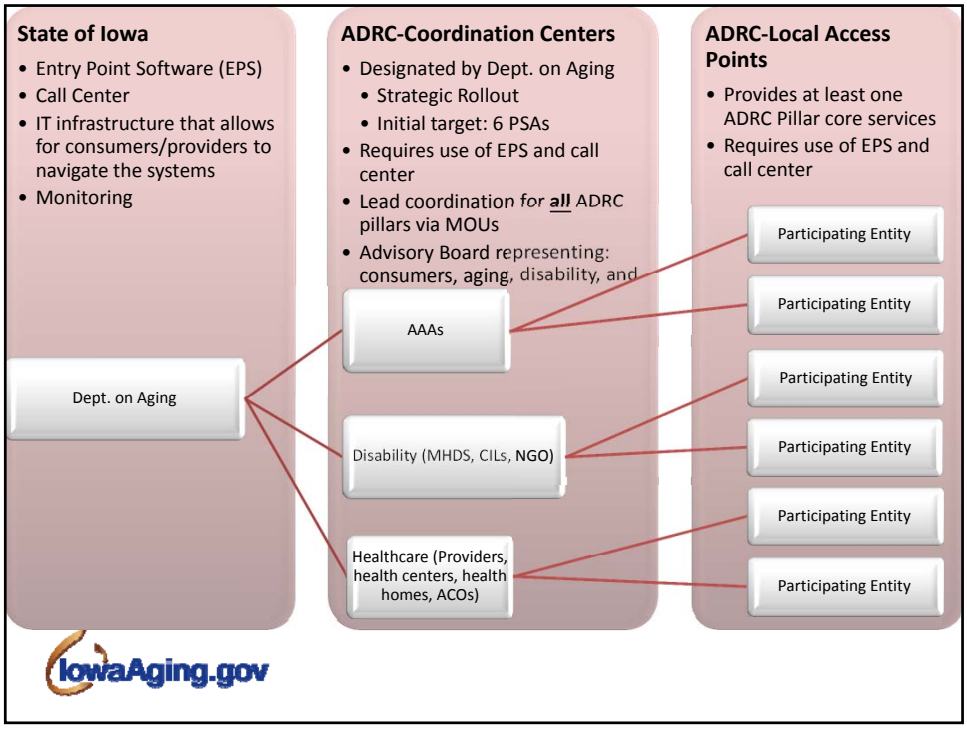

Partnership Programs

- Balancing Incentives Payment Program (BIPP)—IDHS/IME
- Veteran Transportation & Community Living Initiative (One-Click, One-Call)—IDOT
- Veteran Directed Home & Community Based Service (VD-HCBS)—ADRC/VAMC
- Health Care
  - Iowa Health Care Collaborative (Partnership for Patients)
  - IME State Innovation Model
  - Accountable Care Organizations
  - Care Transitions

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For Additional Information

- Iowa Dept. on Aging: 800-532-3213
- Your local Area Agency on Aging: see listing at *www.IowaAging.gov*
- For other states visit Administration for Community Living: *http://acl.gov*
- Eldercare Locator: *www.eldercare.gov*
- Benefits Checkup: *www.benefitscheckup.org*

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