

2022 Forum on Aging in Rural Oregon

Monday, May 16, 2022

Track Key:

Track 1: Clinical (C)

Track 2: Social Determinants of Health (SDOH)

Track 3: Policy, Programs, Resources (PPR)

PRE-FORUM WORKSHOP

All Forum attendees are welcome!

9am-12pm

Riverside Room A

Communicating with Older Adults: Motivational Interviewing Strategies

Kathlynn Northrup-Snyder, PhD, CNS, MSN, RN

This half day course provides participants with 1) a brief foundational understanding of behavior change theory, the process of change, and examples of how to explore change using an application of current theory; 2) a brief overview of the spirit, foundations, and principles of Motivational Interviewing; and 3) one or two skills practicing MI. The workshop is presented in an experiential format, with practical guidelines for topics including: understanding and facilitating change using current behavior change models, overview and application of strategies for exploring behavior change issues; use of empathic communication skills; exploring working with resistance, ambivalence and decisional balance; developing change plans.

FORUM

1pm-1:50pm

Necanicum

Welcome & Opening Remarks

Stepha Dragoon, MPAff, MSSW | Rural Population Health Program Manager, Oregon Office of Rural Health

Robert Duehmig | Interim Director, Oregon Office of Rural Health

Vanessa Cornwall | Office of Congressman Peter DeFazio

2pm – 2:50pm

Necanicum

PLENARY SESSION

Advocating for the Aging in Rural Oregon: Policy Passed and Policy Needed

Representative Rachel Prusak | Oregon House of Representatives

Representative Prusak deeply understands the importance of passing policy to support and protect our senior community members – it's why she ran for office. As chair of the Oregon House Committee on Health Care, she also understands how challenging passing policy can be. In this presentation, she will discuss some of the policies that have passed and some that have not passed. She will also discuss what policies Oregon should focus on to protect our aging population and how we can work together to be successful.

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3pm-3:50pm

CONCURRENT SESSIONS

Track 1 (C)
Riverside Room A

Using Telemedicine to Expand Rural Oregonians' Access to Medical-Aid-In-Dying **Charles Blanke, MD | OHSU Knight Cancer Institute**

Very few Oregon physicians have practical experience with MAID, and the majority of lethal medication prescriptions are written for urban citizens. In practice, rural residents at end of life (the majority of whom are elderly) are often unable to utilize this vital option for select patients. Enhancing access to willing practitioners and ideally to experts is an efficient way to accomplish these two goals.

Track 2 (SDOH)
Riverside Room B

A Conversation About Aging and the Needs of LGBTQIA+ Adults in Oregon **Lynette Caldwell, MMOL & Trevin Butler | Department of Human Services, Oregon Health Authority**

Older Oregonians face a variety of challenges as they enter long-term care and find themselves in an unfamiliar environment, trying to navigate their new living situation. The complexity of this time can be compounded for adults who are also part of the LGBTQIA+ community and face uncertainty about whether it is safe to be "out" in their new home. This training is an introduction to *Gen Silent*, an award-winning film about older LGBTQIA+ adults and the challenges they face as they age, as well as a conversation about how caregivers can offer a safe, secure, and person-centered environment to those in their care setting. We will also share a sample Code of Conduct that providers can use to provide expectations to their caregivers to help promote a welcoming environment for all their residents.

Track 3 (PPR)
Riverside Room C

Technology for Greater Independence: Your Statewide Assistive Technology Program **Brian Sacre | Access Technologies Inc.**

Brian Sacre (BS, psychology, University of Oregon) is an assistive technology (AT) specialist with Access Technologies, Inc. (ATI), a small Salem-based nonprofit organization that holds two federal grants related to accessing tools for greater independence. As Oregon's Statewide AT Program, ATI holds a library of thousands of gadgets, tools, applications, and devices available for demonstration and short-term loan. ATI is also the administrator in Oregon for the National Deaf-Blind Equipment Distribution Program (NDBEDP), also known as the iCanConnect Program, where individuals with significant combined hearing and vision loss are provided telecommunications equipment to stay in contact with friends, family, and medical professionals. In this multimedia presentation, we will take a virtual tour of ATI and learn how to access demonstrations, resources, and how to qualify for the iCanConnect program.

4pm-5pm
Lobby

Networking & Happy Hour

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8am-8:50am
Necanicum

Breakfast, Announcements

9am – 10am
Necanicum

PLENARY SESSION

A Statewide Comprehensive Plan for Aging in Oregon and Becoming an Age-Friendly State

Stephanie Hooper | AGE+

Keren Brown Wilson, PhD | Jesse F. Richardson Foundation

Bandana Shrestha | AARP Oregon

The session will introduce the concept of a statewide, inclusive plan for aging which amplifies the needs of rural Oregonians. We will examine the successes of other states, what makes Oregon's efforts unique. We will present findings of culturally specific focus groups, rural community conversations and statewide survey on aging. We will describe the efforts already underway and the future opportunities to be engaged in the process.

10am-10:30am

Break

10:30am-11:20am
Track 1 (C)
Riverside Room A

CONCURRENT SESSIONS

Engaging Older Adults in Fall Prevention Using Motivational Interviewing: When, What, and How

Hiroko Kiyoshi-Teo, PhD, RN | OHSU School of Nursing

This presentation will introduce you to how Motivational Interviewing (MI) can be helpful to enhance your communication with older adults who are not sure or resistant to engage in fall prevention. MI is a validated patient-centered communication tool to help facilitate individual's uptake of healthy behaviors. The presentation will cover: 1) challenges with engaging older adults in fall prevention; 2) "when," "what," "how" of MI adapted for fall prevention clinical practice; and 3) how you can start to apply MI in your practice.

Track 2 (SDOH)
Riverside Room B

Advanced Care Planning: The Patients' Priorities Care Model

Suvi Neukam, DO | OHSU School of Medicine

This presentation will introduce the concept of Patients' Priorities Care which is a model of care and approach to shared decision making that focuses on aligning health goals and plans with a patient's unique values and health care preferences. Benefits of this model to both patients and providers, including all members of an interdisciplinary care team, will be reviewed. Additionally, we will explore effective strategies to allow providers to engage in these conversations with their own patients.

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Track 3 (PPR)
Riverside Room C

Expanding Core Geriatric Behavioral and Primary Care Health and “4M’s” Education to Rural Primary Care Practices Through Project ECHO

Laura Byerly, MD | OHSU School of Medicine

This presentation will introduce a novel educational opportunity for rural and community providers who have an interest in remote geriatric health and age-friendly health system education and mentorship. Building on the success of the Project ECHO model, our team developed a 12-session course for primary care practices, which focuses on geriatric behavioral health and primary care conditions as they relate to the “4M’s” of the age-friendly health system. The presentation will describe the program development, implementation, evaluation data, and practice innovations stemming from the Geriatric Care in an Age-Friendly Health System ECHO, which runs annually. This course provides an additional continuing education resource for Oregon’s primary care teams that are interested in increasing their skillsets related to geriatric clinical care and quality improvement.

11:30am-12:50pm
Necanicum

Lunch

1pm-1:50pm

CONCURRENT SESSIONS

Track 1 (C)
Riverside Room A

Filling the Day with Meaning

Rod Harwood, M.Div., MA, QMHP-C | Greater Oregon Behavioral Health, Inc.

This training explores factors that impact an older adult’s ability to not only cope, but to thrive in the midst of life transitions. It will explore how paying attention to their overall wellbeing is vital to continue to fill their day with meaning.

Track 2 (SDOH)
Riverside Room B

Understanding the Needs of Oregon LGBTQ+ Older Adults: Statewide Survey Results & Advocacy for Change

Naomi Sacks, MSW & Deb McCuin, MA | Office of Aging and People with Disabilities Oregon Department of Human Services

This presentation will provide a thorough and informative review of the first ever statewide survey of LGBTQ+ older adults in Oregon. Community needs and strengths will be shared including results showing racial, geographic and other disparities. Discussion will include how community wisdom drove and informed the entire survey process and how community is involved and invited to partner with health and social services providers in the next steps to use the data to drive change.

Track 3 (PPR)
Riverside Room C

What is SHIBA?

Donna Delikat | SHIBA Program, Oregon Department of Human Services

The Senior Health Insurance Benefits Assistance (SHIBA) program is part of a national network of State Health Insurance Assistance Programs (SHIPs), which are grant funded by the Administration on Community Living (ACL). As such, we are the official local information resource on Medicare. SHIBA provides free, comprehensive Medicare

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options counseling, advocacy and assistance to Medicare beneficiaries, their family members, and caregivers. We recruit and train interested persons to volunteer their time in their community as SHIBA-certified Medicare counselors. SHIBA can assist with finding options for additional coverage under the Medicare program as well as provide information on and application for financial assistance, special enrollment situations and fraud prevention education.

2pm-2:50pm

CONCURRENT SESSIONS

Track 1 (C)
Riverside Room A

A Hidden Crisis: The Rise of Older Adults with Substance Use Disorder and The Vacuum of Age-Appropriate Services for Treatment and Recovery

Stephanie Hooper | AGE+

Mike Marshall | Oregon Recovers

Nirmala Dhar, MSW, LCSW | Older Adult Behavioral Health Initiative, OHA

An in-depth look at the drastically increasing older adult population living and dying with alcohol and prescription drug abuse disorders, and the lack of support services geared for them. We will discuss findings from recent surveys with community health care providers assessing current protocols for treatment and recovery along with our conversations with focus groups across the state addressing their experiences with current systems.

Track 2 (SDOH)
Riverside Room B

Trans Health Care: An Introduction

Kelly Washburn, AGNP-C | Ila Health

This presentation will review the basics of trans health care including history, terminology, reasons for providing gender affirming care, and considerations for older adults and rural residents.

Track 3 (PPR)
Riverside Room C

What Can the ADRC Do for Me?

Cassandra Hutchinson | Aging and People with Disabilities Program, Oregon Department of Human Services

Finding the right services and supports for older adults and people with disabilities can be incredibly challenging. Wouldn't it be nice if there was one central place where anyone could find local and statewide resources? There is! It's called the Aging and Disability Resource Connection – or ADRC. This session will provide an overview of the ADRC and how to connect with us to get the help you need, no matter where you are in Oregon.

3pm-3:20pm
Lobby

Break & Refreshments

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3:30pm-4:20pm

CONCURRENT SESSIONS

Track 1 (C)
Riverside Room A

Mental Health Services for Rural Homebound Elderly

Eliezer Schwartz, PhD & Ethan Wallace, MA | School of Graduate Psychology, Pacific University

The paucity of adequate health and mental health services to homebound elders is particularly apparent with the rural population, currently exacerbated by the pandemic. Telehealth and primary care services are increasingly promoted as promising modes of services to older adults. This presentation will explore the profile of the older adult in need of homebound mental health services, with an emphasis on the specific and unique difficulties presented by rural living. This presentation will also explore the distinctive impact of COVID-19 on older adults in rural areas, with an emphasis on homebound elderly. In addition, this presentation will use research findings and personal clinical experiences to offer an earnest understanding for the need of home bound delivery of mental health services. Participants are welcome to ask questions during the presentation.

Track 2 (C)
Riverside Room B

Recognizing and Responding Helpfully to Anxiety in Older Adults

Jonathan Betlinski, MD | OHSU School of Medicine

Come for a thorough review of anxiety disorders in older adults, with a special focus on how anxiety presents differently, helpful cognitive and behavioral interventions, and a candid discussion of medications. Stay for the corny dad jokes!

Track 3 (PPR)
Riverside Room C

I'm Not Okay: The Rural Perspectives of Residents Living in Long-Term Care

Kat Thomas, MPH | Office of Long-Term Care Ombudsman

How do our aging residents in long-term care feel about life? What's important to them and how do they tackle new challenges? Are rural communities meeting their needs and how can we strengthen what is working? Get these questions and more answered as we learn why the Office of Long-Term Care Ombudsman is a valuable tool for residents, families, health care providers, and anyone struggling with the complexities of the long-term care system.

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8am-8:50am
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Breakfast

9am – 9:50am
Necanicum

PLENARY SESSION

Innovations in Rural Aging Panel Discussion

Moderator: Sarah Andersen | Field Services Director, Oregon Office of Rural Health
Panelists: Jonathan Betlinski, MD | OHSU School of Medicine, Oregon ECHO Network
 Lisa Steenson | Bridge Meadows
 Andrea Wishart | Lake County Senior Center

10am-10:50am

CONCURRENT SESSIONS

Track 1 (C)
Riverside Room A

Serious Illness Care in Rural Communities

Pat Justis, MA | Washington State Office of Rural Health
Adie Goldberg, PhD, LICSW | Providence Institute for Human Caring

People may live with a serious illness for years, before hospice enters the conversation or in some cases, survivorship. Well-meaning health care teams want to relieve suffering and may not know what else to do for community members who are struggling with their symptoms and experiencing a negative impact on quality of life. It can be tragic when rural community members leave the people they love and the place they love, for expensive urban treatments unlikely to help. The Washington Rural Palliative Care Initiative has 13 rural communities joined in a learning community to develop palliative care services in rural health systems and organizations. Valuable lessons have been learned along the way.

Track 2 (SDOH)
Riverside Room B

Ageism Begins Within: Reframing a Universal Process

Stephanie Hooper & Julia Brown, MAG | AGE+

An in-depth look at the costs of internal and external ageism. We will examine how the beliefs we hold and the language we use give fuel to a society and its systems that dehumanize at least 1/5 of our population. We will welcome all into the “big tent” of anti-ageism and discuss hitching age to intersectionality while we work towards diversity, equity, and inclusion. Discussion will focus on reframing aging with a realistic lens and suggesting ways to map the territory between middle age and very old age that does not rely on outdated and uninformed stereotypes.

Track 3 (PPR)
Riverside Room C

Oregon Advance Directive: Estate Planning for the Heart

Rod Harwood, M.Div., MA, QMHP-C | Greater Oregon Behavioral Health, Inc.

The advance directive should be an essential part of every person’s health care plan. It is a legal document with instructions that apply if an adult is not able to make decisions about their own health care. They are meant to ensure that a person’s values related to

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dying, quality of life, and other relevant considerations are honored. This training will help the participant have a basic understanding of what the Oregon Advanced Directive is and consider the importance of having conversations with friends and/or family and their physician so their personal wishes can be observed at the end of life.

11am-11:20am
Lobby **Break & Refreshments**

11:30am-12:20pm **CONCURRENT SESSIONS**

Track 1 (C)
Riverside Room A

Successful Management of Neuropsychiatric Symptoms of Dementia

Jonathan Betlinski, MD & Neisha D'Souza, MD | OHSU School of Medicine

The presenters will review the neuropsychiatric symptoms of dementia, helpful screening tools, and strategies for successful intervention, and then facilitate a case-based discussion in which attendees can practice the approaches they've learned.

Track 2 (PPR)
Riverside Room B

Programs of All-Inclusive Care for the Elderly (PACE): Challenges and Opportunities in Rural Communities

Robert Thorn, MBA | Pinnacle Healthcare Consulting

Aging in rural communities is often difficult due to issues and challenges associated with transportation, access to specialists, coordination of care and support activities that safely allow for "aging in place." The PACE model of care, which uses an interdisciplinary team approach to support a comprehensive care plan for each participant, addresses these and other challenges for PACE participants and their families. While the program was first established more than 40 years ago and has proven to be an effective tool managing the elderly as they age in urban settings, how has this model worked in rural communities? In this session, we will look at successful rural PACE programs to learn what works, what doesn't, and how they have successfully achieved quality outcomes while meeting participants' needs and regulatory requirements for program participation.

Track 3 (C)
Riverside Room C

Aging Better Together: The Human Need for Social Connections to Achieve Optimum Health

Todd Trautner, MA, Ruth Vonk, LCSW & Sharon Bliss | Oregon Senior Peer Outreach

In this session, we will share peer support impacts and practices for older adults as applied in the Oregon Senior Peer Outreach (OSPO), PEARLS and Oregon Seniors Connect programs. Social connection and relationship development is our primary focus when providing peer support services. New meaningful connections mitigate the serious health impacts isolation, loneliness and depression can have on older adults in Oregon.

12:30pm-1pm **Forum Wrap-Up & Prizes**