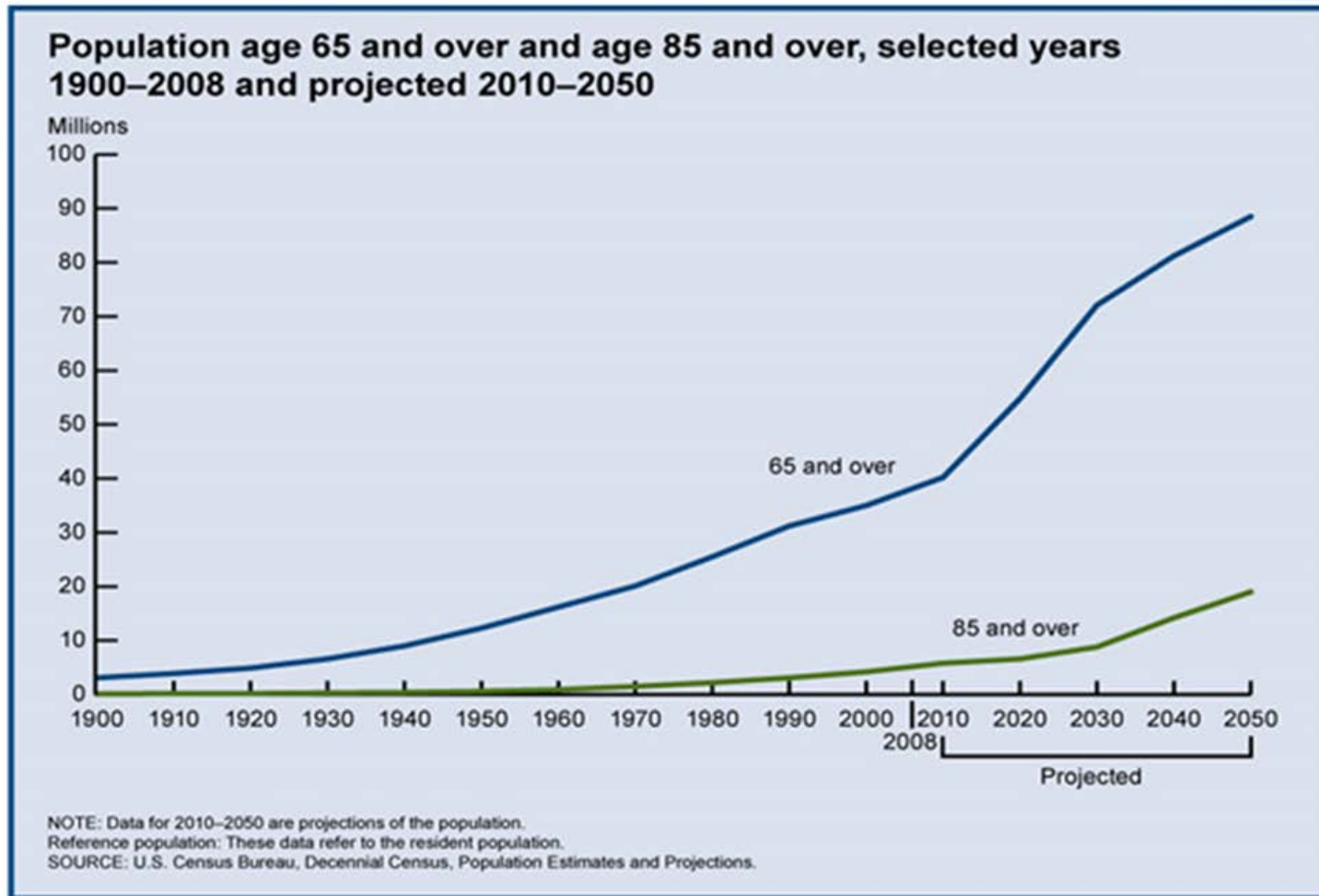


Meeting Aging Adults Where it Hurts

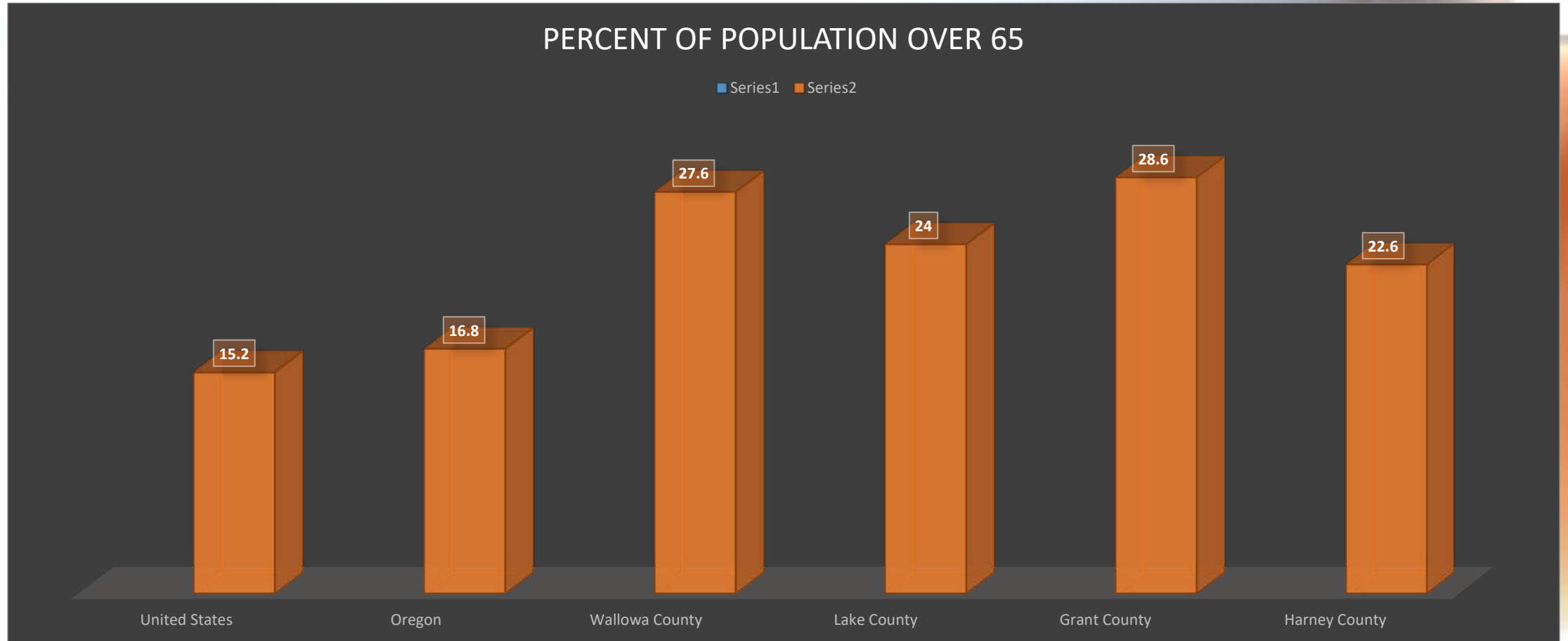
IN RURAL OREGON



The number of aging people in America is on the rise!



The percentage of aging people is particularly high in rural Oregon



Life can be uniquely difficult for many older adults!

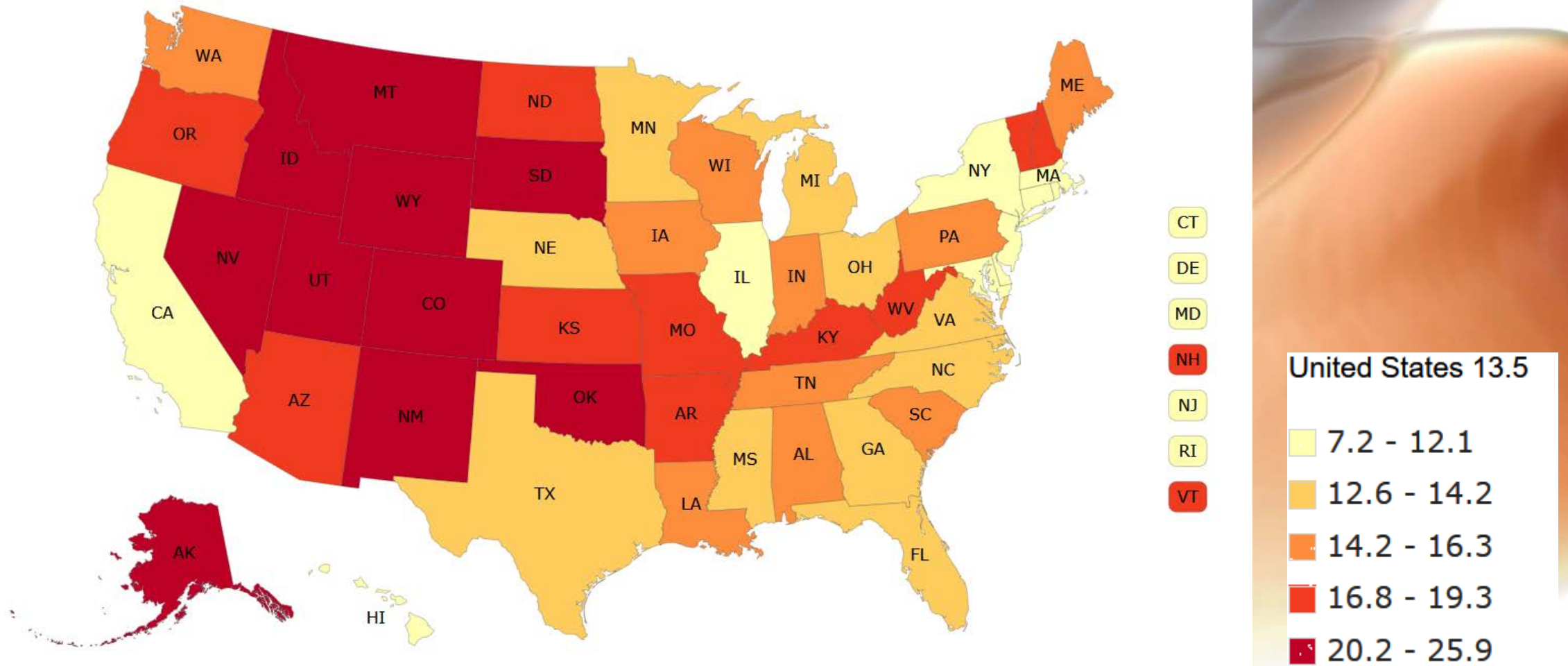
Some of the specific issues faced by older adults include.

- Mental Health Issues
- Suicidal Ideation
- Social Issues
- Health Issues
- Chronic Pain
- Spiritual / Existential Issues
- Functional Issues
- Financial Issues

Mental Health Issues

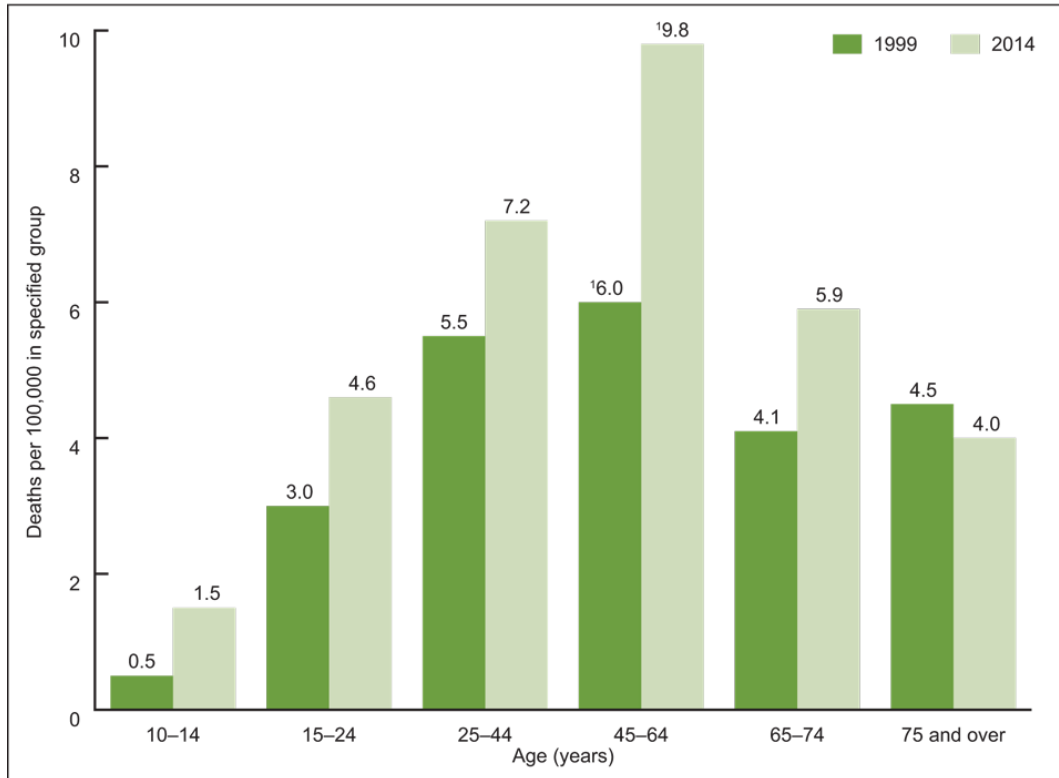
- 20 percent of people age 55 years or older experience some type of mental health concern (slightly higher than general population)
- The most common conditions include anxiety, cognitive impairment and mood disorders (such as depression or bipolar disorder).
- A recent study found that 27 percent of older adults assessed by aging service providers met criteria for major depression.
- Rates for depression are estimated to be as high as 48 percent for individuals in assisted living facilities and 60 percent for individuals living in nursing homes.

Risk of suicide is a major concern (especially in rural states)



Suicide rates vary by age group and gender

Figure 2. Suicide rates for females, by age: United States, 1999 and 2014

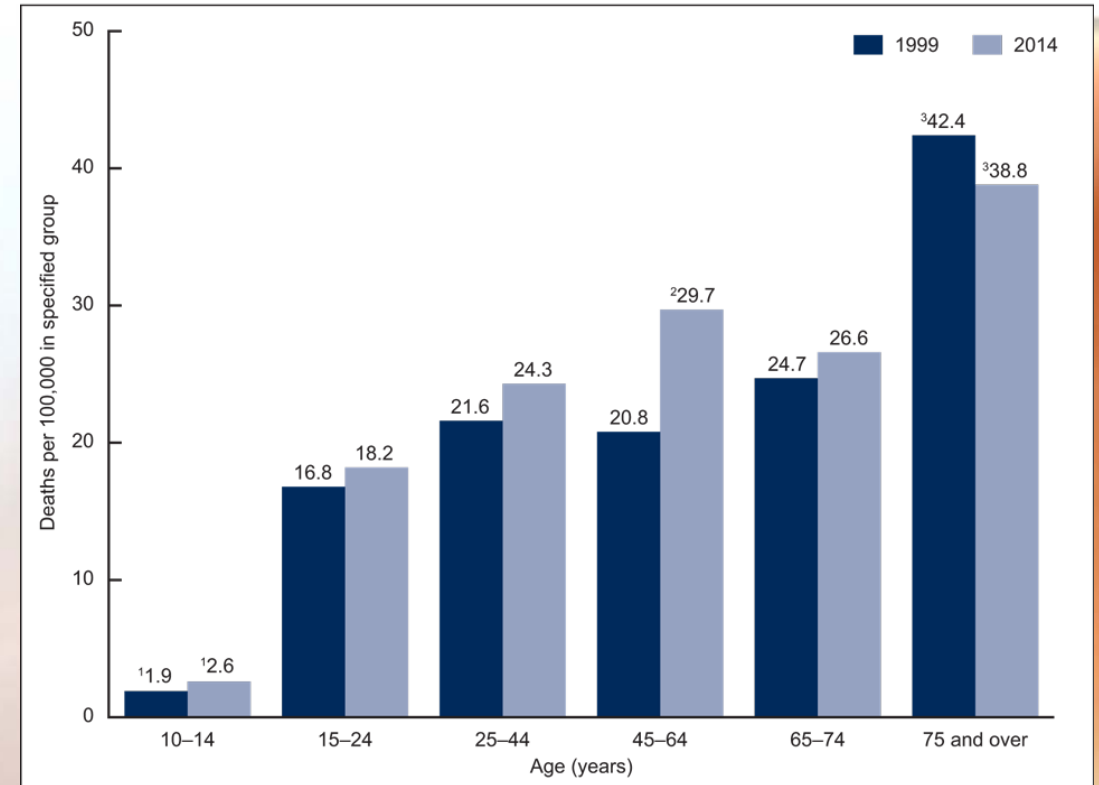


¹Significantly higher than rates for all other age groups ($p < 0.05$).

NOTES: For all age groups, the difference in rates between 1999 and 2014 is significant ($p < 0.05$). Suicides are identified with codes U03, X60-X84, and Y87.0 from the *International Statistical Classification of Diseases and Related Health Problems, Tenth Revision*. Access data for Figure 2 at: http://www.cdc.gov/nchs/data/databriefs/db241_table.pdf#2.

SOURCE: NCHS, National Vital Statistics System, Mortality.

Figure 3. Suicide rates for males, by age: United States, 1999 and 2014



¹Significantly lower than rates for all other age groups ($p < 0.05$).

²Significantly higher than rates for all other age groups except 75 and over ($p < 0.05$).

³Significantly higher than rates for all other age groups ($p < 0.05$).

NOTES: For all age groups, the difference in rates between 1999 and 2014 is significant ($p < 0.05$). Suicides are identified with codes U03, X60-X84, and Y87.0 from the *International Statistical Classification of Diseases and Related Health Problems, Tenth Revision*. Access data for Figure 3 at: http://www.cdc.gov/nchs/data/databriefs/db241_table.pdf#3.

SOURCE: NCHS, National Vital Statistics System, Mortality.

Substance Use can be a major issues among older adults

- older adults are the highest consumers of over-the-counter and prescription medications. More than 25 percent of older adults use prescription psychoactive medications that have abuse potential. Yet, substance abuse is under-recognized and undertreated in the older adult population.



Older adults can struggle with a variety of social issues.

Losses of spouses and friends can be a major contributor to emotional and mental health issues

Social isolation can also increase as adult children are engaged in their own lives



Many older adults struggle to find appropriate social activities and meaningful relationships and end up lonely and isolated.

Health Issues are a huge problem!

Age, family genetics, and gender make it nearly impossible for older adults to avoid becoming a chronic disease statistic.

Eighty percent of adults 65 and older have at least one condition, while 68% have two or more.

(National Council on Aging)



10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have have at
least 1 chronic
condition



68%
have 2 or more
chronic
conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



**Ischemic Heart
Disease**
(or Coronary Heart
Disease)
29%



Diabetes
27%



**Chronic Kidney
Disease**
18%



Heart Failure
14%



Depression
14%



**Alzheimer's Disease
and Dementia**
11%



**Chronic Obstructive
Pulmonary Disease**
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015

Chronic Pain is often a significant part of life all people.

- National Health Interview Survey (NHIS) has found that most American adults have experienced some level of pain, from brief to more lasting (chronic) pain, and from relatively minor to more severe pain. The analysis helps to unravel the complexities of a Nation in pain. It found that an estimated 25.3 million adults (11.2 percent) experience chronic pain—that is, they had pain every day for the preceding 3 months (US)
- A Norwegian Study showed that 19.2% of the younger age group, 27.5% of the middle-aged group, and 31.2% of the older group reported chronic pain (ie, >3 months duration).

But it is particularly problematic for older adults

Adults ages ≥ 65 years. The overall prevalence of bothersome pain in the last month was 52.9%, afflicting 18.7 million older adults in the US. The majority (74.9%) of older adults with pain endorsed multiple sites of pain. 2011 Characteristic

No. in the United States with pain

| Age | # people | % with pain |
|-----------------|-----------|------------------|
| 65–69 years | 5,157,000 | 52.3 (49.5–55.1) |
| 70–74 years | 4,566,000 | 51.9 (49.3–54.4) |
| 75–79 years | 3,618,000 | 53.8 (50.8–56.8) |
| 80–84 years | 2,690,000 | 51.9 (49.5–54.2) |
| 85–89 years | 1,795,000 | 56.0 (53.1–58.8) |
| ≥ 90 years | 840,000 | 56.0 (50.9–61.0) |

National Health and Aging Trends Study

Spiritual and Existential Issues may emerge

What have I accomplished?

Have I made a difference or has my life been wasted?

Do I have anything ahead of me?

Am I still worth anything now that I can no longer work?

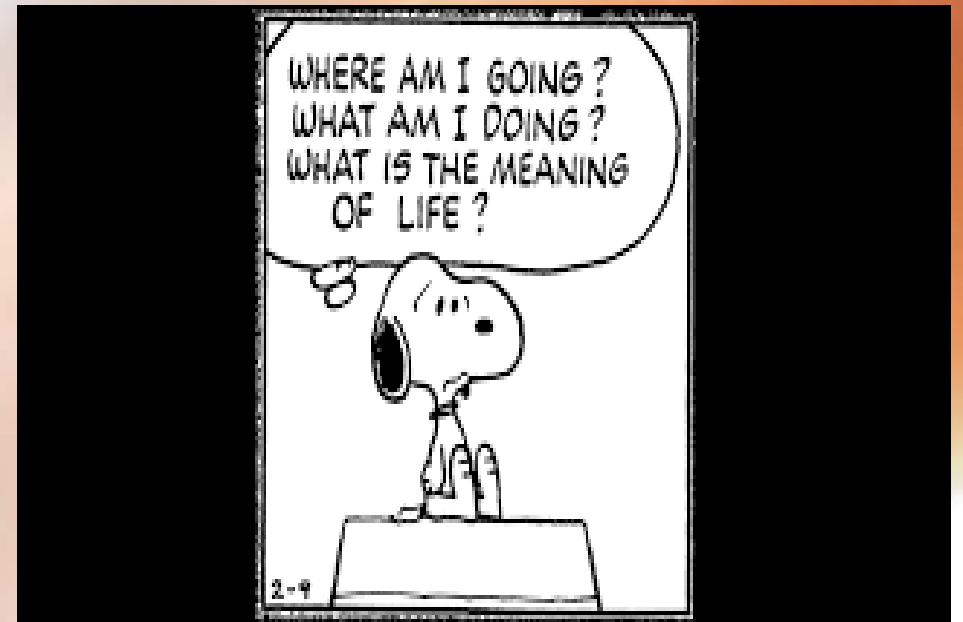
What will happen when I die?

Will I become a burden to my family?

One person summed this state of dis-ease well.

"I am afraid that if I died, they would hold a

Funeral, and no one would come"



Other issues emerge

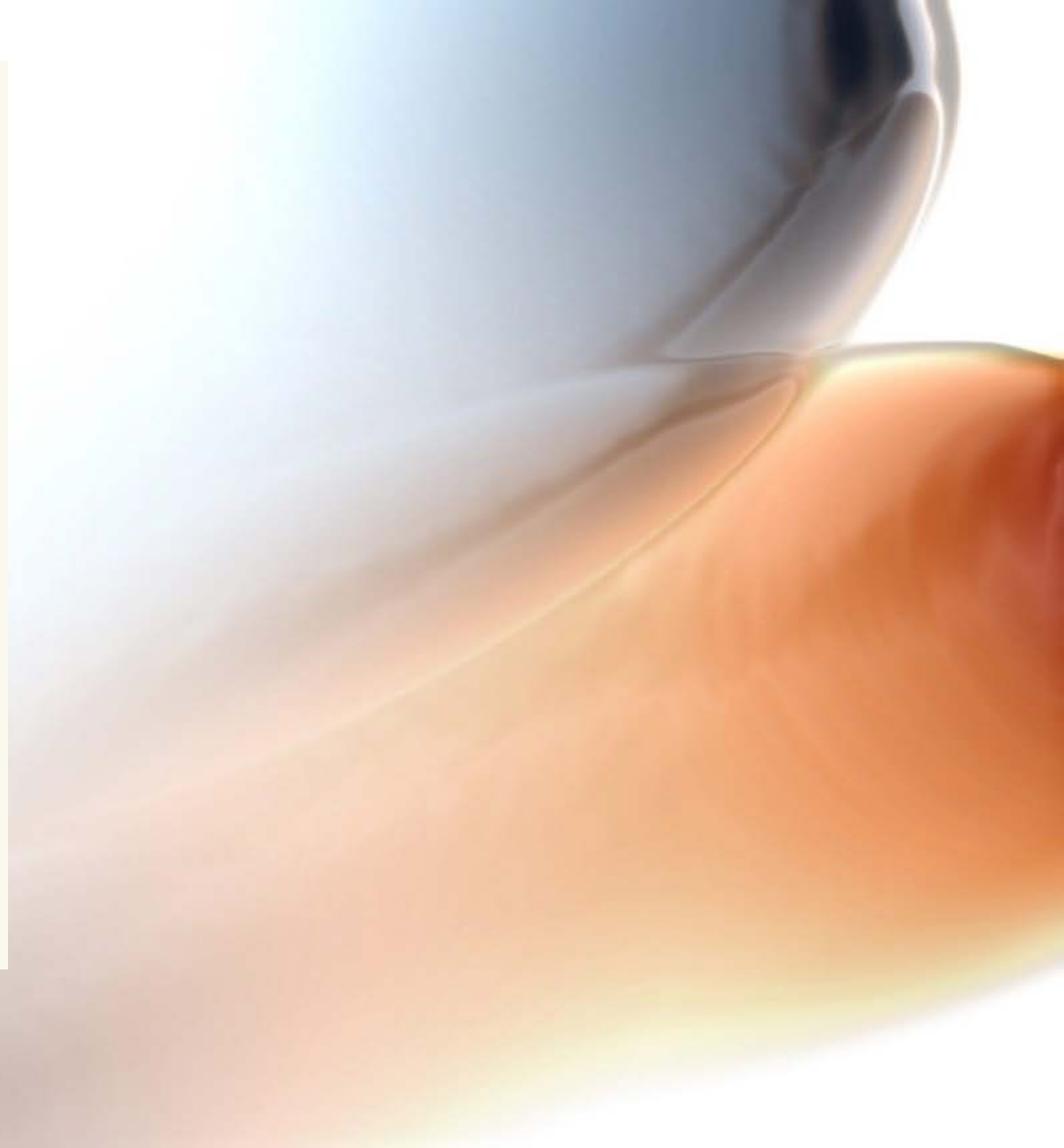
Functional issues

- Inability to independently manage regular activities of living
- Inability to continue to work
- Sexual issues

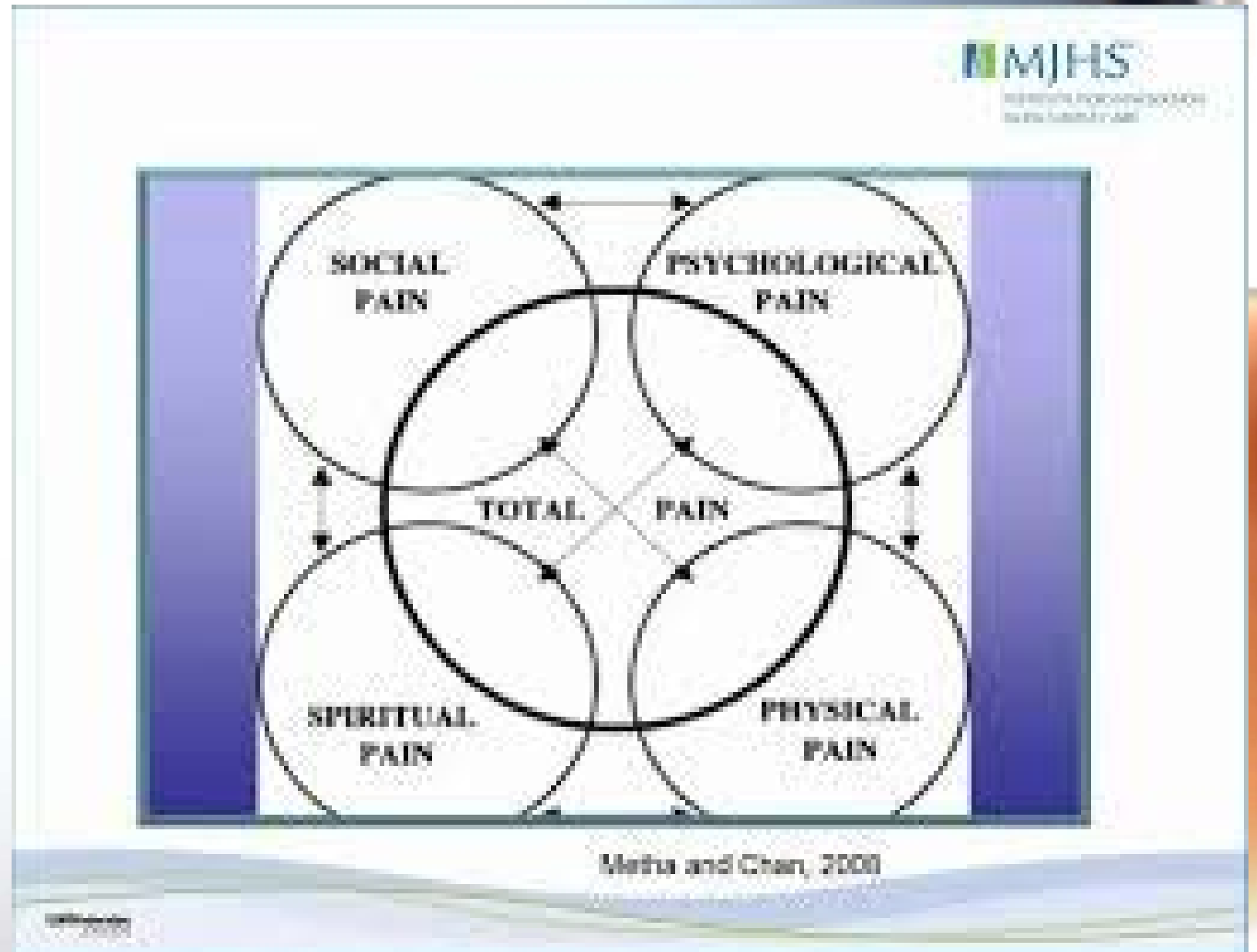
Financial issues

- Financial stresses from the loss of regular income
- Advanced Age causing Savings and Investments to run out
- Unseen expenses (medical and others)
- Investment plans not turning out
- Income inadequate due to inflation

I miss me.
The old me,
The happy me,
The bright me,
The smiling me,
The laughing me,
The gone me.



It all adds
up



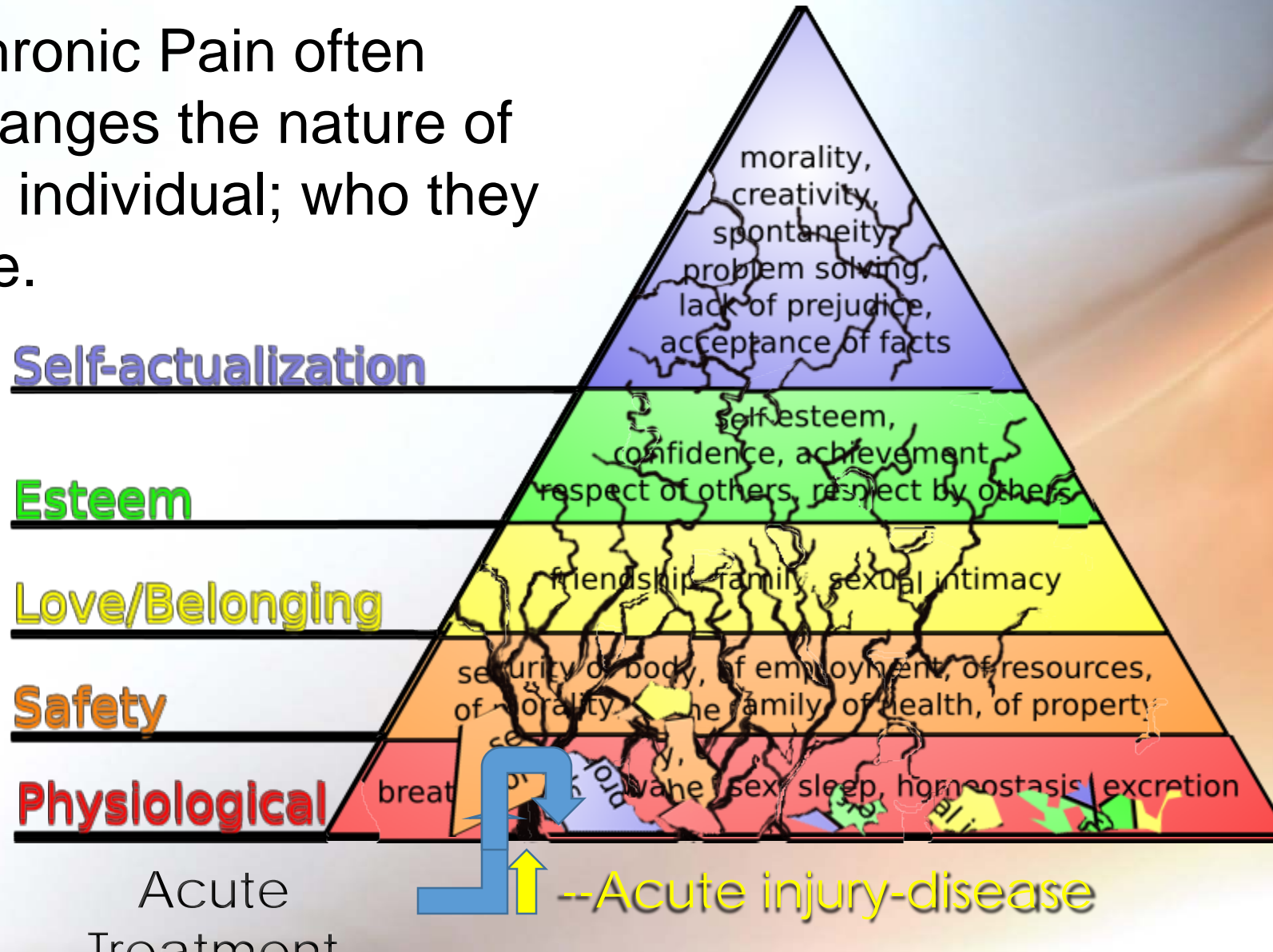
Mehta, Anita & S. Chan, Lisa. (2008). Understanding of the Concept of "Total Pain": A Prerequisite for Pain Control. Journal of Hospice & Palliative Nursing. 10. 26-32. 10.1097/01.NJH.0000306714.50539.1a.



THE CENTER FOR
OPTIMAL LIVING

This is the picture of chronic pain.

Chronic Pain often changes the nature of an individual; who they are.



Multidisciplinary Pain Treatment

Chronic Pain is
biopsychosocial disease.
If any one of these dimensions are
ignored, it will seriously impact
the prognosis for recovery or
prevention.

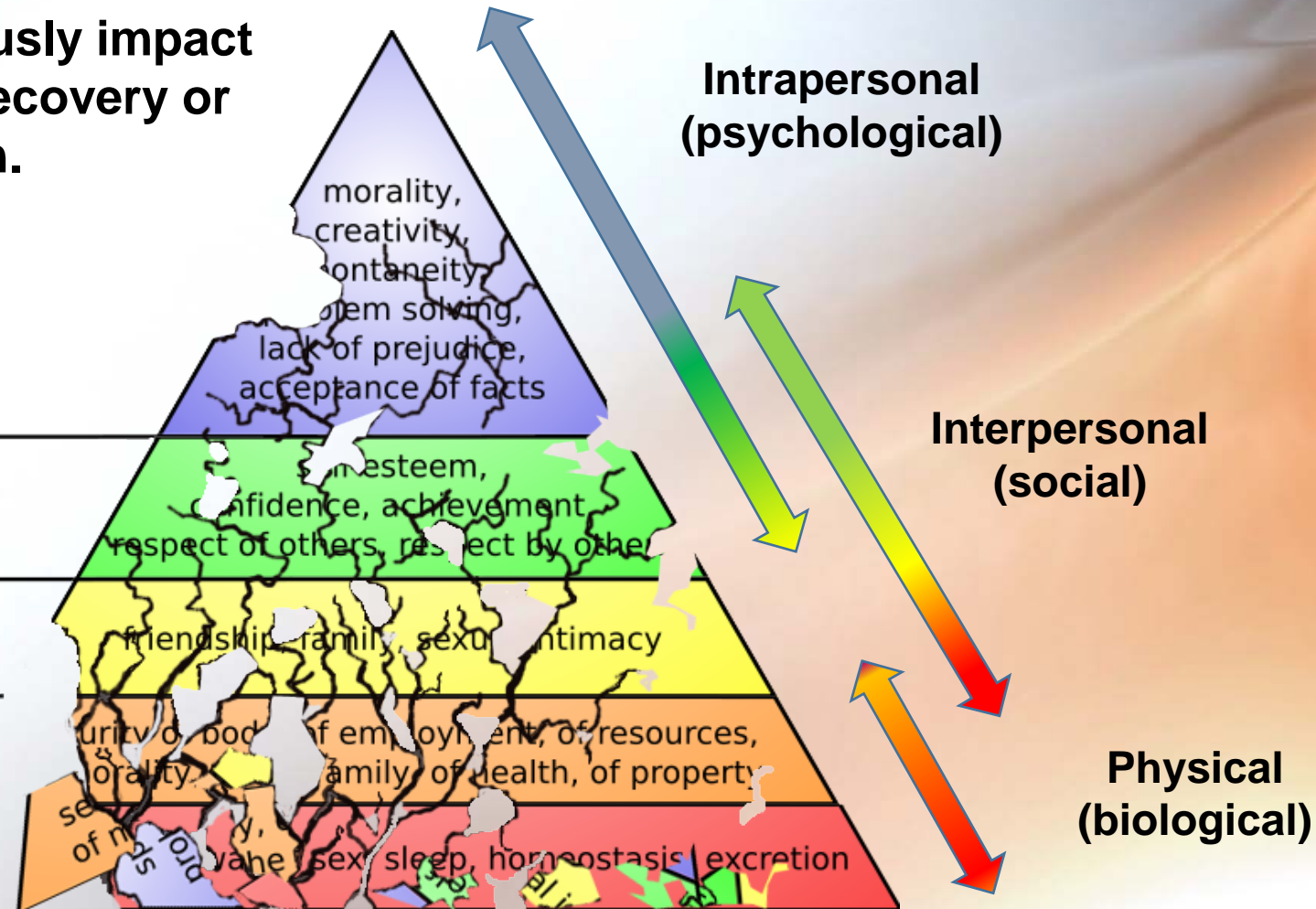
Self-actualization

Esteem

Love/Belonging

Safety

Physiological



What is the pain management program at Center for Optimal Living?

It includes care with goals of;

- Medical management; body and mind
- Psychological conditioning
- Physical conditioning
- Patient education

Multidisciplinary Pain Treatment



The Bottom Line

- While using an evidence based approach to deal with Chronic Pain, we actually create a program that addresses many of the issues older adults struggle with
- Health and Pain
- Isolation
- Stress
- Spiritual and Existential issues

Here is the theory behind the class



The course is intense

| SESSION/DATE | TOPIC/ACTIVITIES | PREPARING FOR NEXT WEEK |
|--------------|--|--|
| 1: | Introductions, Housekeeping, How does staying focused on the pain reduce the pain?. Acute v. Chronic Pain, Mindfulness, Breathing, Stress Response | Pick a phrase for focused attention. Practice abdominal breathing |
| 2: | Introduction to ACT. Control, Mental Scripts, Avoidance Behaviors, Values Illness, Clean and Sticky Pain. Communicating with your PCP | Clean/Stick Pain Diary Pain Chain. Think about what sort of life you'd like to have |
| 3: | Values, part 1—what is meaningful to you? Opiates: Effects, Side Effects, What you need to know. | See how Values Statements might be worded. Work on translating dreams into Values. |
| 4: | Values, part 2—translating dreams into Valued Directions, understanding goals. Paying attention to barriers. | Continue working on developing Values Statements and Bullseye. Read Ch 4 |
| 5: | Thoughts: Cognitive fusion, observing thoughts Nutrition | Kick your Buts. Read Ch 5. |
| 6: | More on Mindfulness. Concepts of self . Sleep, Hot & Cold, Pacing | Journaling, Pedulation. Read Ch 6 |
| 7: | Acceptance and willingness. Encountering the pain monster. Difficult situations. | Values and Goals exercise. Read Ch 7 |
| 8: | Committed Action. Valued Path exercise. Vital Actions. | Valued Path Values-goals-tasks-obstacles exercise. Read Ch 8 |
| 9: | Developing support system. Exploring committed action for obstacles. | Complete Values Action Plan Worksheet. Read Conclusion. |
| 10: | Moving forward from here. Comprehensive Pain Plan. CELEBRATION. | KEEP UP THE GOOD WORK! |

There are three components each week

The first section involves yoga and mindfulness.

- YOGA

We use yoga to build strength

To improve mobility

To change patterns of movement

To promote mindfulness

- MINDFULNESS

Medications

Breathing

Calming Techniques



- PSYCHOEDUCATION

- Understanding Opioids
- Nutrition
- Pacing
- Body Mechanics
- Sleep Hygiene
- Use of Hot and Cold
- Complimentary approaches
- Supplements



Acceptance and Commitment Therapy

- Developed within a coherent theoretical and philosophical framework, Acceptance and Commitment Therapy (ACT) is a unique empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.



Don't forget to breathe

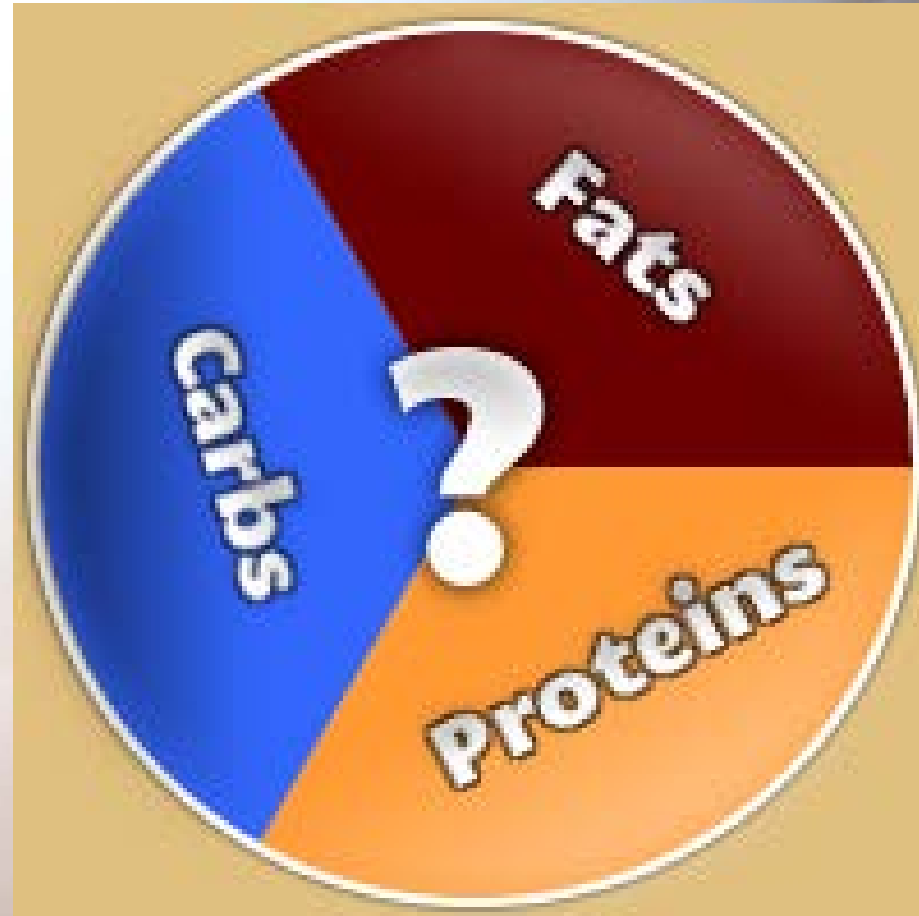
- This is often rolled into the Stress/Relaxation Response talk, on the "BREATHE" slide. "Place one hand on your chest and one on your belly. Now breathe the way you usually do. Which hand rises higher? Take a few moments to observe your breathing without trying to control it. {Pause to allow everyone to take a few breaths}
- Now, begin to focus on your breathing so that the hand over your belly tends to rise and fall more than the hand on your chest. This takes some practice; so don't expect that you will get it right the first time. One way to think of it is to imagine blowing up a balloon inside your belly. Take a few minutes of silence to see how that feels....."
- *Another metaphor for helping people get in touch with what it feels like to belly-breathe: Make your belly stick out as far as you can. Feel those muscles. Now pull in your belly. Now when you stick out your belly, breathe in at the same time. As you breathe out, pull in your belly.

One example of a relaxation technique

- Sit in the meditative posture and scan the body (where do you sense tension - try to release/relax that area)
- Begin statements
 - My feet are heavy and warm (repeat 3 to 5 times)
 - My legs are heavy and warm" (repeat 3 to 5 times)
 - My hands are heavy and warm (repeat 3 to 5 times)
 - My arms are heavy and warm (repeat 3 to 5 times)
 - My abdomen is warm" (repeat 3 to 5 times)
 - My heartbeat is calm and regular" (repeat 3 to 5 times)
 - My forehead is cool" (repeat 3 to 5 times)
 - My head is light (repeat 3 to 5 times)
 - "I am at peace" (repeat 3 times)
- Use breathing to create a rhythm
- End exercise with a cleansing breath

In Psychoeducation we talk about things
like diet

What makes a
good diet?



Protein - for the building and repair of body tissues



Sugars and Starches - for energy (Complex and Simple Carbohydrates)



Fats – healthy fats provide energy, transport vitamins, regulate hormone levels and provide cellular integrity.

Healthy Fats

Olive Oil



Fish Oil



Cold-expeller-pressed plant oils

Such as grapeseed, walnut, sesame



Avocados



Olives



Coconut



Nuts & Seeds



There are lots of different diets, but they all agree on a few things!



So what makes a “good” diet?

- ◎ A diet high in protein and healthy fats, and low in simple carbohydrates.
- ◎ Eliminating trans-fats and chemical sweeteners like high fructose corn syrup is important.

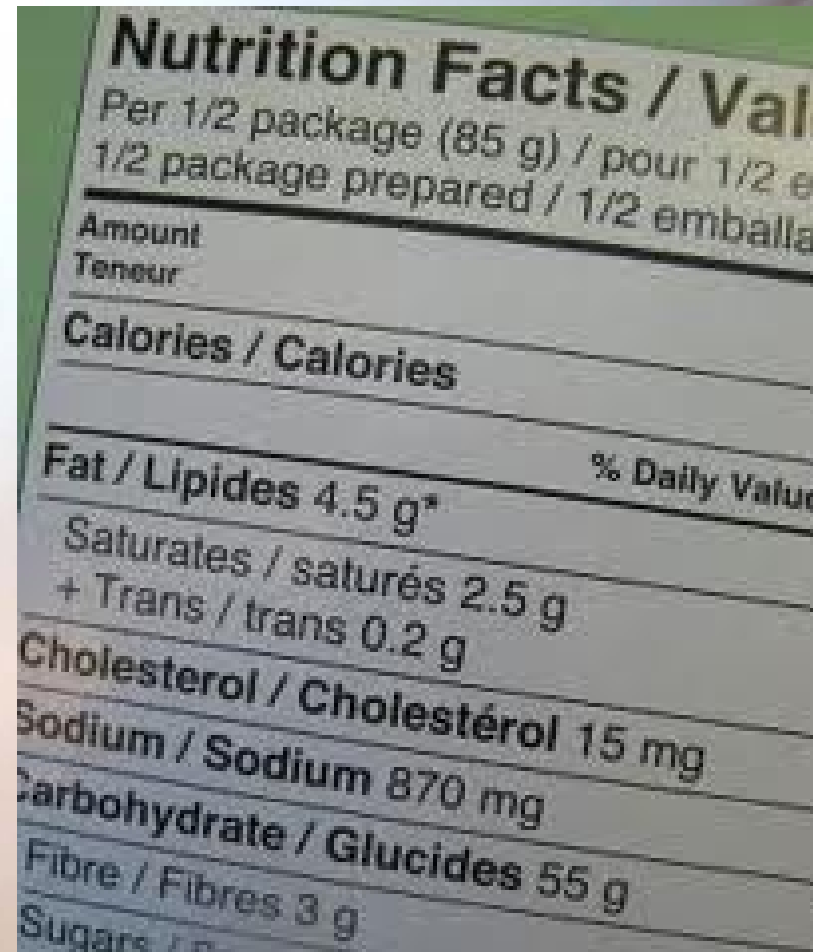


Wait, did you just say I shouldn't eat
SUGAR??????????



Yes, I did.

- ⦿ Sugar causes inflammatory changes in the body.
- ⦿ It also changes blood sugar levels, which over time can lead to problems like diabetes.
- ⦿ It has a lot of calories but no nutrients.
- ⦿ It creates energy in our body that can only be stored as fat.
- ⦿ Sugar brings nothing to the party!



| Nutrition Facts / Valeurs nutritives | |
|--|---------------|
| Per 1/2 package (85 g) / pour 1/2 emballage | |
| 1/2 package prepared / 1/2 emballage préparé | |
| Amount Teneur | % Daily Value |
| Calories / Calories | |
| Fat / Lipides 4.5 g* | |
| Saturates / saturés 2.5 g | |
| + Trans / trans 0.2 g | |
| Cholesterol / Cholestérol 15 mg | |
| Sodium / Sodium 870 mg | |
| Carbohydrate / Glucides 55 g | |
| Fibre / Fibres 3 g | |
| Sugars / Sucres | |

The average American eats an amazing amount of sugar, much of it in processed foods.



The Truth About Sugar Substitutes



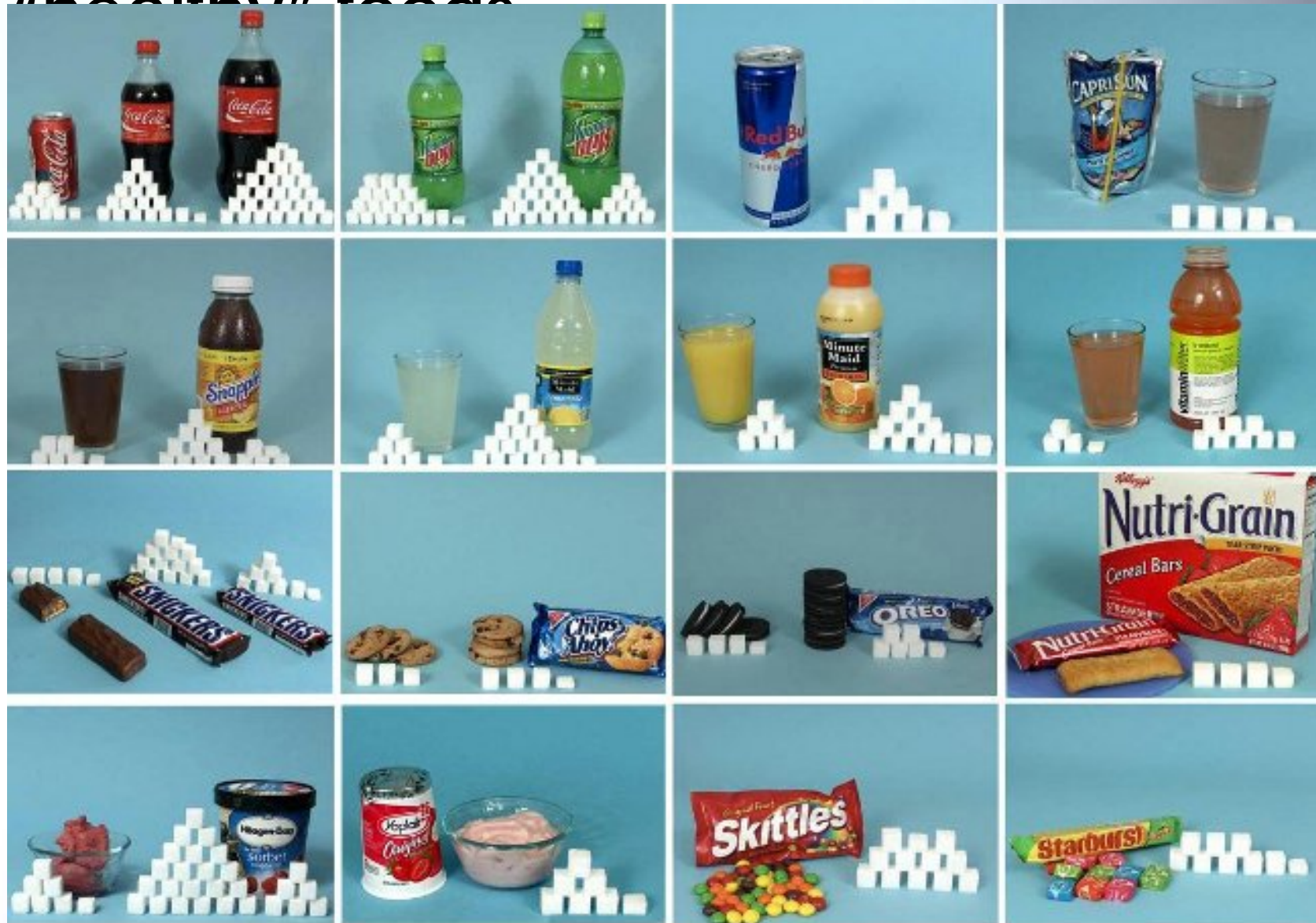
- Researchers have found that sugar substitutes may leave you craving *more* sugar, making it harder -- not easier -- for you to control your weight.
- Artificial sweeteners cause an insulin response, just like real sugar.

The Recommended Sugar Intake Is Much Less Than We Currently Eat!



- There are 4 grams of sugar in each teaspoon, so when we are reading labels, that mean 36 grams for men and 24 for women. That is less than is in a single 12 oz soda.

For Example, there is lots of sugar in
junk food... and even some
“healthy” foods



Then there are the ACT sessions

- The process begins with observing and describing one's thoughts.
- With ACT we learn that although we have a mind we are not the same as our mind
- We learn to recognize that the mind's messages can either be used or discarded, the choice is up to us!

We use yoga and mindfulness to support the process of observing and describing. We move from the thinking and feeling mind to the "observing" brain.



The next step is learning to “detach” or “defuse”

- Detachment or defusing is the process of creating some space between one’s self and the mental scripts or thoughts that often run our lives.
- In the class we often say “step away from the brain”

Little techniques can make a big difference

“Step away from the brain” (My brain is telling me)

“Time to kick some but’s)

We can't forget Values

There is a saying we use

"Here I am, now, accepting what I am feeling, noticing what I am thinking, and choosing to do what I care about anyway"

In the class we help the participants identify what they value, and then help them learn how to move toward their goals through their daily activities.

| | | |
|--|---|--|
| Acceptance To be accepted as I am | Achievement To have important accomplishments | Attractiveness To be physically attractive |
| Caring To take care of others | Creativity To have new and original ideas | Duty To carry out my obligations |
| Faithfulness To be loyal and true in relationships | Fame To be known and recognized | Family To have a happy loving family |
| Forgiveness To be forgiving of others | Friendship To have close supportive friends | Fun To play and have fun |
| Health To be physically well and happy | Justice To promote fair and equal treatment for all | Loved To be loved by those close to me |

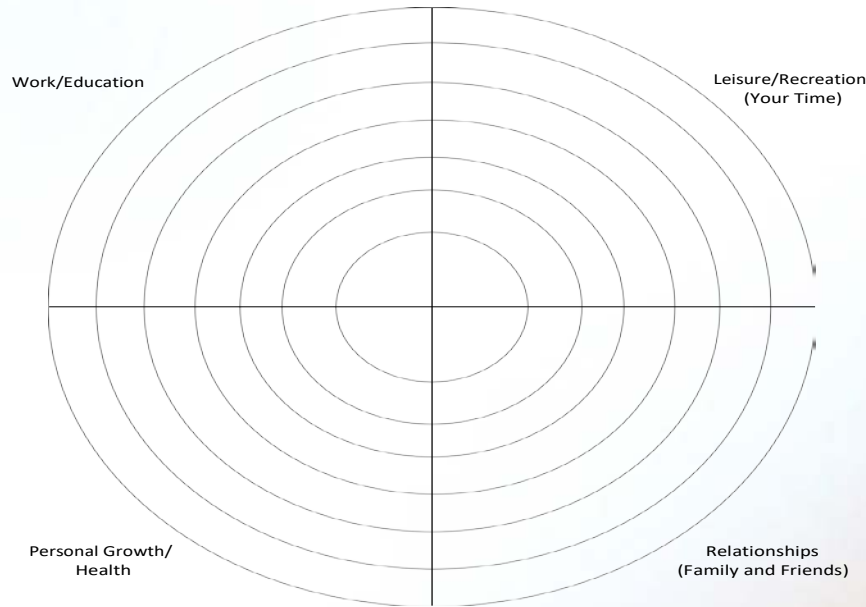
Our values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider to be important. Everybody's values are different, and they can change over time. They reflect how we want to engage with the world, with the people around us, and with ourselves.

Values are different from goals.

Put crudely, goals can be achieved whereas values are more like directions that we want to head in. For example we might have the value of being a good parent which may require a lifetimes' effort, and the specific achievable goal of getting our children to school on time. Or we might have the goal of going for a jog while placing value upon our physical health.

We teach people to walk down the “values path”, making daily choices to move them toward what is important to them.

Print this page and use it to locate yourself on the dart board in relation to your values. Use your online copy to type the descriptions of your locations.



My location in the following four domains:

1. Work/Education:

2. Leisure/Recreation:

3. Relationships:

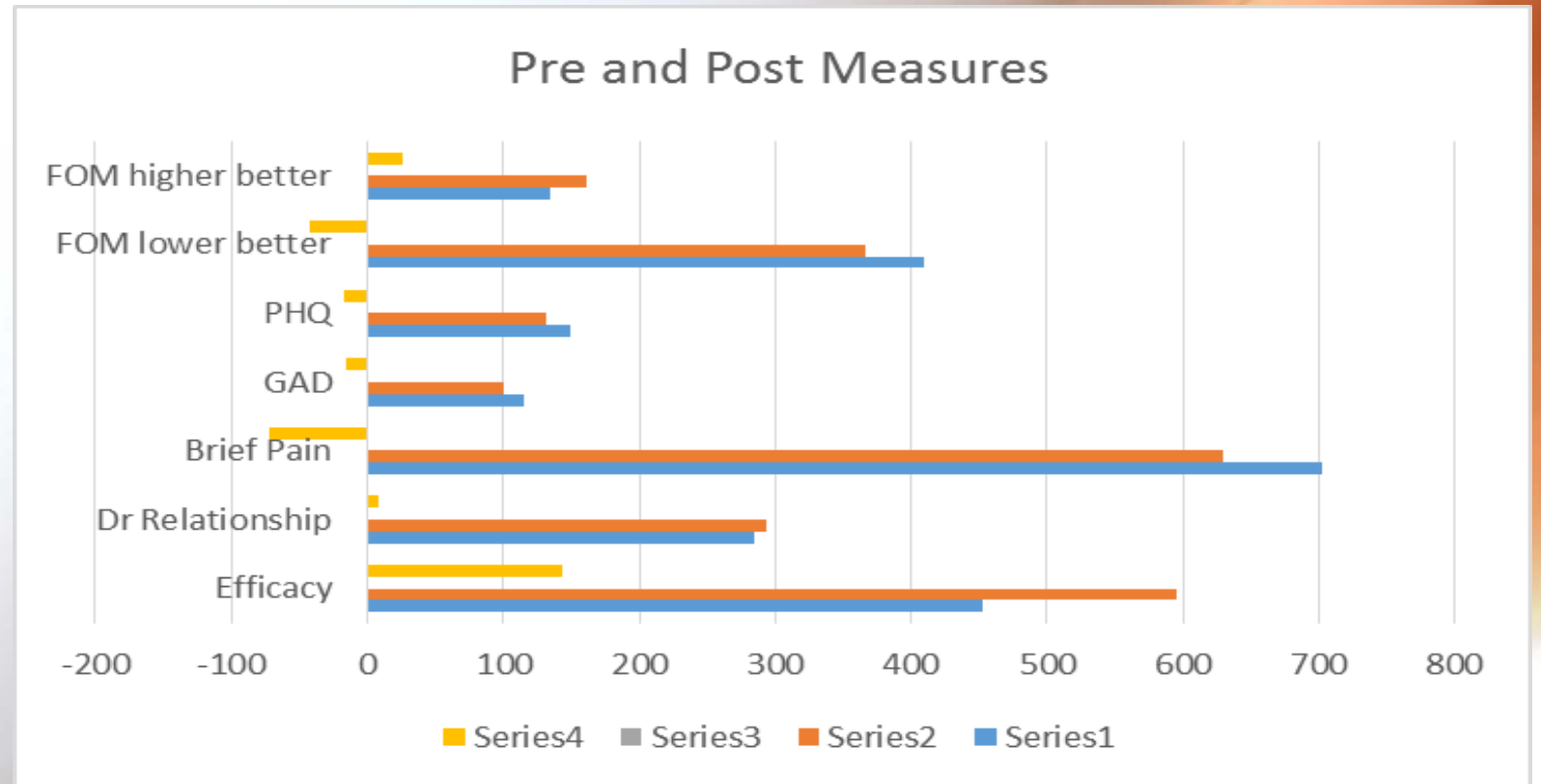
4. Personal Growth/Health:

The Bottom line!

- The class by its very nature is designed to help those older adults who participate address some of the major issues which minimizes their lives
- Physical health (movement, mechanics)
- Functional issues
- Mental health
- Spirituality (re-establishing a values driven life)
- Socialization
- Healthy behaviors

Pre- and Post-Measures show improvement

- GAD 7
- PHQ 9
- Freedom of Movement Score
- Brief Pain Inventory
- Efficacy Scale



Course evaluations are solid

- 1. Do you feel this course was helpful to you in terms of helping you manage and control your pain 4.50
-
- 2. Was the Yoga a helpful part of the class 4.67
-
- 3. Were the education parts of the class helpful? 4.04
-
- 4. Were the ACT components of the class Helpful? 4.54

A few comments

The integrated approach to pain management was a real help to me. I feel better, and have a more positive out look than before I started the class

I have learned not to allow my pain to control my existence. This class has given me the resources to move forward in spite of dealing with chronic pain.

It is true that mindfulness can help with your pain level

If you are dealing with chronic pain, why not learn all you can about other modalities to reduce or alleviate your pain?

Helpful for those whose pain won't be going away

This class improved my life. I highly recommend it to anyone suffering from chronic, physical or mental pain
Amazing experience. Letting my brain rewire itself has been life chaning. Reduced my pain stress and anxiety to levels I can cope with.

Pain doesn't require pills. You have options

All the tools are great! And I use them everyday

A wonderful place to discover my "tribe" right here in Enterprise

The information is so relevant and helpful to chronic pain!

The exercises, physical and mental show it can be done.