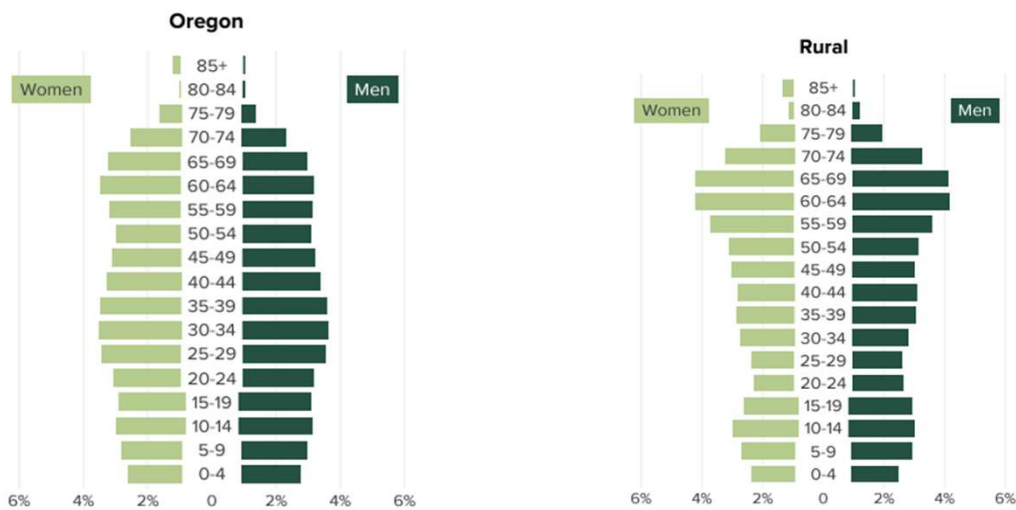


Partnering for Programming



Oregon
Older Adult Behavioral Health Initiative

Population Statistics



Source: The Ford Family Foundation - [Oregon by the Numbers 2023 Edition](#)

Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day,⁴ and even greater than that associated with obesity and physical inactivity. And the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations, where performance, productivity, and engagement are diminished.

Our Epidemic of Loneliness and Isolation



2023



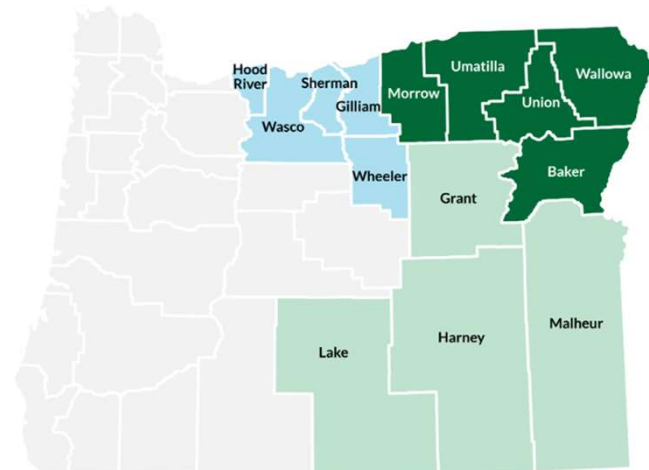
Dr. Vivek H. Murthy
19th and 21st Surgeon General
of the United States

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..... Each of us can start now, in our
own lives, by strengthening our
connections and relationships.

OABHI Overview

- State-wide program launched in 2015
 - Funded by Oregon Health Authority
 - 25 specialists
 - Insurance-blind
- Created to better meet the needs of older adults and people with physical disabilities
 - www.oregonbhi.org
 - www.gobhi.org/oabhi



**Collaborate
& Coordinate**



**Consult on
Complex Cases**



**Training &
Education**

OABHI Complex Care Consultations

Older Adult Behavioral Health Coordinators are able to help:

- Provide information and referral to services
- Provide or recommend staff training/coaching opportunities
- Provide guidance on how to access local services
- Facilitate discussion among stakeholders
- May assist with offering clinical expertise as appropriate

Request a consult from our website: www.gobhi.org/oabhi

Collaborating & Coordinating with Other Community Partners

Some examples:

- Civic groups
- Community or Senior Centers
- Community Mental Health Programs
- Faith communities
- Libraries
- Primary Care or other health care providers
- Tribal organizations
- Senior living communities
- Social service providers
- Youth groups

Who else in your community might be a good connection?

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Partnering with OABHI

Some examples of activities and presentations:

- Oregon Advance Directive Workshop
- Getting to Know Dementia and other Positive Approach to Care Training
- Understanding Grief – Helping Yourself Heal Series
- Program to Encourage Active and Rewarding Live (PEARLS)
- Project Visibility
- Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training
- Support Groups, Community Conversations, Age, Death and Memory Cafes, and more!



8



Thinking about advance healthcare wishes for yourself, a loved one or someone you are providing care for?

EOCCO's Advance Directive online training teaches you how to talk with loved one and/or a person you are providing care for about health care wishes and choosing a person to make healthcare decisions when the person in question is unable to.

This free online training will help you to:

- Share with loved ones your health care wishes
- Remove the burden of making difficult health care decisions from loved ones
- Provide guidance for loved one(s) and health care providers in honoring to your wishes

<https://www.oregon.gov/oha/ph/about/pages/adac-forms.aspx>

Teepa Snow's
Positive Approach to Care®
www.TeepaSnow.com



Are you looking for support and resources to help you provide care for your loved one living with dementia?

DEMENTIA CARE CONSULTATIONS

The Older Adult Behavioral Health Initiative provides **free** care consultations for care partners by phone or video conference.

Rod Harwood, who is a certified Positive Approach® to Care consultant, will bring awareness, skill, knowledge, and a willingness to walk alongside you to help explore strategies for possible next steps to take.

To schedule a consultation contact Rod Harwood:
Email: rharwood@gobhi.org
Phone: (541) 293 - 1755



Rod Harwood
Positive Approach® to Care-Certified
Independent Consultant
& Trainer






Getting to Know Dementia 6 Part Series


Practical dementia care education simplified, so you can focus on what matters most.


Discover new techniques and practical insights from the Positive Approach to Care® approved curriculum

This six-part workshop is designed to help participants:

1. Discover an appreciation for what happens when a brain is changing due to some form of dementia rather than normal aging or high stress lifestyles. By understanding what happens to the brain in development and in dementia, we can begin to understand not only what is lost, but what is retained, to provide that 'just right' support.
2. Be introduced to the GEMS® State model of the progression of dementia, and how we can adapt our approach to create positive relationships.
3. Practice focusing on the adaptation of identifying and offering visual, verbal, and touch cues to approach and connect with a person living in any state of dementia through the Positive Physical Approach®.
4. Learn how we as care partners can become advocates for people as relationships and tasks of daily living are impacted.



alzheimer's  association®



Eastern Oregon Caregiver Support Group

Presented by:
Alzheimer's Association
 Oregon & Southwest Washington

Third Monday of the month
 11:30 a.m. - 12:30 p.m.
 Register to receive Zoom call details at
 800-272-3900
<http://bit.ly/AlzEastORCare>

Visit alz.org/orswwa to learn more about caregiver programs and resources.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org




ALZHEIMER'S & DEMENTIA CAREGIVERS SUPPORT GROUP


The purpose of this support group is to provide a safe environment where people caring for those with Alzheimer's or other dementia can mutually support one another by sharing their thoughts, ideas, concerns, questions, and coping strategies in a non-judgemental and caring atmosphere.

2nd & 4th Mondays of each month
 Starting April 2024
10:30AM - NOON
St. Anthony Hospital - Conf. Rm 3
 2801 St. Anthony Way - Pendleton

Questions? Call 541-278-2627

Understanding Your Grief- Helping Yourself Heal

A six-part series to help guide your unique journey with loss, grief and healing




You find yourself facing a major loss, adrift from what was your life and feeling unprepared to navigate the difficult path. Yet you must face it and learn to adjust. Whether your loss is a loved one, a job, a role or a place. Grieving is an essential part of how you process your loss.

Supporting your grief needs the series will cover:



- Understanding grief and the necessity of mourning
- Common myths about grief and mourning
- How your grief is unique
- What you might expect on your grief journey
- The six central needs of mourning
- The 12 freedoms of healing in grief
- Knowing when you need additional help—signs of complicated grief
- Where you can find help in your community


When: Wednesday, April 17th through Wednesday, May 22nd (Weekly - 6 Weeks)
 Time: 5:00-6:30pm
 Location: Provided virtually via Zoom
 To Register click on registration link or scan the QR Code for this training



[Registration Link](#)

For Questions??
 Rod Harwood 541-293-1755
rharwood@gobhi.org




Understanding Grief

A six-part series to help guide your unique journey with loss, grief & healing.

You find yourself facing a major loss, adrift from what was your life and feeling unprepared to navigate the difficult path. Yet you must face it and learn to adjust. Whether your loss is a loved one, a job, a role or a place. Grieving is an essential part of how you process your loss. This series will be presented by GOBHI and hosted by Yellowhawk Public Health and Behavioral Health.

Supporting your grief needs the series will cover:

- Understanding grief and the necessity of mourning
- Common myths about grief and mourning
- How your grief is unique
- What you might expect on your grief journey
- The six central needs of mourning
- The 12 freedoms of healing in grief
- Knowing when you need additional help – signs of complicated grief
- Where you can find help in your community



When: Tuesdays, January 9th - February 13th
 Time: 3:30 - 5:00 pm
 Where: Nicht-Yow-Way Senior Center *help yourself heal*

PEARLS

PROGRAM TO ENCOURAGE
ACTIVE, REWARDING LIVES

FREE CLASS

Feeling stuck, a lack of energy, unable to move forward with what is important in your life?

We all go through highs and lows in life. If you've been noticing these signs, you may benefit from participating in a six week PEARLS class. In our time together we'll explore strategies that can help us feel better.

PEARLS helps with the support of participants and trained facilitators to:

- Learn and practice problem-solving techniques
- Add pleasant activities to your life
- Learn strategies to reduce anxiety and improve mood
- Get on a path toward increased physical activity
- Help yourself to live a healthy and rewarding life

TUESDAYS *Space is limited!*

May 14 - June 18, 2024

1:30 - 3 pm

Nicht-yow-way Senior Center

Rod Harwood, 541.293.1755
rharwood@gobhi.org
Carrie Campbell-Turk, 541.969.5897








DOES YOUR ORGANIZATION WORK WITH OLDER ADULTS? ARE YOU A CHAMPION FOR INCLUSION AND DIVERSITY IN YOUR ORGANIZATION? BECOME A CHANGE-MAKER WITH THE OLDER ADULT BEHAVIORAL HEALTH INITIATIVE!

Project Visibility: Person-centered Care for LGBTQ+ Older Adults

An interactive training for care providers that helps you:

- Learn LGBTQ+ basics
- Understand how the "hidden" stories of LGBTQ+ older adults shape needs and access to care and support
- Create an inclusive and welcoming environment for all in your care

Question. Persuade. Refer.

*Three steps anyone can learn
to help prevent suicide.*

Question, Persuade, Refer (QPR) Gatekeeper Training

Build your confidence and capability to help someone in crisis with this three-step, evidence-based training.

Audience

Professionals, volunteers and community members


Details

Two hour course for the workforce and community members. Participants will learn to recognize the warning signs of suicide, talk with someone in crisis and persuade them to get help, and refer them to resources. This training will include information specific to older adult and veteran populations.

AGE CAFE

*Community Conversations
That Matter*

Starter Kit



The Cafe Project provided through partnerships with the Oregon Older Adult Behavioral Health Initiative and Oregon Health Authority's Competencies

Icebreaker:

Name one thing that has tickled your funny bone recently.


1. When has laughter been "good medicine" for you?
2. How has humor been used to portray aging? How does that impact your view of aging?
3. What does having a healthy, heartfelt, and compassionate sense of humor mean to you?
4. How do you cultivate a positive sense of humor?

Icebreaker:

If you were a tree, what would be your favorite transition?
Spring into summer, summer into fall, fall into winter,
or winter into spring?

1. Are we always in transition? Are we ever not in transition?
2. What changes and transitions have you experienced through the aging process?
3. How do you feel right now? Are you at the beginning of something, the end of something or the middle of something?






Death Talk Starter Kit

Community Cafe Conversations on death, dying, and what really matters

The Cafe Project provided through partnerships with the Oregon Older Adult Behavioral Health Initiative and Oregon Health Authority's Comprehensive Suicide Prevention Initiative

Icebreaker:

If you were a tree, what transition would you most enjoy right now?
Spring into summer, summer into fall, fall into winter,
or winter into spring?

- Have you given any thought to how you want your body to transform after death? (embalming and burial, cremation, aquamation, composting, etc.)
- What sorts of transformations have you experienced after a death?
- What expectations do you have on how the dying process will transform you or others around you?






Spark Stories Oregon Older Adult Behavioral Initiative Café Project

Use this simple engagement tool to connect with your loved one.

How to SPARK a story:

- Set the scene: Eliminate distractions
- Picture Prompt: Create an invitation, "Look at this picture with me."
- Ask, Affirm and Add:
 - Ask:** open-ended questions with no right or wrong answer.
 - Affirm:** all responses: "Yes!" (even partial words, fragments, gestures, facial expressions or sounds).
 - Add:** something new: "Yes, and... (ask another question, continue the story)".
- Reflect and repeat (with enthusiasm!)
- Keep the story: Write it down and share with others.

If you wish to share your story with us, please email it to: _____

Getting started:

What do you see in this picture? What do you want to name the dog?
What sounds do you hear in this picture? Where do you want to say this takes place?

The Cafe Project provided through the partnerships with the Oregon Older Adult Behavioral Health Initiative and Oregon Health Authority's Comprehensive Suicide Prevention Initiative.

WALLOWA COUNTY NETWORK OF CARE PRESENTS

60+ BOOT CAMP

MONDAY

OCTOBER 16TH
8:00 AM - 12:00 PM

606 Medical Parkway
Enterprise, OR

LEARN MORE ABOUT TOPICS AND SERVICES FOCUSED ON SENIOR ADULTS

TRANSPORTATION AVAILABLE

Community Connection will be providing shuttle service to and from the event - please call in advance to reserve your seat. Space is limited. 541-426-5840

Wallowa County Network of Care is a collection of providers in healthcare, social services, education, government and our community. Established in 2002, it now includes 22 local organizations.

THIS FREE EVENT IS OPEN TO COMMUNITY SENIORS AND THEIR CAREGIVERS!
LIGHT REFRESHMENTS PROVIDED

THE SPEAKER LINEUP

CHOOSE ONE OR ALL. ONLY ATTEND THE SESSIONS YOU'RE INTERESTED IN

Dr. Powers	8:00 - 8:30 AM
Welcome Keynote	
Mike Farley	8:45 - 9:45 AM
Medicare vs. Medicaid Advantage	
Kathleen Bennett & Vixen Radford- Weeks	
Medicare Part D & Prescriptions	
Kathryn Kemp	10:00 - 10:50 AM
Apps for older adults & Avoiding Scams	
Ron Harwood	10:55 - 11:45 AM
Advanced Directives	
Closing Remarks	11:45 - 12:00 AM

FOR MORE INFORMATION:

MOLLIE CLIDMORE 458-201-5281
WALLOWA VALLEY CENTER FOR WELLNESS

THANK YOU!



Oregon
Older Adult Behavioral Health Initiative

www.oregonbhi.org
www.gobhi.org/oabhi