



UCOA Quarterly Meeting Agenda Tuesday - February 26, 2019

**11:00 AM - 12:00 PM
Business Meeting**

**12:00 PM – 1:15 PM
Legislator Lunch Reception
Falls Prevention Alliance Update Briefing**

State Capitol Board Room

350 North State Street

(Board Room East End of Rotunda Level)

NOTE: Parking is limited. Consider taking UTA route 500 from Courthouse Square

Join Zoom Meeting <https://zoom.us/j/534844876>

Or Telephone 669 900 6833

Meeting ID: 534 844 876

Lunch Provided by Utah Hospital Association (David Gessel) and UCOA

UCOA Business Meeting

11:00 Welcome to Commission Members and Community Partners Andrew Jackson

11:05 Executive Director Report Rob Ence

11:10 Public Policy & Legislative Activity

- Medicaid Expansion Alan Ormsby/Danny Harris
- Aging Services funding Ronnie Daniel
- U4A Priorities Kristy Cottrell
- Other Issues

11:25 SPRINT MIND Cognition Outcomes Dr. Mark Supiano

(Public and partner comment and input welcomed throughout)

11:45 Community Partners

- UHIN Report and CHIE Anniversary
- Caregiving Resource Collaboration
- 2019 Housing Adequacy Conference

Chris Katis
John Ruppel
Cindy Turnquist/Tara Rollins

Fall Prevention Alliance Briefing & Joint Legislator Reception

12:00 Noon

Lunch

12:15 Welcome to Legislators and Falls Prevention Alliance

Sen. Jani Iwamoto

FPA Briefing

Sally Aerts & Sen. Jani Iwamoto

Networking w Legislators and Partners

1:15 Adjourn

Next UCOA Meeting:

May 8, 2019 – Wednesday 12:00 – 1:30 PM

Crescent Senior Living 11052 S Grapevine Cove, Sandy, UT 84070

Other important dates:

April 5, 2019 - Friday, 8 AM to 3 PM “Age Friendly Health Systems”

Center on Aging Retreat at University of Utah, Eccles Genetic Building

April 18, 2019 – Thursday, “Exposing the Underlying Challenges of Aging”

Utah Cultural Celebration Center, West Valley City, Utah

May 3, 2019 – Friday “The Magic of Aging” 9 AM to 3 PM

Five County AAA sponsor – Heritage Center Theater, Cedar City, UT

May 09, 2019 – Thursday, 8 AM to 6 PM – Elevating Utah’s Seniors

Elder Justice Conference in Park City, Utah



Date and Location TBA

End of Life Care Summit

Legislator Lunch Invitation and Briefing

Hosted by

Utah Commission on Aging



Rob Ence - Executive Director

Utah Falls Prevention Alliance



Sally Aerts, Sen. Jani Iwamoto - Co-Chairs

Tuesday - February 26, 2019

Capitol Board Room

11:00 AM

Utah Commission on Aging Business Meeting

12:00 Noon

Legislator Lunch and Falls Prevention Alliance Update

Lunch sponsored by Utah Commission on Aging and Utah Hospital Association

- ♦ Come share lunch with those advocating for and serving older Utahns
- ♦ Learn about innovative progress on programs advancing well-being of our older adults
- ♦ Discuss solutions to keep our aging population vibrant , safe, and falls free



UCOA
Utah Commission on Aging

Rob Ence - Executive Director

Statutory Members

Andrew Jackson	Chair, Transportation
Barlow Stewart	Utah House of Representatives
Burbank Chris	Public Safety
Burton Barry	Utah Association of Counties
Cottrell Kristy	Utah Area Agencies on Aging
Daniel Ronnie	Alzheimer's Association
Gessel David	Utah Hospital Association
Hale Vale	Economic Development
Jackson Andrew	Public Transportation
Kelso Gary	Long-term Care for the Elderly
Larson Tracey	Financial Institutions
Milne Linda	General Public
Miner Joseph	ED Utah Dept of Health
Ormsby Alan	AARP Utah State Director
Pierpont Jon	Workforce Services
Rajeev Deepthi	Health Insight
Riebe Kathleen	Utah Senate
Singer Lewis	American Indian Communities
Supiano Mark	University of Utah
Turnquist Cindy	Business Community
Holmgren Nels	Utah Department of Human Services
Wilson Troy	Legal Profession
Wright Glenn	Municipal Leadership

Contributing UCOA Partners

Abuzyarova Karolina	Evans Janice	Miller Stephanie
Acevedo Manuel	Eyre Rachel	Miraglia Allie
Aerts Sally	Farrell Michael	Morgan Jennifer
Altman Tracy	Farrell Timothy	Nederostek Kate
Alvey Shannon	Ford Jack	North Christie
Andersen Troy	Frick Janet	Parker Deborah
Anjewierden Dirk	Galindo Michael	Passey Christine
Anthony Justin	Garrett Teresa	Pearson Cory
Babitz Marc	Hadean Hailey	Pezley Angel
Beattie Miriam	Harris Danny	Polacheck Laura
Blake Ed	Hart Jeremy	Pratt Spencer
Brooks Denise	Harter Gary	Pruhs Alan
Chase Karyl	Hincks Bacall	Quatrala Rosemary
Christensen Emily	Holland Terri	Redd Emily
Christensen Marianne	Hollingshaus Mike	Riggie Andrew
Clark Christine	Holmgren Nels	Rivera Teresa
Clayton TantaLisa	Iwamoto Jani	Salari Sonia
Collett Cami	Jones Patricia	Salazar Nate
Covey Wid	Katis Christopher	Schlegel Scott
Crossley Ken	Lancaster Josh	Silver Ellen
Cummings Doug	Lee Melissa	Spangler Allison
Cupello Michael	Lee Traci	Starley Richard
Daniel Ronnie	Leggett Paul	Street Mary
Dassell Kara	Louie Janet	Talley Nate
Davis Marion	Luke Margene	Thomas Wendy
DeMarco Heidi	Madsen Nancy	Thraen Iona
Diaz Moore Keith	McGee Nancy	Van De Graff Arie
Diehl Cameron	McKay Tom	Vaughan Ralph
Eaton Jackie	Meinor Lynn	Wassom Bob
Edelman Linda	Mendenhall Nan	Watson Clay
Ellington Lee	Meppen Diane	

Briefing Packet Contents

Executive Director Report

Engagement Highlights

- Collaborative article on falls prevention published in SL Trib (w Sen Iwamoto, Sally Aerts, Janice Evans – “Obeying the Law of Gravity”
- Produced falls prevention podcast with similar “gravity” theme with guests Aerts and Carol Avery.
- Governor’s 2020 Census Committee program continues with marketing plan roll out imminent.
- Participated in Alzheimer’s Association leadership conference in San Antonio, TX – workshops on health systems, innovative research funding and results, data utilization; reported to the Utah Alzheimer’s Coordinating Council
- Took next steps with Envision Utah to outline a strategy and objectives plan for a Utah 2050 Aging Study
- Working to merge Engage Utah website on UCOA site as part of arts in aging expansion
- Met with prospective coalition for family caregivers to explore educational sharing, review website created by John Ruppel and other stakeholders, and explore future delivery of information opportunities
- Working with committee to establish dental benefits as part of Medicaid program
- Working on final grant application elements for Utah POLST Registry Committee
- Assisting on falls prevention grant development
- Utah Legal Services/APS/UCOA Dept of Justice Grant – stories approved for videography; will schedule filming in March
- Supporting emergency preparedness class efforts and expense support led by Linda Milne (her report follows)
- UCOA partner Christine J Clark, PhD, joins Commission efforts on public policy and research collaborations and is providing a presence on the Hill during the session.
- UCOA is supportive of Silver Alert effort, appropriations for aging services, Medicaid expansion, adult protective services funding, guardianship law adjustments, drug reimportation, removal of Social Security offset to UI insurance.

(Public and partner comment and input welcomed throughout)

Emergency Prep Classes – L Milne

2018 Summary Emergency Prepare Presentations to Aging Adult Audiences in SLCo

- Senior Center presentations: 14
- Additional SLCO Agencies/Programs: 4
- Hospice Companies: 2
- Senior Housing: 5
- Emergency Prepare organizations: 5
- State of Utah: 3
- Other: 2
- Out of SLCO: 2

Total of 37 Presentations. 32 of which were full programs; 5 were abbreviated presentations. 33 presentations occurred between June and December. In Salt Lake County the program requires two presentations in order to include briefing our aging adults on the SLCO catastrophic disaster response program—S.A.F.E. Neighborhoods. Beyond SLCO I do not include this module and can present a single program approx. 75 minutes including Q&A

Utah State Courts Working Interdisciplinary Network of Guardianship Stakeholders:

1. Members of the Working Interdisciplinary Network of Guardianship Stakeholders are supportive of the SB 53 (sen. Hillyard) "Uniform Guardianship, Conservatorship, and Other Protective Arrangements Act (UGCOPAA) that is based on a set of 70 recommendations arising from the Third National Guardianship Summit, held at the University of Utah in 2011. Some version of it has been adopted in the 19 states. UGCOPAA protects individual rights, promotes the self-determination and independence of Utah's vulnerable adults, and strengthens accountability within the state's guardianship system. Attached fiscal note is over 5M.
2. WINGS annual assessment meeting to be held on February 21 at 12pm in room 250, East Senate Building, Utah State Capitol to focus of sustainability. Please contact Karolina Abuzyarova at karolinaa@utcourts.gov or 801-578-3925 if interested in contributing.

Family Caregivers Initiative

The Mission

1. To help family caregivers solve their own emotional and physical issues in order to improve the prescribed medical treatment of their patients recovering at home.
2. To make available the training, information and insights needed by family caregivers to further increase their abilities and willingness to better serve their patients at home .
3. To reduce hospital re-admissions, physician visits, and the costs of pharmacy and equipment by improving the overall quality of medical care provided at home by family caregivers.

Description Of Organization

Family Caregivers Initiative is a consortium of former hospital administrators, nursing school deans, physicians, physician assistants, nurses, authors, competent IT technicians and responsible others. Each is passionate about helping patients at home by helping solve the problems of their valiant family caregivers. They share a common interest in this initiative, because they each know how badly needed it is. Each has experienced or observed caregiving in the most difficult moments. They believe this initiative, when carried out completely, will have a historic, statewide impact on patient care and recovery outside of conventional medical treatment facilities.

Universally frustrated by the inability of current efforts to provide solutions and answers for the debilitating issues of family caregivers, Caregivers Journal, a (501 © 3) non-profit corporation, has gathered the Executive Directors of the most important and knowledgeable agencies and associations to create the Utah Family Caregivers Network. The impressive members of the steering committee now direct the activities of Utah AARP, Utah Alzheimer's Association, Utah Hospital Association, Utah Commission on Aging, Utah Division of Aging Services, University of Utah Business School Research Department, Utah Department of Human Services and retired hospital and nursing school executives.

Collectively they determined the surest way to include caregivers in the process was through medical industry contacts. The mission became the combining of resources and communications to help family caregivers receive the information from influential medical industry contacts, i.e. hospital discharges, physician visits, etc. All are united and engaged in finding solutions and answers for this congregation of under-valued but dedicated family caregivers. They plan to impact and improve the medical assistance of all patients confined to their homes and, impact the lives of family caregivers who care for them.

Strategic Objectives

- A. To unite influential public and private organizations to create a common communication network.
- B. To provide an advanced, comprehensive, and high-performing Family Caregivers Directory (Website).
- C. To provide articles (currently 8,800), questions/answers (currently 490,000), & videos (currently 513).
- D. To provide solutions for loneliness, fatigue, frustration, entrapment, abuse, lost love, guilt, anger, etc.
- E. To utilize the hospital discharge as the time to introduce family caregivers to Utah' new resources.
- F. To provide hospitals FREE bulletins and assistance for Utah's 240,000 discharged patients in 2019.
- G. To make newsletters and bulletins available to physicians for 6.9 million Utah office visits due in 2019.

Included In Directory

Search One Place

Available to you now 24/7:

1. Caregiver networks
2. Important websites
3. Caregiver magazine
4. Monthly newsletter
5. Blogs and webinars
6. Emotional issues
7. Physical issues
8. Personal stories
9. Advice & counsel
10. End-of-life issues
11. Assisted living
12. Legal & accounting
13. Books & workshops
14. Surveys & research
15. Schools & studies
16. U.S. Government
17. Special initiatives
18. State by state info
19. Medical progress

For Hospital Discharges

www.caregiversjournal.wixsite.com/caregiversjournal (YZX-583)

Non-Hospital Discharges

www.caregiversjournal.wixsite.com/caregiversjournal (no code)

For Caregivers

A Directory with All You Need

Your hospital is providing a complete directory of information, training and assistance. Everything caregivers need to know can be found there.



You Are Able to Enjoy Information never before assembled.



A world of information at your finger-tips

Caring volunteers have so much to do and so little time to do it. Searching for the critical caregiving information that should be otherwise provided seems like a task too confusing and time-consuming with which to bother.

But receiving the information is still critical to the care. So we have found it for you. We have collected, for the first time ever, all of the resources and information necessary to function as a volunteer caregiver. The IHC Caregivers Directory is a training and information break-through. Now you can have it all; the information, assistance, medical applications, counsel, training, advice and new knowledge, all available on a click of your phone or computer. This is our gift of appreciation for your kind and devoted care.

To activate directory, select appropriate URL in bottom of left column.

FY 2019

\$250,000

An outline for the
utilization of the
one-time legislative
funding
appropriated to
continue the
implementation of
Utah's State Plan
for :

Alzheimer's Disease and Related Dementias



HEALTHIEST PEOPLE
OPTIMIZE MEDICAID
A GREAT ORGANIZATION

COMMUNITY CARE CONSULTATIONS

\$145,000



Statewide capacity will be built for people living with dementia and their caregivers. One-on-one education discussions, support groups and medical care practice visits will be conducted for caregivers and for dementia patients. This will build awareness of the prevalence of dementia and reduce the stigma surrounding an accurate and timely diagnosis within the community.

Funding has been awarded to University of Utah, Center for Alzheimer's Care, Imaging, and Research for patient consultations and Alzheimer's Association, Utah Chapter for Dementia support groups and physician education.

PUBLIC AWARENESS CAMPAIGN

\$45,000



The purpose of this public awareness campaign will be to encourage communication between adults age 55+ and their healthcare providers regarding their brain health, Alzheimer's Disease and Related Dementias. This campaign will also increase awareness of the cognitive screening exam during an Annual Wellness Visit.

Funding has been awarded to EKR Agency for multi-media campaign launching in January 2019.

PHYSICIAN EDUCATION

\$20,000



Trainings will be continue to be conducted to primary care physicians on the utilization of the Mini-Cog Assessment Tool with a concentration on the Annual Wellness Visit. Trainings will be conducted via two platforms: Project ECHO and in-person trainings. An *Alzheimer's Disease and Related Demetnias Resource Guide* will continue to be updated for primary care physicians and other healthcare professionals.

Funding has been awarded to HealthInsight for one-on-one physician education and implementation of Cognitive Care Conference annually.

BRFSS

\$15,000



Two modules will continue to be implemented in Utah: Cognitive Decline and Caregiving. These modules collect statewide data that affords comparisons with other states. Past use of the data can be instrumental in communicating the impact of cognitive problems and caregiving and facilitate understanding of their relationship with other chronic health conditions and health behaviors.

Funding has been utilized by the Utah Department of Health

DEMENTIA DIALOGUES

\$20,000



Dementia Dialogues is hosted throughout the state by certified Dementia Dialogue trainers. Dementia Dialogues is a 5-session training course designed to educate the community and individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias. Utah has 50 active trainers and has trained over 800 dementia specialists.

Funding has been utilized by the Utah Department of Health.



Alzheimer's Advocacy Day

FEBRUARY 27, 2019



Morning training for Advocates is in the
Aspen Room East Senate Building
Time: 8:30 am -10:00 am

Training will cover the Million Dollar Appropriation ask,
The Silver Alert Bill, and how to talk to your legislator.

Advocates, Please RSVP to 385-831-7128

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS®

Dementia Caregiver Support Groups

The Alzheimer's Association supports all those affected by any form of dementia. Groups are free and open to the public. Registration is not required, but we encourage calling to check that details have not changed.

For more information, call 800-272-3900 or 801-265-1944 or visit www.alz.org/utah.

BOX ELDER COUNTY

Brigham City

Brigham City Senior Center
24 N 300 W

Meeting Date: 2nd & 4th Wednesdays

Meeting Time: 10:30 am – 12:00 pm

CACHE COUNTY

Hyrum

Hyrum Senior Center
695 E Main Street

Meeting Date: 1st Wednesday

Meeting Time: 10:30 am – 12:00 pm

DAVIS COUNTY

Bountiful

South Davis Community Hospital
401 S 400 E

Assisted dining room

Meeting Date: 1st & 3rd Thursdays

Meeting Time: 3:00 pm – 4:30 pm

Layton

Hill Air Force Base
Warrior Fitness Center Building
HAWC Classroom

Meeting Date: 2nd Monday

Meeting Time: 11:00 am – 12:00 pm

Must have military ID to attend

SALT LAKE COUNTY

Draper

Draper Library
1136 Pioneer Road

Meeting Date: 1st Thursday

Meeting Time: 5:00 pm – 6:00pm

Millcreek

Millcreek Senior Center
2266 East Evergreen Avenue

Meeting Date: 2nd Thursday

Meeting Time: 1:00 pm – 2:00 pm

SALT LAKE COUNTY (cont.)

Murray

Alzheimer's Association
855 E 4800 S, Suite 100

Meeting Date: 1st Tuesday

Meeting Time: 6:30 pm – 8:00 pm

Alzheimer's Association

855 E 4800 S, Suite 100

Meeting Date: 2nd & 4th Wednesdays

Meeting Time: 1:15 pm – 2:15 pm

Salt Lake City

William E. Christoffersen
Salt Lake Veterans Home

700 S Foothill Boulevard

Meeting Date: 1st Wednesday

Meeting Time: 2:00 pm – 3:00 pm

Utah Pride Center

1380 Main Street

Meeting Date: 2nd Friday

Meeting Time: 10:30 am – 11:30 am

Sandy

FTD & Other Dementias
Sandy Senior Center

9310 S 1300 E

Meeting Date: 2nd Wednesday

Meeting Time: 10:00 am – 11:30 am

Supper & Support

Jim's Restaurant

10640 S Holiday Park Drive

Private room

Meeting Date: 3rd Monday

Meeting Time: 6:30 pm – 8:00 pm

Responsible for your own meal

SUMMIT COUNTY

Park City

Shepherd of the Mountains
Lutheran Church

4051 N Hwy 224

Meeting Date: 3rd Wednesday

Meeting Time: 1:00 pm – 2:00 pm

TOOELE COUNTY

Tooele

Mountain West Medical Center
2055 N Main Street

Meeting Date: 3rd Monday

Meeting Time: 2:00 pm – 3:00 pm

UTAH COUNTY

Orem

Mountainland Association of
Governments

586 E 800 N

Meeting Date: 4th Tuesday

Meeting Time: 1:00 pm – 2:00 pm

WASHINGTON COUNTY

St. George

Alzheimer's Association
1173 S 250 W, Suite 302

Meeting Date: 1st Wednesday

Meeting Time: 6:00 pm – 7:00 pm

***Respite available through RRCI**

435-673-7501*

WEBER COUNTY

Ogden

George E. Wahlen
Ogden Veterans Home
1102 N 1200 W

Meeting Date: 1st Thursday

Meeting Time: 2:00 pm – 3:00 pm

Golden Hours Senior Center

650 E 25th Street

Meeting Date: 3rd Tuesday

Meeting Time: 1:00 pm – 2:30 pm

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR



REGISTER TODAY
800.272.3900
alz.org/walk

ALZHEIMER'S DISEASE IS RELENTLESS. SO ARE WE. JOIN THE FIGHT TODAY.

UTAH WALK DATES AND LOCATIONS:

August 24: Wasatch Back (Park City)

August 24: Salt Lake City (Liberty Park)

September 14: Weber/Davis Counties (Layton Commons)

September 14: St. George (Dixie State University)

September 21: Daybreak (SoDa Row)

September 21: Cache County (Merlin Olsen Park)

September 28: Utah County

September 28: Cedar City

1. Start a team.

Sign up as a Team Captain and form a team. You can also join a team or register as an individual.

2. Recruit.

Ask friends, family and co-workers to join your team or start their own.

3. Raise awareness and funds.

Our fundraising tools make it easy to spread the word and collect donations. Raise \$100 or more to receive the 2018 Walk to End Alzheimer's T-shirt.

4. Walk with us.

Come together with your community to rally around the Alzheimer's cause.

Register today at **alz.org/walk**.



2018 NATIONAL PRESENTING SPONSOR

Edward Jones



Volunteer Opportunities

The Utah Chapter is looking for volunteers to assist in the following areas throughout the state:

- **Community Education and Support**

- Conduct community education programs
- Schedule program presentations in the community
- Support group facilitators
- Represent the Alzheimer's Association at community events
- Organize and facilitate events for early stage groups
- Distribute materials to local organizations/partners

- **Physician Outreach & Education**

- Facilitate outreach and education
- Connect with Healthcare Systems

- **Rural and Diversity Outreach**

- Broaden Alzheimer's Association's reach to underserved groups (i.e. rural and/or homebound caregivers, LGBT, Hispanic, African American, Native American, and Pacific Islander communities)
- Facilitate partnership with faith-based organizations
- Extend outreach to younger demographic

- **Research**

- Facilitate research events
- Promote research involvement within general community
- Maintain database of dementia researchers

- **Public Policy**

- Implement the *Utah State Plan for Alzheimer's Disease and Related Dementias*
- Plan annual advocacy events
- Solicit and sign up Advocates and maintain database
- Work with State and Federal elected officials to further mission

- **Communications**

- Manage social media efforts
- Promotion of local events and activities

- **Fundraising**

- Walk to End Alzheimer's Planning Committee
- Recruiting new Walk and Longest Day Teams
- Recruit corporate partnerships

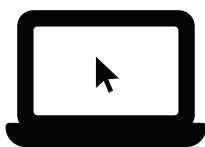
**For more information, please contact Ronnie Daniel, Executive Director
rdaniel@alz.org or 801-265-1944**

THE CHIE

Utah's state-designated Health Information Exchange

Know your patient's whole story.

The Clinical Health Information Exchange (CHIE) is the overall name for a suite of products from UHIN that enables providers, care managers and other care team members to securely communicate and access their patients' important medical information where and when it's needed.



Clinical Portal

Accessing data from our clinical records exchange is streamlined through UHIN's own Clinical Portal or can be accessed through your current EHR.



cHIE Alerts

The cHIE Alerts system sends you secure notifications when your patients are admitted to, or discharged from, a hospital or emergency department, so you can offer prompt post-acute care.



Direct Secure Messaging

CHIE Direct is an implementation of the nationwide secure messaging protocol for healthcare organizations. It's a secure and easy way to communicate with healthcare professionals outside of your organization.



Results Delivery

UHIN can deliver lab results, radiology results, clinician notes and other care results performed outside of your organization directly to your EHR system.



Dashboards

Filterable dashboards help discover trends in populations to improve care quality. See important population data visualizations like heat maps, geomapping, data tables, scatter plots and more.



Custom Reports

UHIN has a dedicated connection to the Utah Department of Health. This allows you to make connections necessary to meet Meaningful Use reporting requirements for public health measures, such as ELR, syndromic surveillance and immunization reporting.

Contact UHIN to start using the CHIE Suite today!

866.990.5179 | sales@uhin.org

UHIN

PROVIDER EDUCATION SUMMIT 2019

A UTAH HEALTHCARE COMMUNITY EVENT

Join us for the 2019 Provider Education Summit!

PES Salt Lake

March 19th, 2019
MOUNTAIN AMERICA
EXPO CENTER

PES Layton

March 20th, 2019
DAVIS CONFERENCE
CENTER

PES Provo

March 27th, 2019
UTAH VALLEY
CONVENTION CENTER

PES St. George

April 3rd, 2019
BEST WESTERN
ABBAY INN

Vendors, Payer Panel, and Giveaways

Breakout sessions on coding, Medicaid, HIPAA and more

Free admission!

PES is a collaboration between multiple healthcare organizations to bring healthcare providers across Utah the chance to network and learn about current healthcare issues. This event attracts hundreds of billers, coders, office managers and more statewide, with four dates in different locations to give all providers the chance to participate!

Walk-ins welcome, but pre-registration will include an entry to win a prize!

Register now to attend!

www.uhin.org/events/pes2019

PES • 2019



JOIN THE CHOIR!



WHO: Persons living with dementia and their care partner

WHEN: Tuesdays from 1:30 - 3:00

WHERE: Congregation Kol Ami
2425 East Heritage Way, SLC

FREE OF CHARGE!
NO EXPERIENCE NECESSARY
REHEARSALS BEGIN MARCH 13, 2018

For more information and registration:
email: emily@musictherapyutah.com
www.gleefulchoir.com
call: 435-840-5661



Volunteer

with Meals on Wheels



Delivering more than just a meal.

One hour a week can change a life.

Over 61 volunteer teams work every day to ensure that frail and vulnerable older adults have a meal and daily connection.

45% of 1,100 daily meals in Salt Lake County are delivered by volunteers.



Contact:
Shauna Brock
Salt Lake County Aging & Adult Services
(385) 468-3196 | skbrock@slco.org

Utah Aging Alliance
ANNUAL CONFERENCE

“Exposing the Underlying Challenges of Aging”

Discussing circumstances often left unspoken

SAVE THE DATE

April 18, 2019

Utah Cultural Celebration Center
West Valley City, Utah



AREA AGENCY ON AGING
FIVE COUNTY
PRESENTS



The
Magic
Of
Aging

17TH ANNUAL
SENIOR'S CONFERENCE

MAY 3, 2019
9 AM - 3 PM

HERITAGE CENTER THEATER
105 N 100 E, CEDAR CITY, UT 84720

CORPORATE SPONSORSHIP PACKAGES

ABRACADABRA: \$500

HOCUS POCUS: \$350

PRESTO CHANGO: \$150

Utah Falls Prevention Alliance

Accomplishments And Projects – 2019 Report

Administration on Aging grant awarded to Utah Dept. of Health (2017-2020)

- Funds expansion of evidence-based fall prevention programs.
To date: Tai Chi for Arthritis (620 participants), Stepping On (2789 participants) and Otago (74 participants)
- Pre- and post-program survey results:

Decreased fear of falling	89%
More comfortable talking with healthcare provider about falls	98%
Made changes in home to reduce risk of fall	58%
More comfortable increasing activity level	97%
More satisfied with life	98%

- Funds full-time falls prevention specialist at UDOH – Sheryl Gardner
- Expands access to UDOH [Living Well website](#)

Multi-component fall prevention program at Friendship Manor (July 2017-Dec 2018)

- 1-on-1 outreach to residents with fall history by SLC Fire Community Medicine
- Fall prevention programs: Stepping On and Otago Exercise Program
 - 50 – 67% decrease in self-reported falls
 - TUG scores (balance test) improved 27% for Otago participants.
- Professional guest speakers on fall prevention every other month
- Quarterly newsletter articles
- Question and answer sessions at resident meetings
- 911 calls for falls: 6% decrease; 68% decrease in public assist calls

Public awareness

- Utah Falls Prevention Alliance website <https://utahfallsprevention.org/>
- Fall Prevention Awareness Day Sept. 22nd community events
- Updated falls fact sheet
<http://health.utah.gov/vipp/pdf/OlderAdults/FallsAmongOlderAdults2018Report.pdf>
- KSL news coverage <https://www.viportal.co/about-200-utah-seniors-suffer-serious-falls-each-week-report-says-ksl-com/>
- Rap on Aging Podcast <https://ucoa.utah.edu/rap-on-aging/>

CMS 90/10 grant - to be submitted March 2019

- Build technology to upload EMS nontransport fall data for dual eligibles 65 years and older into CHIE
- Create alerts for healthcare providers and case managers involved in patients' care
- Increase timeliness of home health authorizations for care
- Provide Area Agencies on Aging case managers access to CHIE
- Educational resources for healthcare providers and public

Community-initiated Translational Science grant - to be submitted March 2019

- Evaluate non-transport SLC Fire older adult fall data
- Examine population that is falling
- Develop plan to integrate EMS Community Health, healthcare providers, case managers, and Area Agencies on Aging

Four Things You Can Do to Prevent Falls:

① Speak up

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

② Keep moving

Begin an exercise program to improve your leg strength and balance.

③ Get an annual eye exam

Replace eyeglasses as needed.

④ Make your home safer

Remove clutter and tripping hazards. Put railings on all stairs and add grab bars in the bathroom. Install good lighting, especially on stairs.

Contact your local community or senior center for information on exercise, fall prevention programs, or options for improving home safety.

For more information on fall prevention,
please visit:

www.utahfallsprevention.org

www.cdc.gov/steady

www.stopfalls.org



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Utah Falls
Prevention
Alliance
www.ucoa.utah.edu/fpa

Live Independent Stay Independent



Fall-related injuries are one of the main
reasons why people lose their independence

Are you at risk?

Check Your Risk for Falling

Circle “Yes” or “No” for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

Falls Among Older Adults



There are ways for
older adults to reduce
the risk of falling.



Falls are the leading cause of injury-related death and hospitalization for Utahns aged 65+ (**Figures 1 and 2**).¹



Every week, 200 Utahns aged 65+ are injured severely enough from a fall to seek treatment in an emergency department, 63 are admitted to a hospital, and three die from fall-related injuries.^{1,2}



Nearly one-third (30%) of Utahns aged 65+ reported falling at least once in the past year.³



Talk to your healthcare provider. Ask your doctor if you are at risk of falling. It's also important to tell your doctor if you have fallen before.



Begin a regular exercise program to prevent an injury due to a fall. Exercise improves strength and balance, as well as coordination. Your local Area Agency on Aging or local health department may offer exercise and falls prevention classes near you.



Have your healthcare provider review your medicines. Some medicines or combinations of medicines can make you sleepy or dizzy and can cause you to fall.

“Falling is not an inevitable part of aging. Through practical lifestyle changes, the number of falls among seniors can be reduced substantially.”

Utah and U.S. Trends

Falls are the leading cause of non-fatal injury-related hospital admissions among Utahns aged 65+. ⁴ More than half of Utahns aged 65+ who were hospitalized due to a fall were discharged to residential care or a rehabilitation facility. Only 24% were able to return home. ⁵

The rate of fall hospitalizations in Utah has been lower than the national rate since 2008 (**Figure 1**). ^{1,2} Adults aged 65+ accounted for 77% of all fall-related deaths in Utah. ⁴ In 2016, the rate of fall injury deaths in Utah was significantly lower than the national rate (**Figure 2**). ¹

Figure 1. Rate of Fall Hospitalizations per 10,000 Residents Aged 65+, Utah and U.S., 2004-2014

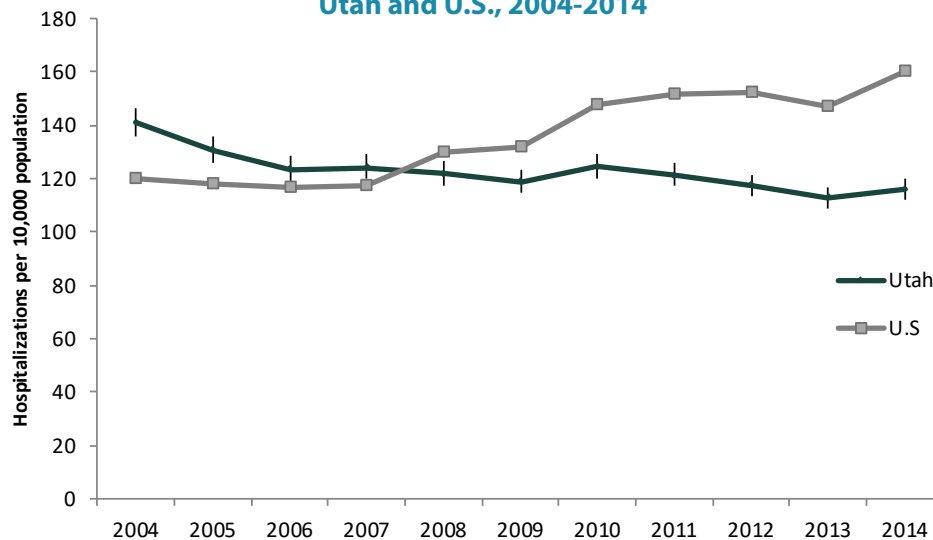


Figure 2. Rate of Fall Injury Deaths per 100,000 Population Aged 65+, Utah and U.S., 2004-2017



Age and Sex

Females had a significantly higher rate of fall hospitalizations than their male counterparts across all age groups ([Figure 3](#)).⁶ Utahns aged 85 years and older had the highest rates of both fatal fall-related injuries and non-fatal fall hospitalizations ([Figure 4](#)).⁷

Figure 3. Rate of Fall-related Deaths per 100,000 Population by Sex and Age Group, Utah, 2015-2017

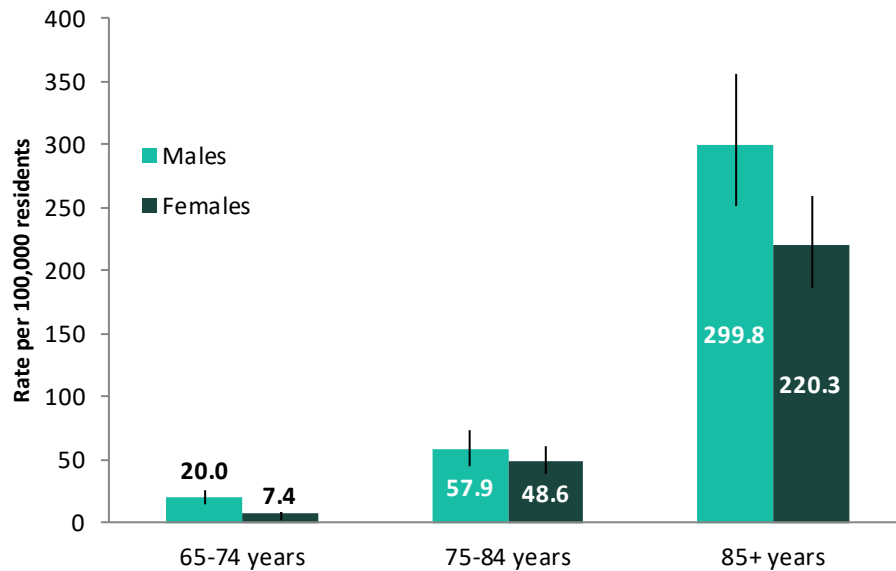
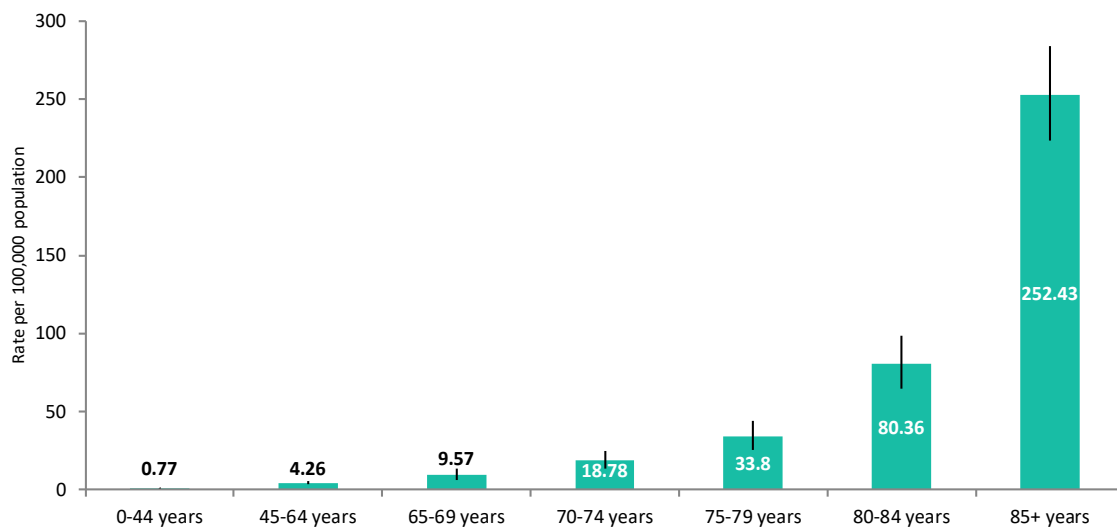


Figure 4. Rate of Fall-related Deaths per 100,000 Population by Age Group, Utah, 2014-2016



Costs

In 2014, more than 3,400 Utahns aged 65+ who fell were hospitalized at a cost of \$121 million ([Table 1](#)). The average hospitalization charge was \$35,993.⁸

Table 1. Falls Hospitalization Cost by Primary Payer, 2014

Medicaid	\$412,406.00
Other Government	\$438,464.00
Industrial and Worker's Compensation	\$932,933.00
Blue Cross/Blue Shield	\$1,039,002.00
Other Commercial	\$1,978,392.00
Self Pay	\$2,012,293.00
Managed Care	\$2,465,960.00
Medicare	\$112,013,816.00
Total Cost	\$121,368,955.00

“Many falls can be prevented by addressing home safety, managing medications, receiving annual vision checks, and performing regular strength and balance exercises.”

Prevention Tips for Healthcare Providers

- Increase multifactorial risk assessment and individually-tailored interventions to address modifiable risk factors such as; strength, gait and balance, vision, home safety, and medication management with patients.⁷
- Encourage patients to participate in an evidence-based community program to reduce falls, such as Stepping On, Otago, EnhanceFitness, or Tai Chi for Arthritis.
- Health-related resources and classes can be found on the living well website (livingwell.utah.gov). There is a falls prevention workshops. Classes meet once a week for two hours. One session is 7 weeks long. Classes include interactive discussion and storytelling to promote adult learning. Education topics include: falls and risks, strength and balance exercises, medication review, home hazards, safe footwear, vision and falls, community mobility, and safety in public places.

Prevention Tips for Older Adults

There are six easy ways to reduce the risk of falling:

1. Begin a regular exercise program. Exercise improves strength and balance, as well as coordination. Your local Area Agency on Aging or local health department may offer exercise and falls prevention classes near you.
2. Talk to your healthcare provider. Ask your healthcare provider if you are at risk of falling. It's also important to tell your healthcare provider if you have fallen before.
3. Have your healthcare provider review your medicines. Some medicines or combinations of medicines can make you sleepy or dizzy and can cause you to fall.
4. Your eyes and ears are the key to keeping you on your feet. Have your vision and hearing checked at least once a year. Poor vision and hearing can increase your chance of falling.
5. Make your home safer. Remove tripping hazards like throw rugs and clutter in walkways as well as books and papers from stairs. Install grab bars next to your toilet and shower.
6. Talk to your family members and ask for their help. Falling is not just an older adult issue family members can help you stay safe.

Resources

- Utah Department of Health, Violence and Injury Prevention Program www.health.utah.gov/vipp/older-adults/falls/
- National Council on Aging www.ncoa.org/healthy-aging/falls-prevention/
- Centers for Disease Control and Prevention www.cdc.gov/homeandrecreationalafety/falls/

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This report was created with the most recent data available as of September 2018. Due to issues incident to the 2015 transition to the ICD-10-CM coding system, 2014 is the most recent data year available for ED visits and hospitalizations.