

# *Older Adult Mental Health: Issues and Services in Aurora*

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September 13, 2017

# Objectives

- Provide an overview of the particular challenges that older adults in our community face with regard to mental health
- Identify current resources, including local behavioral health services for older adults
- Offer suggestions for ways to improve access and engagement for geriatric BH services

# Unique Stressors Associated with Aging

- ❑ Grief and loss
- ❑ Role changes
  - ❑ Retirement, “empty nest”, decreased independence
- ❑ Cognitive changes
- ❑ Medical stressors
- ❑ Untreated mental illness can have adverse impact on physical health
- ❑ Role changes
  - ❑ Retirement, “empty nest”, decreased independence
- ❑ Ageism: anti-aging stigma/messages in American society

# Prevalence of Mental Health Disorders among Older Adults

Approximately 20% of Americans age 65+ meet criteria for a MH disorder

Type of Disorder	Prevalence
Depression	15-20%
Anxiety	11%
Sleep	30-60%
Bipolar	Late onset: .1-.4% Among older adults w/ mood disorders: 10-25% -accounts for 5% of admissions to geropsychiatric inpatient units
Substance abuse	3.75-9.4%
Neurocognitive	Age 60-69:1.7-3.3% 70-79: 5-12.8% 80-84: 12.8-24% 85+: 30.1-37%

(Karel, 2014; Lin et al., 2013)

# State and Local BH Resources

- **Aurora Mental Health Center – Older Adult Team**
- [www.aumhc.org](http://www.aumhc.org)
- **OLDER ADULT SERVICES**  
Provide seniors and their families with individual, group, family, and couples counseling, medication services including evaluation and follow-up services, and psychological testing, as well as education and outreach services. Services can be provided at our facilities or at nursing homes.

# State and Local BH Resources

- AUMHC – Older Adult Services Offered:
  - Outpatient Individual, Couples, and Group Therapy
  - Assisted Living / Nursing Home Outreach
  - Cognitive and Psychological Assessments
  - Case Management
  - Psychiatry Consultation & Medication Management
- Partnerships
  - Asian Pacific Development Center- (303)393-0304
  - Colorado Refugee Wellness Center- 1666 Elmira St
  - Metro Community Provider Network (MCPN)

# State and Local BH Resources

- **Senior Behavioral Health Services – Medical Center of Aurora**
  - 700 Potomac Street  
Aurora, CO 80011  
(303) 360-3000
  - <https://auroramed.com/service/geriatric-behavioral-health>
- Services offered include:
  - 24-hour nursing care
  - Medical support
  - Meals formulated by a dietitian
  - Assistance with daily living activities
  - Structured activities
  - Case management
  - Team approach to care

State and  
Local BH  
Resources



**COLORADO**  
**CRISIS SERVICES**

[2206 Victor Street Aurora, CO 80045](#)

1-844-493-8255



# State and Local BH Resources

## Senior Reach

- Arapahoe and Douglas Counties, Colorado  
303-723-4289  
[www.seniorreach-ad.org](http://www.seniorreach-ad.org)
- Adams County, Colorado  
303-853-3657  
[www.communityreachcenter.org/services/adult-and-senior-services/senior-reach/](http://www.communityreachcenter.org/services/adult-and-senior-services/senior-reach/)
- Short-term counseling
- Volunteer-based
- Connects seniors to community resources

# State and Local BH Resources

- **InnovAge**
- <http://myinnovage.org/>
- Services offered include:
  - Adult Day programs
  - Home care
  - Memory care
  - PACE – coordinated health care
  - Caregiver Support
  - Care management
  - Senior Housing

# Government/ State Efforts



**COLORADO**

**Department of Health Care  
Policy & Financing**

Pre-admission Screen and Resident Review Program (PASRR)

- Identifies and evaluates individuals prior to or during nursing placement to determine appropriateness of placement

# Future Directions for Geriatric Behavioral Health

- ❖ Integrated care
  - ❖ increase the presence of mental health professionals in primary care
- ❖ Development of more specialized graduate training in geropsychology and gerontological social work
- ❖ Standardize mental health screenings in primary and specialized care clinics and SNFs/ALFs
- ❖ Decrease isolation and inactivity through more engaging/creative community programs for seniors
- ❖ Medicare policy
- ❖ More funding for geriatric mental health disciplines

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