Responding to Community Needs for 47 Years

Private Non-Profit Organization, 501(c)(3)
Serving over 100,000 Maricopa County Residents Annually
Region 7 serves the Navajo Nation, which is located in the northeastern corner of the state.

Region 8 serves the Inter Tribal Council of Arizona, Inc. Member tribes are located throughout the state.

Nationwide Network of Area Agencies on Aging

- 622 Area Agencies on Aging
- 246 Title VI Grantees (Native American Aging Organizations)
Who We Serve

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<th>Children 18</th>
<th>30</th>
<th>40</th>
<th>50</th>
<th>55</th>
<th>60+</th>
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<td>Older Adults</td>
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<td>Elder Refugees</td>
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<td>AmeriCorps Members</td>
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<td>Victims of Late-Life Domestic Violence &amp; Elder Abuse</td>
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<td>People w/Disabilities and Long-Term Care Needs</td>
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<td>Residents of Nursing Homes &amp; Assisted Living Facilities</td>
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<td>Persons with HIV/AIDS</td>
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<td>Family Caregivers &amp; Grandparents Raising Grandchildren</td>
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90% of adults 65 and older say they hope to stay in their homes for as long as possible

Behavioral Health

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

**Contracted Health Plans:**

- Aetna
- AHCCCS
- BCBS of AZ/Advantage Plan
- Cigna
- Humana/ChoiceCare Network
- Magellan
- Medicare
- Mercy Care
- United Health

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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
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