

**Inland Coalition
on Aging**

Monthly Meeting

May 28, 2024

[Inlandaging.org](https://www.inlandaging.org)

Agenda

Welcome

Key Points from Last Meeting

Aging and Behavioral Health Presentation

IE-MPA Updates

Next Meeting

Last ICA Meeting

Ben Jauregui, DSW

ICA Chair

Key Points

- <https://vimeo.com/946576132>
- What is Ageism?
- Aging Stereotypes
- Ageism touches all aspects of life
- Health Impact of Ageism
- Social Impact of Ageism
- Language contributing to Ageism
- Reframe Aging
- Enjoy happiness now



Aging and Behavioral Health

Tony Ortego, LMFT

Behavioral Health Services
Administrator Older Adult Integrated
System of Care Riverside University
Health System - Behavioral Health on
Aging and Behavioral Health.

Aging and Behavioral Health

Tony Ortego

Behavioral Health Administrator

Older Adults Integrated System Of Care



Aging and Behavioral Health

- Life Changes

- Job or Career transitioning to RETIREMENT (choice vs. forced)**

- Often the first major transition for Older Adults and can impact physical and/or mental health

- One third of retirees have difficulty adjusting likely resulting in reduced or limited income

- Children move away

- Children and grandchildren return home

- New technologies and communication

- Physical health changes and challenges/sedentary living (most retirees fail to maintain adequate exercise to sustain good health)

Aging and Behavioral Health

- Life Changes

- Relocation**

- Downsizing to smaller quarters to reduce burden of upkeep

- Moving in with siblings or adult children

- Assisted living, residential care, skilled nursing facilities/settings due to physical or mental/cognitive status

- likely to live alone

- become socially isolated

- suffer from depression

- loss of independence

- recognize that men respond less well than women

Aging and Behavioral Health

- Life Changes

- Bereavement**

- Loss of spouse, partner, family and friends

- Affects women and men

- Mortality increases for men following wife's death

- Whereas, for women who lose a husband data is less clear and does not indicate an increase in mortality rate

Aging and Behavioral Health

- Life Changes

- Bereavement**

- Sleep disturbance and anxiety (normal if resolve in months w/out medication)

- Vs. prolonged and overwhelming grief (pathological grief)

- Symptoms that are typical of major depressive episodes

- Feelings or urges to join the deceased in death

- Intense feelings of loneliness, shock, emptiness, anger

- Hearing or seeing the deceased

- Avoiding or reacting intensely to reminders or memories of the deceased

- Risk of increase/abuse of medications, other drugs, alcohol

Aging and Behavioral Health

- Barriers to Access of Services

- Geographical distance and transportation

- Socioeconomic status

- Medication and side effects (drowsiness, sensitivity to hot or cold atmospheres hindering travel, increase use of restrooms, etc.)

- Service delivery system that are complicated or difficult to navigate (not age friendly); poor communication or lack of integrated care with referrals leading to frustration and poor follow up

- Cultural and language issues

- Difficulty using technologies (scheduling/changing appointments via multiple phone options or online, use of kiosk to check-in, etc.)

Aging and Behavioral Health

- Common behavioral health disorders for older adults

- Depression or mood disorders

- Dementia (greatest risk factor for development of psychotic symptoms and increased vulnerability of delirium)

- Anxiety

- Substance Abuse

- Symptoms

- Increased isolation

- Decreased motivation in interest or pleasures once enjoyed

- Decreased appetite

- Hyper/hyposomnia

- Increased forgetfulness/unable to remain focused

- Increased fear and worry

Aging and Behavioral Health

- How to help

- Offer a “listening ear” and support

- Use of friendship lines

- Establish new social supports and being around other people

- Identify options and resources for professional help/assistance

- Encourage/assist with follow through for medical appointments

- Focus on and accentuate strengths and gratitude

- Practice mindfulness; being aware of the present moment and to reconnect with feelings and thoughts

- Help identify past and possible new interest/change the environment

Aging and Behavioral Health

- Why behavioral health is important as we age

Important at every stage in life!

Risk factors for chronic disease and loss increases with age, therefore having adaptive coping skills may lead to better health outcomes

Maintaining a lifestyle with **healthy behaviors** can assist in living healthy and independent as long as possible

- Proper nutrition and exercise

- Preventative health care

- Avoiding smoking and alcohol use

- Connecting with other people through social activities and community programs

- Sufficient sleep (at least 7 hours)

Aging and Behavioral Health

- Five Approaches to Aging Well



Connect



Be Active



Keep Learning



Take Notice



Give

Aging and Behavioral Health

- Normal/Healthy Aging vs. Not

- Normal/Healthy

- Some forgetfulness is OK in all ages

- Many brain functions DO NOT decline with age

- Focus, attention, verbal comprehension, knowledge and social cognition increases (ability to manage relationships) can increase as we age; not uncommon for people to worry less as they age

- Depression is not a normal part of aging

- Dementia is not a normal part of aging

- Multitasking may decrease due to normal cognitive aging processes (may need more repetition)

- Mild functions may differ as we get older due to changes in our sensory perceptions which may interfere with information relaying to the brain (i.e. vision hearing loss, smell, etc.)

Aging and Behavioral Health

- Normal/Healthy Aging vs. Not

- Vs. Not Normal/Healthy

- Noticing a significant decline in social interactions with others

- Increased forgetfulness that interferes with complex financial management, remembering medication or appointments, driving, confusion with living environment

- Asking the same questions over and over again

- Getting lost in places you know well

- Becoming more confused about time, people, and places

- Increased fear, anxiety, or paranoia

- Not taking care of oneself (eating poorly, not bathing, or unsafe behaviors)

- Drastic weight loss or weight gain

Aging and Behavioral Health

- Normal/Healthy Aging vs. Not

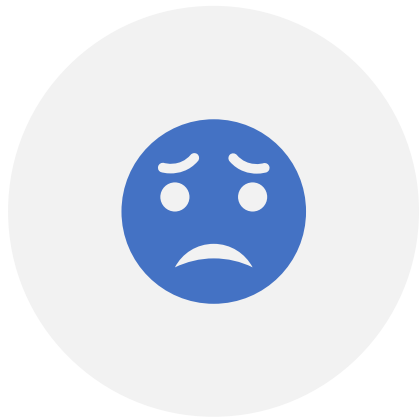
- Sustaining Good Health

- Ability to maintain positive supportive connections with others helps sustain healthy aging and emotional well being

- Engage in physical activities and hobbies without significant limitations or discomfort promotes healthy aging

- Engage in activities that stimulate your brain (reading, puzzles, learning new skills, participating in stimulating/meaningful discussions promotes health aging

Aging and Behavioral Health



WORRIED ABOUT FORGETFULNESS?



[HTTPS://YOUTU.BE/WX68GVAHJ9Q](https://youtu.be/WX68GVAHJ9Q)



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=TT97Y4HKU
K4](https://www.youtube.com/watch?v=TT97Y4HKUK4)

Aging and Behavioral Health

QUESTIONS?

IE-MPA Updates

Carmen Estrada, MPA

IE-MPA Co-Chair

Updates

- Met with legislators for the Advocacy Day on May 9th
 - Senator Rosilicie Ochoa Bogh, Senator Kelly Seyarto, Assemblymember Corey A. Jackson, Assemblymember Greg Wallis, Assemblymember Sabrina Cervantes
- Presented and had an outreach table on May 22nd at the 36th Annual Adult Protective Services Multi-Disciplinary Team Conference
- Presented on May 23rd at the San Bernardino County Older Adults Awareness Subcommittee
- Presented to the community at ICRC Health and Wellness Conference at the IEHP Resource Center in Victorville

Workgroups

Behavioral Health (2nd Wednesday of month 3pm-4pm)

- Dr. Georgina Yoshioka, DSW, MBA, LCSW, Director Behavioral Health San Bernardino County
- Tony Ortego , LMFT, Behavioral Health Services Administrator, Older Adult Integrated System of Care, Riverside University Health System - Behavioral Health

Transportation (2nd Wednesday of month 11am-12pm)

- Heather Menninger, President AMMA Transit Planning Inc.

Caregiving & Alzheimer's and all other Dementias (2nd Wednesday of month 9am-10am)

- Susan Howland, MSG, Senior Director of Programs, Alzheimer's Association Southland
- Carmen Estrada, Executive Director, Inland Caregiver Resource Center

Housing (4th Wednesday of month 2:30pm – 3:30pm)

- Tanya Torno, MSW, Deputy Director, Continuum of Care, Housing and Workforce Solutions
- Dr. Ben Jauregui, DSW, Manager, Integrated Transitional Care, UM - Transition of Care, Inland Empire Health Plan

Interested in joining the workgroups? Email us at info@InlandAging.org

Awareness

Resource Tables

- 2024 Riverside County Elder & Dependent Adult Abuse Symposium June 13th

Presentations

- ICRC Health and Wellness Conference in Yucaipa at Women's Center on May 29
- ICRC Virtual Health and Wellness Conference o May 30

Content

- New content will be on our website: [InlandAging.org/media](https://www.inlandaging.org/media)

ICA Annual Conference

- September 27, 2024. More information TBA

ICA LinkedIn – Follow us!

<https://www.linkedin.com/company/inland-coalition-on-aging/>



**Inland Coalition
on Aging**



Save the Date for 2nd Annual Conference

September 27th, 2024 | 9am-2pm

Inland Empire Health Plan (IEHP)

10801 Sixth Street
Rancho Cucamonga, CA 91730

Presenting Sponsor



Join the Coalition today!



InlandAging.org

Join the ICA at inlandaging.org to receive updates on the Inland Empire Master Plan for Aging Conference.

Next Meeting

Tuesday
June 25, 2024
11:00 am - 12:00 pm



**Inland Coalition
on Aging**

Remember to complete the post-meeting survey to let us know how we did.

Thank You!

For more information, please visit: [Inlandaging.org](https://www.inlandaging.org)