



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED

*Responding to  
Community Needs  
for 47 Years*



Accredited



Certified



Licensed



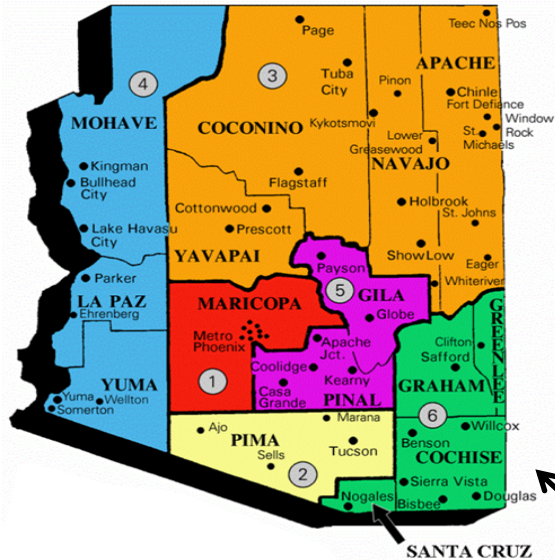
Certified



Contracted

**Private Non-Profit Organization, 501(c)(3)  
Serving over 100,000 Maricopa County Residents Annually**

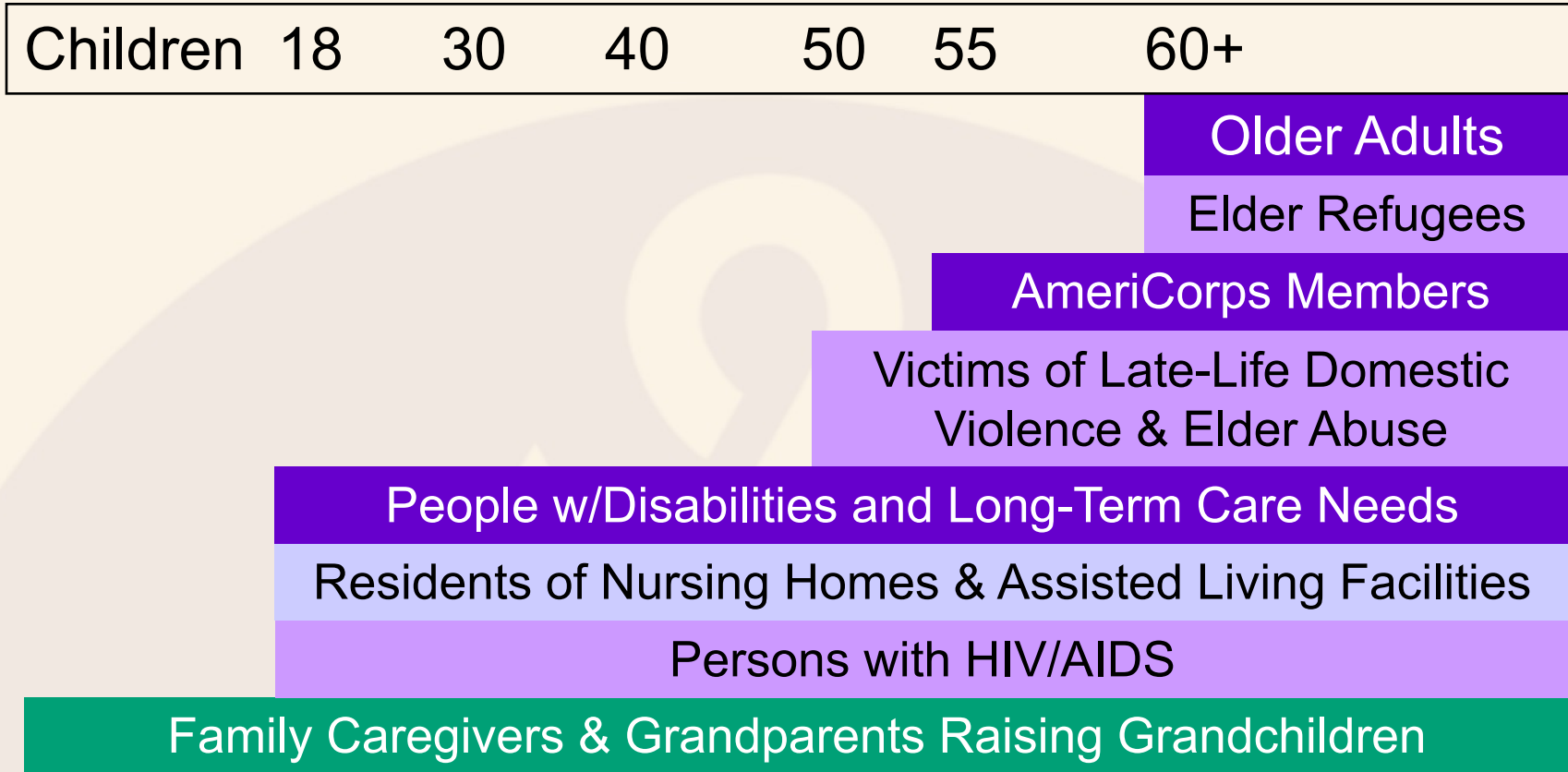
# Nationwide Network of Area Agencies on Aging



- 7 Region 7 serves the Navajo Nation, which is located in the northeastern corner of the state.
- 8 Region 8 serves the Inter Tribal Council of Arizona, Inc. Member tribes are located throughout the state.



# Who We Serve



# Home and Community Based Service



24-Hour *Senior* HELP LINE

Case Management

Home Delivered Meals

Adult Day Health Care

Home Care

Care Transitions

90% of adults 65 and older say they hope to stay in their homes for as long as possible

AARP, A State Survey of Livability Promises and Practices, Dec. 2011

# Behavioral Health

- **ElderVention®**
  - Prevention/Education Services
    - safeTALK
    - Mental Health First Aid
    - Rx Matters
    - Matter of Life
  - Clinical Services
  - Hoarding
  - Home Meds



## Contracted Health Plans:

Aetna

AHCCCS

BCBS of AZ/Advantage Plan

Cigna

Humana/ChoiceCare Network

Magellan

Medicare

Mercy Care

United Health

# Anxiety in Older Adults

- Avoidance of certain situations or tasks
- Shakiness and panicky feelings
- Difficulty breathing, sweating & nausea
- Digestion problems
- Headaches
- Eye and vision problems
- Irrational thoughts, confusion, difficulty concentrating
- Restlessness and/or unable to sleep
- Medical condition must be ruled out

# Common Triggers for Older Adults

- Financial difficulties
- Housing problems
- Health problems, immobility and/or chronic pain
- Loss and grief (not only death of a loved one)
- Isolation
- Trauma
- Family relationships and unhealthy boundaries
- Dementia
- End of life decisions

# Depression in Older Adults

- Depression is **NOT** a normal part of aging!
- Older adults who are clinically depressed can frequently come across as confused.
- Depression is tied to higher risk of cardiac disease and death from other illness.
- Depression often goes along with other medical illnesses and disabilities.



# Symptoms of Depression in Older Adults

1. Tiredness and lack of energy
2. Trouble sleeping
3. Seen as grumpy or irritable
4. Trouble thinking or concentrating, struggling to pay attention, difficulty making decisions and remembering things, confused
5. Slowed thinking, speaking or body movements
6. Unable to enjoy activities like they used to
7. Reduced appetite and weight loss or increased weight gain
8. Endures aches and pains
9. Anxiety, agitation or restlessness
10. Feel hopeless, worthless, guilty
11. Thoughts or plans to end their life & giving away belongings (suicide) vs. end-of-life planning

# Techniques to Help

## 1. Really **LISTEN**

Be patient. Be present. Be responsive.

## 2. Complete (or obtain) a thorough Psychosocial Assessment and treatment plan.

- Revisit the treatment plan often.
- Address loss and social isolation
- Accomplish small steps. Be realistic and supportive.

## 3. Assess with instruments such as the Geriatric Depression Scale (GDS) or Patient Health Questionnaire v9 (PHQ-9) and the Geriatric Anxiety Inventory (GAI).

**Why is the client wanting counseling now?**

# Treatment Options

1. Short-term counseling (CBT for Depression & Anxiety)
2. Pet Therapy
3. Relaxation Techniques/breath work
4. Positive self-talk
5. Prayer/Church groups/Synagogues
6. Physical activity (exercise/movement, yoga)
7. Increase social connections
8. Creating a memory box/time capsule

Provide **HOPE & SUPPORT** for recovery.

# Resources

1. Area Agency on Aging
2. Senior Centers
3. Churches/Synagogues/ Places of Worship
4. Volunteer Organizations
5. Counseling through Health Plans
6. Phone calls to check in with older adults (Insurance companies/PCP offices/Area Agency)
7. Friendship Line sponsored by National Institute of Aging: #1-800-971-0016
8. National Suicide Prevention Hotline-#1-800-273-8255



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED

# **There is a time in every life for our help.**

24-hour *Senior* HELP LINE

**602-264-HELP (4357)**

Answers@aaaphx.org

[www.aaaphx.org](http://www.aaaphx.org)



@AreaAgencyAging