

**Urban Service Track
Learning Retreat Agenda
Friday, February 5, 2016**

Focus population: the elderly

Location: Zach's Community Room, UCONN School of Social Work, 1798 Asylum Avenue, West Hartford, CT 06117

Time: 3:00-7:00pm

Parking: 1345 Troutbrook Drive, UConn Parking Lot B

Pre-reading assignment:

- Chen H and Landefeld S. "Chapter 20: The Hidden Poor: Care of the Elderly" in *Medical Management of Vulnerable and Underserved Patients*. USA: McGraw-Hill Companies, 2007, p 199-208.

Learning objectives:

- Identify potential health challenges in the elderly including depression, impairments and pharmacotherapeutic considerations
- Employ strategies to improve communication that leads to better health outcomes.
- **Roles/Responsibilities**
 - Engage diverse healthcare professionals who complement one's own professional expertise, as well as associated resources, to develop strategies to meet specific patient care needs
 - Define the role of the social worker as a member of the interprofessional health care team
 - Demonstrate the primary care pharmacist's approach to patient assessment
- **Values/Ethics**
 - Understand the needs of the elderly community and how to place their interests at the center of interprofessional health care delivery
- **Communication**
 - Practice being an active listener and encouraging the ideas and opinions of other team members
- **Teamwork**
 - Formulate a care plan for an elderly patient with physical, linguistic, and psychosocial barriers to health care as part of an interprofessional team
 - Demonstrate basic oral health screening and depression screening techniques

Agenda: (time set to change)

Topic:	Speaker:	Time
Welcome/Introduction Dr. Nina Rovinelli Heller, Dean & Zachs Professor, UConn School of Social Work	Petra Clark-Dufner, MA	3:00-3:05pm
Introduction of the learning retreat <ul style="list-style-type: none"> Defining the “wave” of the aging population and what that means in terms of health care Social workers as health care team partners 	Millicent Malcom, DPN, APRN Edna Comer, PhD, MSW Shanthi Rao, MSW	3:05-3:30pm
Introduction of case of an elderly patient and role-playing	Devra Dang, PharmD	3:35-4:00pm
½ Groups Clinical Skills/Immersion (Room 202 – 2 nd Floor) <ul style="list-style-type: none"> Sensory impairment issues of older adults and immersion experience Clinical Skills: (Zachs Room) <ul style="list-style-type: none"> Depression screening, focusing on the elderly and those from other cultures Administering the PHQ-9 and Geriatric Depression Scale Brief overview of antidepressant medication considerations in the elderly	Ruth Goldblatt, DMD Cindy Lord, PA-C Kenia Mansilla, MD Shamsul Arif, PharmD	4:05-4:35pm
Flip Flop ½ Groups		4:40-5:10pm
Case Revisited <ul style="list-style-type: none"> Group discussion with faculty facilitators 	Devra Dang, PharmD & Ruth Goldblatt, DMD	5:15-5:35pm
Case Revisited <ul style="list-style-type: none"> Presentation of assessment & plan by each group 	UST Scholars	5:35-6:00pm
Wrap-up <ul style="list-style-type: none"> Excellence Awards Upcoming community outreach events Student evaluations 	Kim Tschetter, PA-C Shamsul Arif, PharmD	6:05-6:15pm
Dinner and networking	ALL	6:15- 7:00pm

Upcoming Activities/Service Opportunities: see attached schedule

Community and clinical resources relevant to care of elderly populations:

CT senior centers: <http://www.chcact.org/resources/ctseniorcentersbytown.pdf>

- Listed by town, includes name/address, director’s name, phone number, and email

Transportation

- Dial-A-Ride: free transportation in specially-equipped vans for elderly over 60 and disabled persons who can’t access public transportation; transportation provided for medical purposes, food/nutrition purposes, senior center activities, religious activities, and personal trips
 - Greater Hartford Dial-A-Ride: 860-724-5340

- CT Transit: <http://www.cttransit.com/About/index.asp>
 - Bus service; 75 cents per ride for seniors (normally \$1.50) **as of 2015

State Department on Aging: <http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=490084>

- Information about services, caregiving, employment, health insurance, health and wellness, housing, legal, long term care, and nutrition

CT Department of Social Services (DSS) Medicare Savings Programs:

<http://www.ct.gov/dss/cwp/view.asp?Q=451370&A=2345>

- Information, FAQs, application

NIH Senior Health: <http://nihseniorhealth.gov/>

- Health information for seniors

AARP: <http://www.aarp.org/>

- Information and resources about general topics related to aging

Meals on Wheels: <http://www.mealsonwheelsamerica.org/>

Visiting Nurses and Health Services: <http://www.vnhsc.org/services/services.aspx>

Medications that are potentially inappropriate to use or should be avoided in older adults:

- American Geriatrics Society 2015 Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults (aka Beer's list):
<http://onlinelibrary.wiley.com/doi/10.1111/jgs.13702/pdf>
- STOPP criteria:
<http://www.biomedcentral.com/content/supplementary/1471-2318-9-5-S1.doc>

Medications affordability

- Most pharmacies provide a senior discount
- AARP offers prescription discounts where members can save an average of 38% off prescriptions: <http://www.aarphealthcare.com/health-discounts/prescription-discounts.html>
- Prescription Assistance Programs (PAPs):
https://www.pparx.org/prescription_assistance_programs
 - Enter medication list and some basic information to determine if there are any programs that will help with medication co-payments and find eligibility for manufacturers' free medications programs
- NeedyMeds.org: <http://www.needymeds.org/>
- GoodRx: <http://www.goodrx.com/>
 - Medication prices from different pharmacies and coupons
- UST's Affording Medication Project (AMP) provides community outreach to help community members of all ages learn ways to better afford their medications

CT Medicaid: <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-State/connecticut.html>

- Preferred drug list:
https://www.ctdssmap.com/CTPortal/Portals/0/StaticContent/Publications/CT_PDL_medicaid.pdf

Medicare: www.medicare.gov

- Information on eligibility, cost, and coverage for Medicare Part A, Part B, Part C, and Part D