Aging Ohioans: Prevention Strategies, Interventions and Opportunities for Ohio’s Opiate Epidemic

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With an Introduction by Director Beverley L. Laubert

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Agenda

- Ohio’s Aging Network
- Impact of Opioid Epidemic on Older Ohioans
- Health, Wellness and Pain Management
- Community-Based Response
- Older Ohioans: Part of the Solution
OHIO’S AGING NETWORK
Ohio Department of Aging (ODA)

Ohio’s State Unit on Aging

- U.S. Administration on Aging designates state units on aging, per Older Americans Act
- Ohio’s state unit is a cabinet-level department
- Department and area agencies on aging form the backbone of Ohio’s aging network
Older Americans Act

• Federal level:
  – Administration for Community Living

• State level:
  – Ohio Department of Aging
  – Office of the State Long-Term Care Ombudsman

• Regional/local level:
  – Area Agencies on Aging
Area Agencies on Aging (AAAs) and PASSPORT Administrative Agencies (PAAs)

- 12 area agencies on aging:
  - Lead regional design and delivery of elder services and supports
  - Connect elders, caregivers and others to available resources
- 13 PASSPORT administrative agencies (PAAs) perform:
  - Intake and screening
  - Program eligibility
  - Assessments
  - Case management
  - Oversight of service delivery.
Ohio’s Aging Network and Partners

- Ohio Department of Aging
- Area agencies on aging
- County, municipal and other local offices on aging
- Senior centers
- Service and support providers
- Other state agencies
- Cities, villages, townships
- Police and fire departments
- Health care systems
- Businesses and non-profits
- Faith-based organizations
Ohio's 60+ Projected Population by County

2040

% 60+ Population

- 11.6% - 20%
- 20.1% - 25%
- 25.1% - 30%
- 30.1% - 35%
- 35.1% - 50.2%

* by Bureau of Census
IMPACT OF THE OPIOID EPIDEMIC ON OLDER OHIOANS
Opioid Overdose Deaths in 2016
(adults over age 55)

Sources
Kaiser Family Foundation analysis of Centers for Disease Control and Prevention (CDC), National Center for Health Statistics. Multiple Cause of Death 1999-2016 on CDC WONDER Online Database, released 2017.
Opioids in Ohio

• From June 2016 to June 2017:
  – 5,232 unintentional drug overdose deaths in Ohio
  – 39% increase over previous 12 months
  – 86% attributed to opioids, particularly fentanyl

• Since 2004, annual unintentional opioid overdose deaths have increased seven-fold (429 to 3,495)
Opioids and Older Adults

- 23% of older adults have been prescribed pain medication
- 15% prescribed opioids when discharged from a hospital
  - 42% still taking six months later
- People on Medicare have one of the highest and fastest-growing rates of diagnosed opioid use disorder (6 of every 1,000 beneficiaries)

Lembke, A. Chen J. Use of Opioid Agonist Therapy for Medicare Patients in 2013. JAMA Psychiatry. 2016 73(9):990-992
Kinship

• 62% more children placed with relatives than in 2010 (children services maintains custody)
• 28% removed from homes in 2015 had parents who used opioids
• 38% of children in custody are age 5 and under; 8% under 1
• Rarely receive benefits available to licensed foster parents

Source: Public Children Services Association of Ohio (PCSAO)
Ohio’s Children Services System Now
More relatives are caring for children impacted by the opioid epidemic

Children in Custody, Placed with Kinship Families,
July 1, 2010 - July 1, 2022 Projections

118% projected increase (2017-2022)

Source: ODJFS SACWIS special data run, November 2017. Additional calculations by PCSAO.
Elder Abuse, Neglect and Exploitation

- 1 in 10 seniors are victims of elder abuse
- Only 1 in 14 cases are reported to authorities
- 90% of abusers are family members or friends
- 50% with Alzheimer’s Disease subject to abuse

Source: US Department of Justice
Types of Elder Maltreatment

- **Physical abuse**: Intentional physical force that results in injury, pain or impairment
  - Pushing, hitting, slapping and pinching
  - Incorrect positioning, force feeding, restraining and giving/withholding medicine without knowledge/consent
- **Sexual abuse**: Rape or other unwanted, nonconsensual sexual contact as well as forced or coerced nudity, exhibitionism and other non-touching sexual situations
- **Emotional**: Threatening, humiliating, intimidating or otherwise psychologically hurting an individual (includes loss of privacy and decision-making)
- **Neglect**: Basic needs for safety and well-being not being met through action/inaction of the individual or another person
- **Exploitation**: Unlawful or improper use of another person’s resources for monetary or personal benefit, profit or gain
Elder Abuse and the Opioid Crisis

- Increased prescribing makes elders targets for theft and abuse
- Intentional or accidental contribution to illicit drug trade
- Retirees with pensions and social security often targets of financial exploitation
- Adult children financially exploit parents and other older relatives to support addiction
- 1 in 5 people who abuse older adults have history of drug addiction
- Half of abusers under influence of drugs or alcohol at the time of mistreatment


Older Adults, Drugs and the Workforce

Steady decline of active workforce due to two emergent issues:

- Our aging population
- Number in active workforce who are addicted to drugs
Older Adults, Drugs and the Workforce

• Substantial shortage of direct health care workers (especially in aging)

• Aging network reports significant numbers of workers unable to pass drug test
HEALTH, WELLNESS AND PAIN MANAGEMENT
Chronic Disease Prevalence

Chronic conditions become more common with age:

• Nearly half (47.2%) of all adults have at least one chronic condition (arthritis, diabetes, etc.)
• Rises to 4 in 6 (80.3%) for age 65+
• 46.5% of older adults have more than one (compared to 29% of total population)
Chronic Disease Costs

- 95% of health care costs for older adults can be attributed to chronic diseases
- Less than 1% is spent on prevention to improve health
Falls

Today in Ohio:
• 720 older adults will fall
• 144 will be injured
• 120 will visit ER for fall-related injury
• 24 will be hospitalized
• 3 will die

Falls are:
• #1 cause of injury-related emergency department visits, hospitalizations and deaths for Ohioans age 65+
• Ohioans age 65+ make up approximately 16% of the population, but account for more than 85% of fatal falls.
Physical Activity

- 20% of older adults are not physically active
- Nearly 18% engage in some form of physical activity at least 3 days a week.

How many days per week do you engage in moderate physical activity? Moderate physical activity would include activities such as walking, bicycling or gardening.

Source: 2017 ODA Statewide Needs Assessment Survey
Chronic Pain

• More common with age (arthritis, fibromyalgia, etc.)
• Associated with substantial disability:
  – Reduced mobility
  – Avoidance of activity
  – Falls
  – Depression
  – Anxiety,
  – Sleep impairment
  – Isolation.

Source: 2017 ODA Statewide Needs Assessment Survey
Pain and Isolation

Of the 20% of respondents who take pain medication, 67% wish they could have more interaction with people.
Pain and Unsteadiness

Of the 20% of respondents who take pain medication, 63% feel unsteady on their feet at least some of the time.
Health and Wellness – the Positives

- Skin
- Physical fitness
- Weight
- Heart
- Senses
- Cognition
- Happiness
RESPONSE AND PAIN MANAGEMENT ALTERNATIVES
Aging Network Programs

- Chronic Disease Self-Management
- Diabetes Self-Management
- Steady U: A Matter of Balance
- Tai-Chi
- Silver Sneakers
- Powerful Tools for Caregivers
- Chronic Pain Self-Management
HEALTHY U: Chronic Disease

- Developed by Stanford Patient Education Research Center
- Six weeks: one day per week for 2.5 hours
- Focus on understanding your chronic condition and building confidence in managing symptoms
- Held in the community
- Led by trained leaders with personal experience
Diabetes Self-Management class

- Similar in structure to HEALTHY U: Chronic Disease
- Ideal for adults living with type 2 diabetes.
- Focus on nutrition and healthy eating, monitoring blood sugar, managing symptoms
- Includes strategies for physical activity, positive thinking, relaxation, foot care and more
A Matter of Balance

Community-based and lay-led small-group workshops that help participants:

- View falls as controllable
- Increase activity levels
- Remove risks in the home
- Exercise to increase strength & balance

Part of STEADY U Ohio initiative
HEALTHY U: Chronic Pain

• Similar structure to HEALTHY U: Chronic Disease
• Ideal for those with back pain, nerve pain, fibromyalgia and other types of chronic pain
• Improves confidence in managing symptoms and daily activities
HEALTHY U: Chronic Pain

- **Session 1**: mind-body connection; sleep
- **Session 2**: emotions; exercise; relaxation; fatigue
- **Session 3**: planning; evaluating treatments; making decisions
- **Session 4**: healthy eating; communication; problem solving
- **Session 5**: medications; depression; positive thinking; stress;
- **Session 6**: Communication with health care; weight management; future planning
Alternatives to Medications

Distraction
• Meditation
• Visiting friends or family
• Hobbies
• Volunteer to teach a pain management class
• Volunteering for another cause

Treatments
• Non-pharmacological
• Acupuncture
• Acupressure
• Massage
• Music Therapy
Help for Veterans with Chronic Pain

VA recommends:
- Pain School
- Pain Psychology
- Physical Therapy
- Chiropractic Care
- Battlefield Acupuncture
- Medical Acupuncture

Other Interventions:
- HEALTHY U Chronic Pain Workshop
- iRest Meditation Group
- Warrior Yoga Class
Medication Safety Week

• April 1-7, 2018
• More than 400 Ohio pharmacies and 5 colleges of pharmacy offered free medication reviews
• Focused on falls prevention with broader goal to increase patient-pharmacist communication
OLDER OHIOANS: PART OF THE SOLUTION
Volunteerism

• Older Ohioans give more than 350,000 hours each year.
• Meet community needs and improve lives of all ages
• Seniors typically give more hours than younger counterparts

Senior volunteers report:
• Longer lifespans
• Lower disability
• Less isolation and more connection to community
• Fewer symptoms of depression
• Better overall mental health
• More physical activity
Volunteerism

- **Ombudsman Associates** advocate for consumers of long-term care services and supports.
- **Health and Wellness Leaders** support HEALTHY U Ohio (including Chronic Pain).
- **Ohio Senior Health Insurance Information Program** volunteers help informed consumers about Medicare (Ohio Department of Insurance).
- **GIVEback. GOforward.** volunteers support community organizations while earning college tuition credit. (Ohio Department of Higher Education).
- **Other Opportunities:**
  - ServeOhio
  - Senior Corps
  - Local senior centers and community action agencies.
Start Talking!

- Teens whose parents talk to them about drugs are up to 50% likely to use.
- State of Ohio’s youth drug prevention strategy.
- Grandparents are mentors, or in some cases, primary caregivers.
Other Roles for Elders

- Peer to peer support for older adults who are addicted
- Peer support for kinship caregivers
- Staying in or returning to workforce

- Support of local law enforcement:
  - S.A.L.T. councils
  - TRIADs
  - Neighborhood watch
  - D.A.R.E.
Policy priorities

• Sets the policy priorities for the next four years beginning Oct. 1, 2019:

• State Plan is based on:
  – Needs Assessment
  – Federally required areas of focus
  – Known and emerging concerns
  – Vulnerable elder populations
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