



Center for Excellence in Aging

# The Rush Center for Excellence in Aging

May 16, 2022

*Older Adult Services Advisory Committee*

Walter Rosenberg, MSW, MHSM, LCSW



# Rush Center for Excellence in Aging

*Catalyzing, connecting, and collaborating to bridge the hospital, university, health system, community and nation*



**Vision:** Rush will be the unparalleled destination for older adult and family health and wellbeing

## **Cores**

- Research
- Older Adult and Family Care
- Education
- Community Health Equity
- Health Policy



# Psychiatry & Behavioral Sciences Faculty & Staff Active in CEA

Susan Buehler  
Teresa Deshields  
Laura Donnan  
Erin Emery-Tiburcio  
Robyn Golden  
Angela Lorbeck  
Laurin Mack  
Suzanne Musil  
Lauren Rynar  
Sandra Swantek

**+ FACULTY AND STAFF FROM  
ACROSS THE HEALTH CENTER**

# Current CEA Projects

\$10.1 million in federal and foundation grant funding

- Age-Friendly Health Systems (IHI)
- CATCH-ON Geriatric Workforce Enhancement Program (HRSA)
- E4 Center of Excellence for Behavioral Health Disparities in Aging (SAMHSA)
- Caring for Caregivers (RRF Foundation for Aging and The John A. Hartford Foundation)
- Schaalman Senior Voices (Marc and Gail Fenton)



# Age-Friendly Health System Dashboard

## What Matters

% adults age 65+ with completed advance directives

% of family caregivers identified

## Mobility

% adults age 65+ with documented physical activity at least once daily (inpatient)

% adults age 65+ with fall risk screen (outpatient)

## 4Ms

## Medication

% adults age 65+ on 10+ meds

% adults age 65+ taking 2+ high risk meds

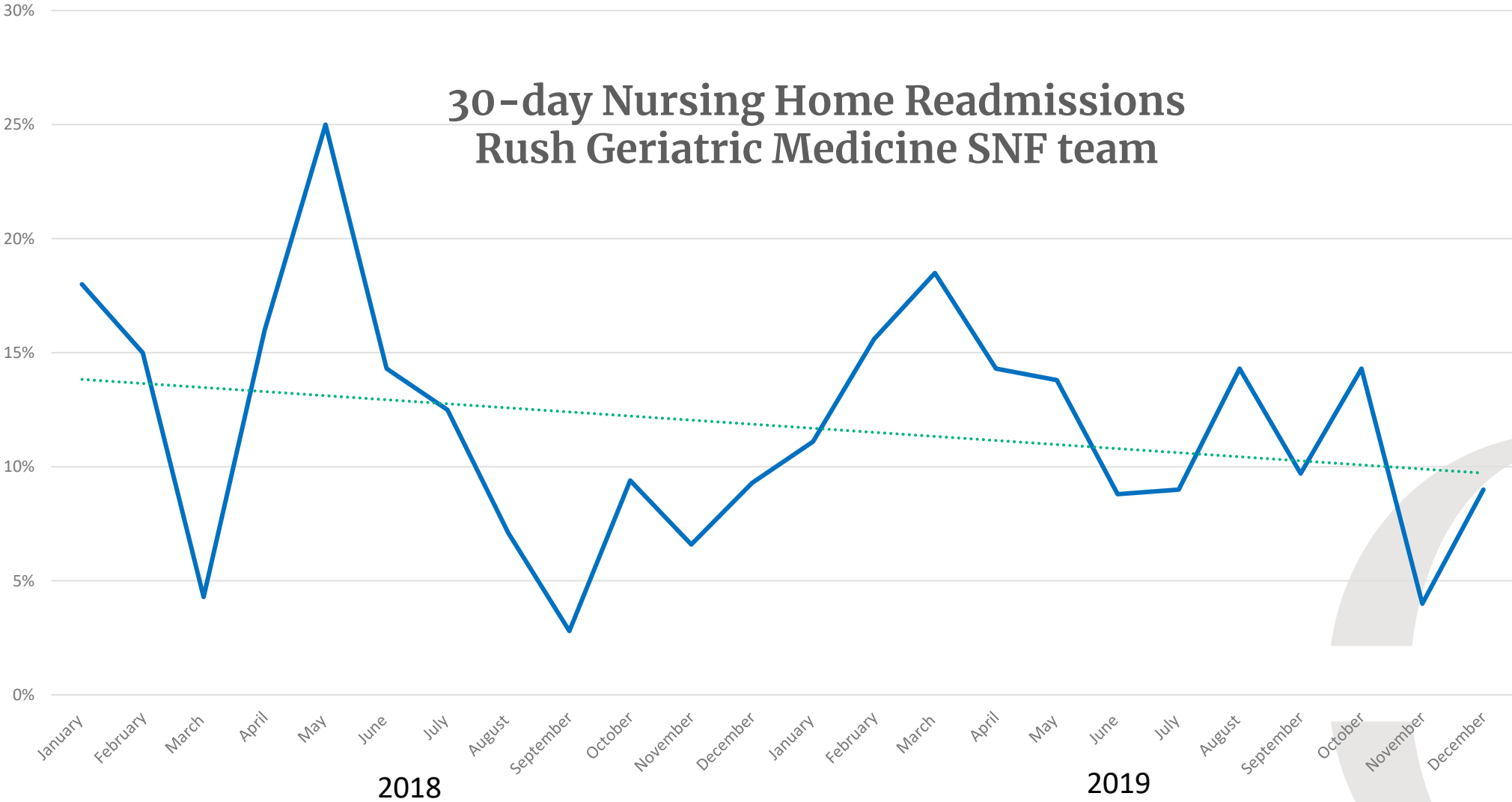
## Mentation, or Mind

% adults age 65+ screened for delirium (inpatient) or cognitive impairment/dementia (outpatient)

% adults age 65+ screened for depression

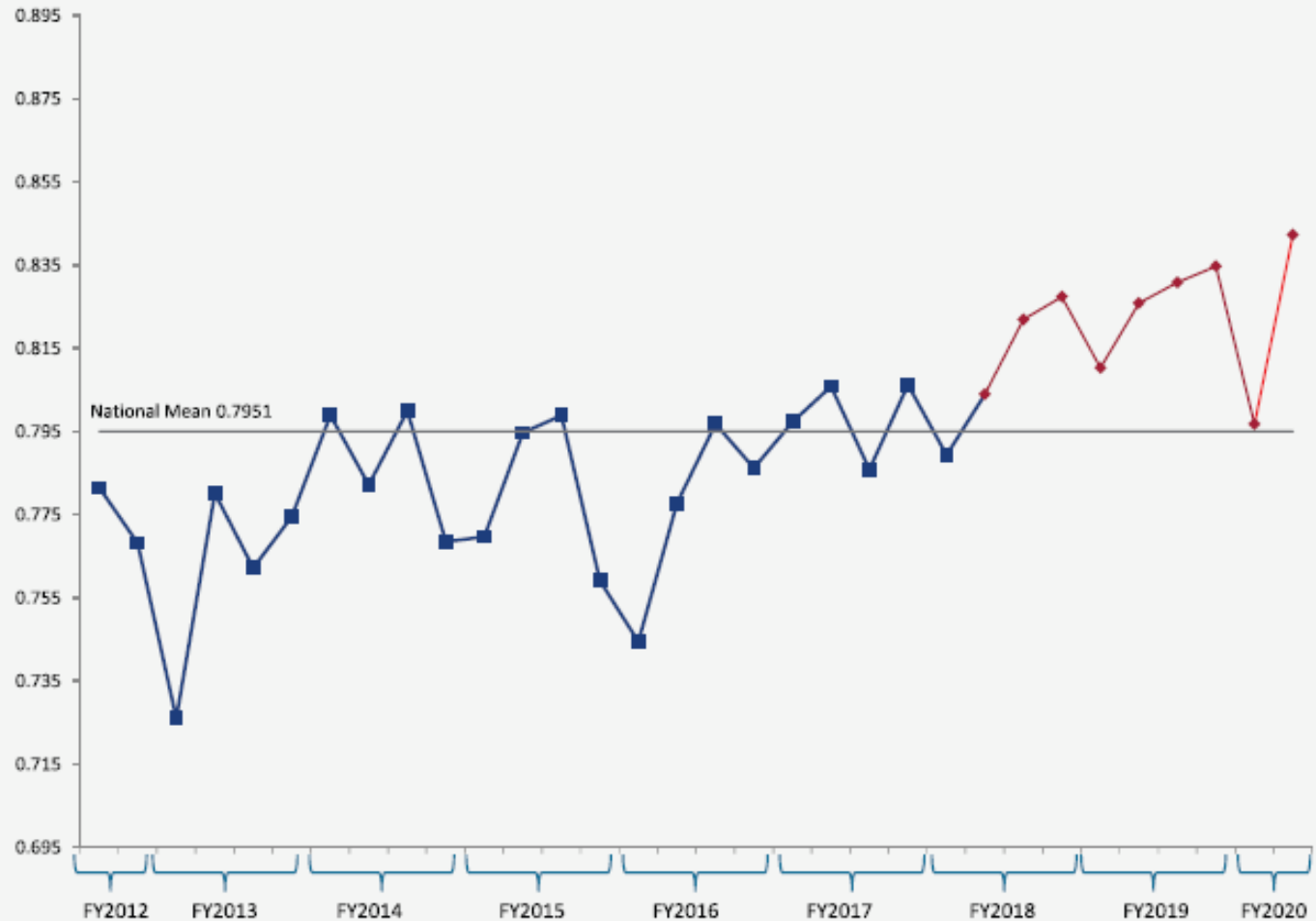


# Institute and Service Line Outcomes



# Age-Friendly Outcomes

## HCAHPS Success: Ask What Matters

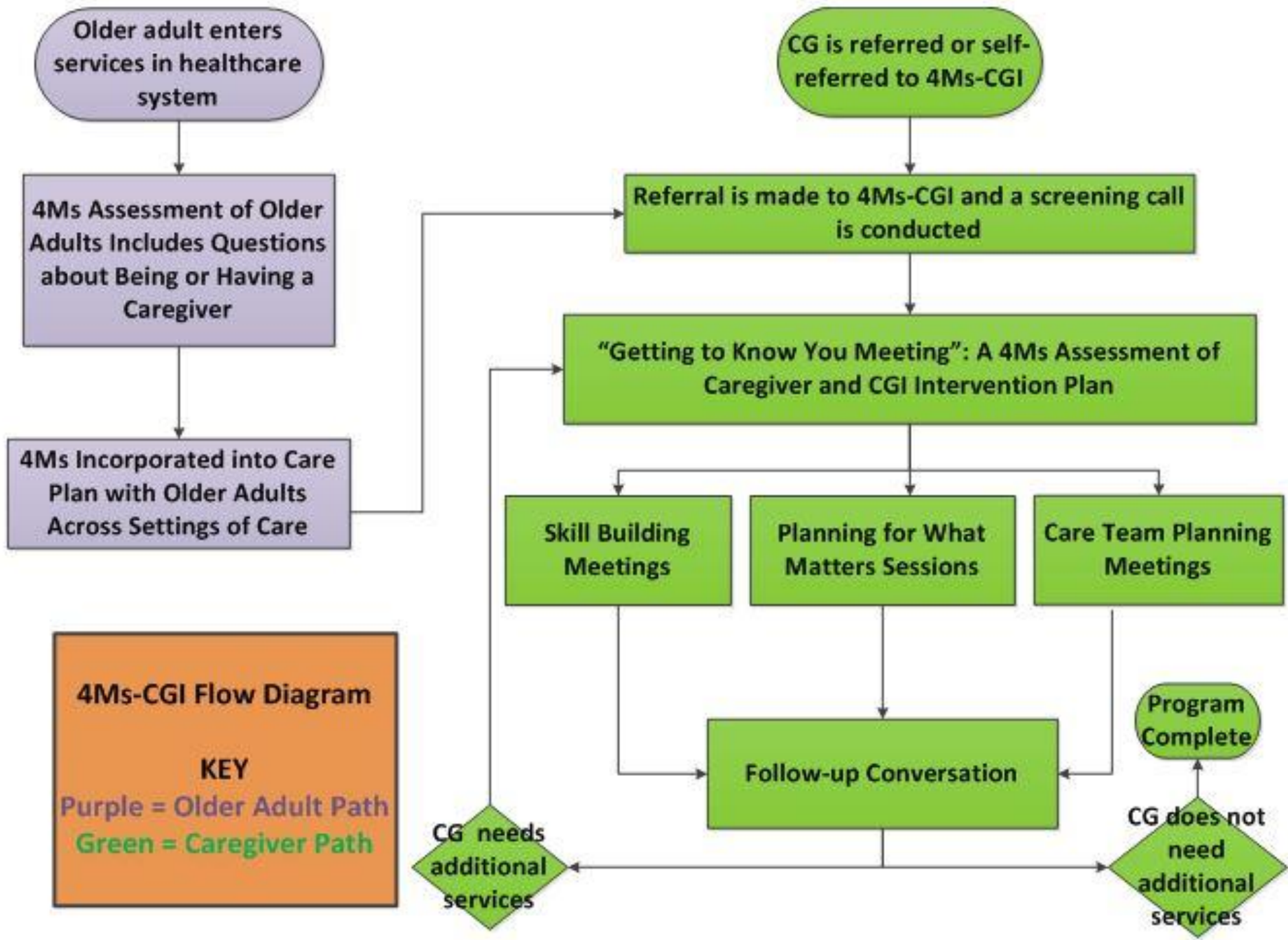


**May 2018: During your most recent visit, did the nurse listen carefully to you?**



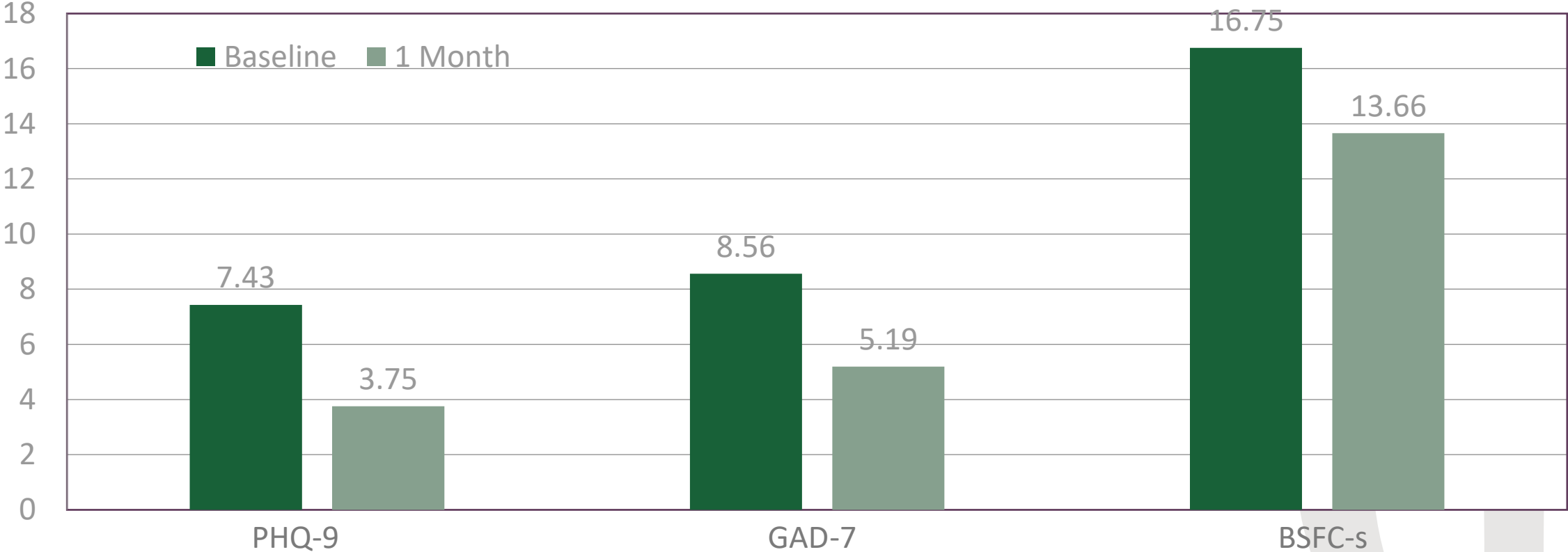
# Age-Friendly Health System Caring for Caregivers

with support from the RRF Foundation for Aging and HRSA



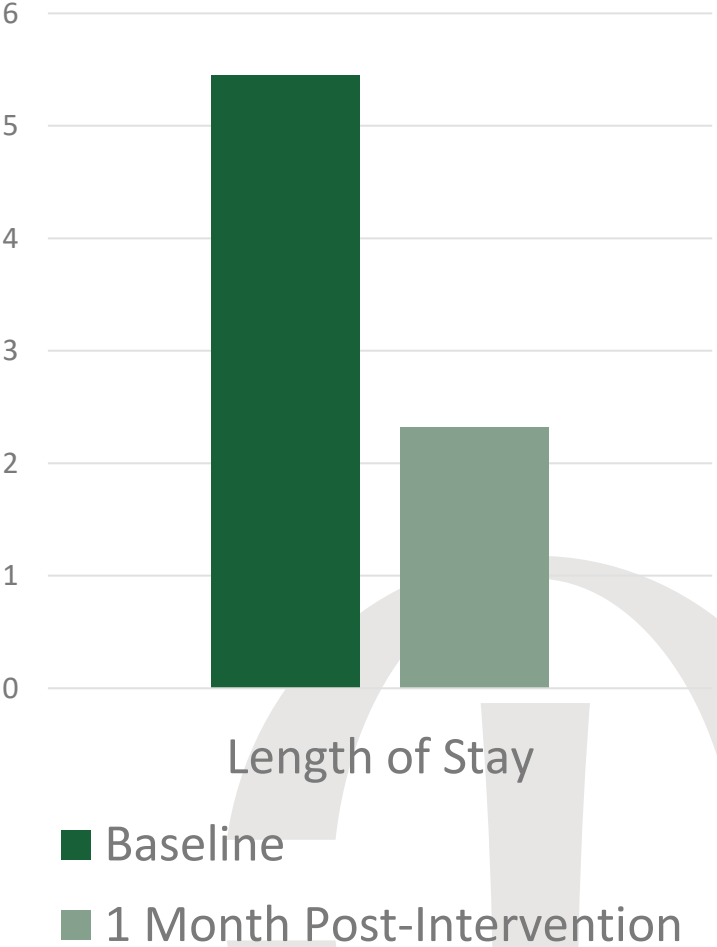
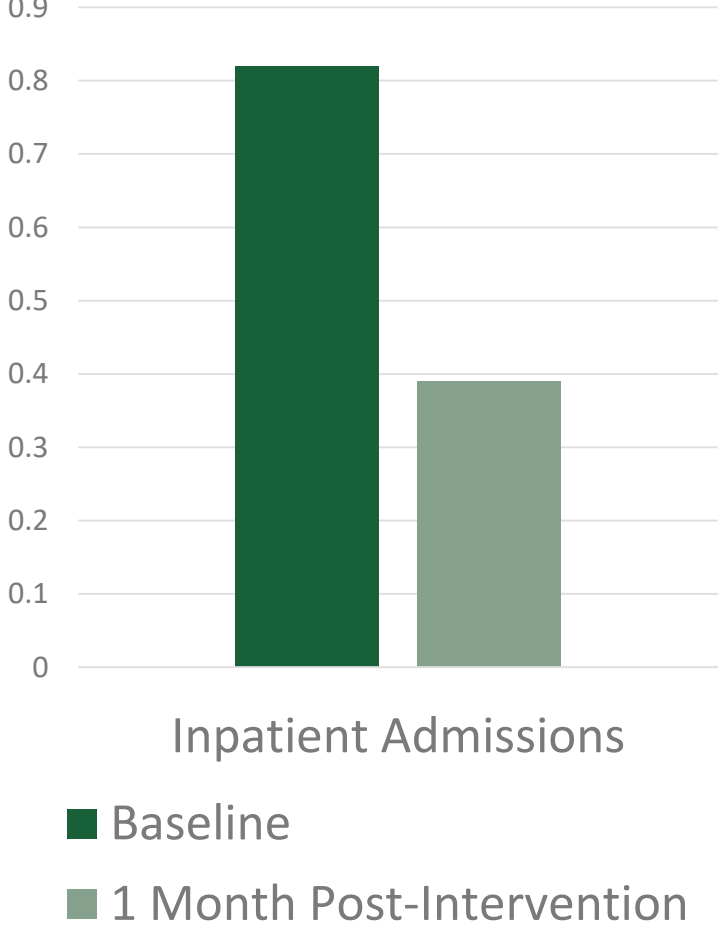
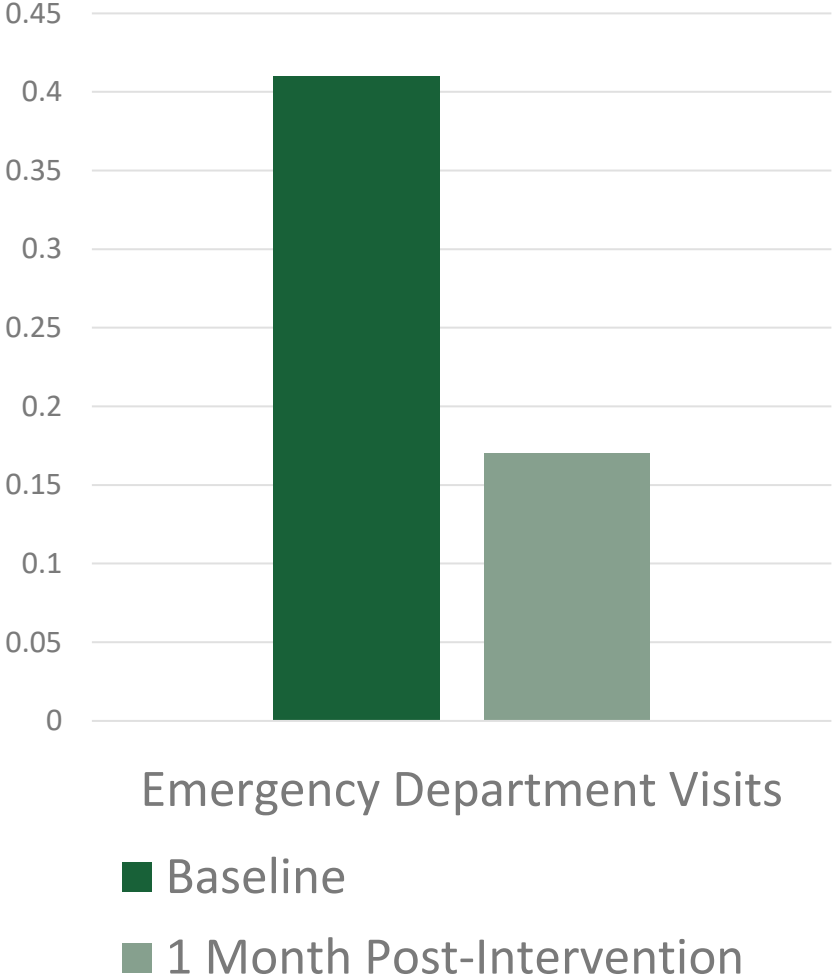
# Caring for Caregivers Initial Outcomes

Change in Depression & Anxiety Symptoms and Caregiver Burden among Caregivers from Baseline to 1 Month Post-Intervention



Initial n = 137 : Post assessment n = 75 average 3 hours per encounter

# Caring for Caregivers Initial Outcomes (n=102)





## Caring for Caregivers Next Steps

- Supported by The John A. Hartford Foundation support
- Testing the intervention with five sites nationally
- Refining the intervention
- Scale and spread through the Age-Friendly Health System movement

# CATCH-ON Geriatric Workforce Enhancement Program Partners



**Rush University Medical Center, IL**

**Southern Illinois University  
Family Medicine, IL**

**Shawnee Health Service, IL**

**Cherokee Health Systems, TN**



**CATCH-ON**

Collaborative Action Team training for Community Health – Older adult Network  
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM



Center for Excellence in Geriatrics





# CATCH-ON

Collaborative Action Team training for Community Health – Older adult Network  
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

## Education

- 4Ms online education
- Learning Communities
- Interprofessional education
- Matter of Balance training
- Behavioral Pain Management training
- Foundational Competencies in Older Adult Mental Health
- Health Education About LGBT Elders (HEALE)

## Primary Care Transformation

- Create Age-Friendly Health Communities
- Caring for the Caregiver
- Closing the Loop
- Safe – Home Opioid Management Education (HOME)
- Active Listening Training
- Dementia Friends and Dementia Friendly Communities

# 4Ms Modules – Free CE!

- Online modules – 3 versions
  - Health System/CBO staff
  - Clinicians
  - Older adults and families
- Topic areas include:
  - Caregiving
  - Delirium
  - Dementia
  - Depression
  - Medication
  - Mobility

Join the  
2000+ learners!



## Brief Educational Videos about Aging and Health for Older Adults and Families

These videos will help you learn how to improve your health by talking with your health team about the 4Ms: What Matters (including caregiving), Medication, Mind (including dementia, delirium, and depression), and Mobility.

### Caregiving

The importance of choosing the appropriate family caregiver, how to support family caregivers, and more.

### Depression

Symptoms of different kinds of depression, treatment options, and more.

### Delirium

What delirium is, how to prevent and manage delirium, and more.

### Medication

Why older adults are at greater risk for medication related harm, how to reduce medication related harm, and more.

### Dementia

What dementia is, how dementia is different than "just getting older," and more.

### Mobility

What mobility means, ways to avoid falls and injuries, and more.

Visit <http://bit.ly/catch-onvideos> to complete the videos and for additional resources



If you have any questions about CATCH-ON or feedback, please let us know!

Email: [CATCH-ON@rush.edu](mailto:CATCH-ON@rush.edu)

Phone: 312-942-0417

# Safe Home Opioid Management Education (HOME) in Older Adults: Naloxone Awareness Program

- Trains direct care workers with opioid safety and naloxone use to educate older adults and families in their homes

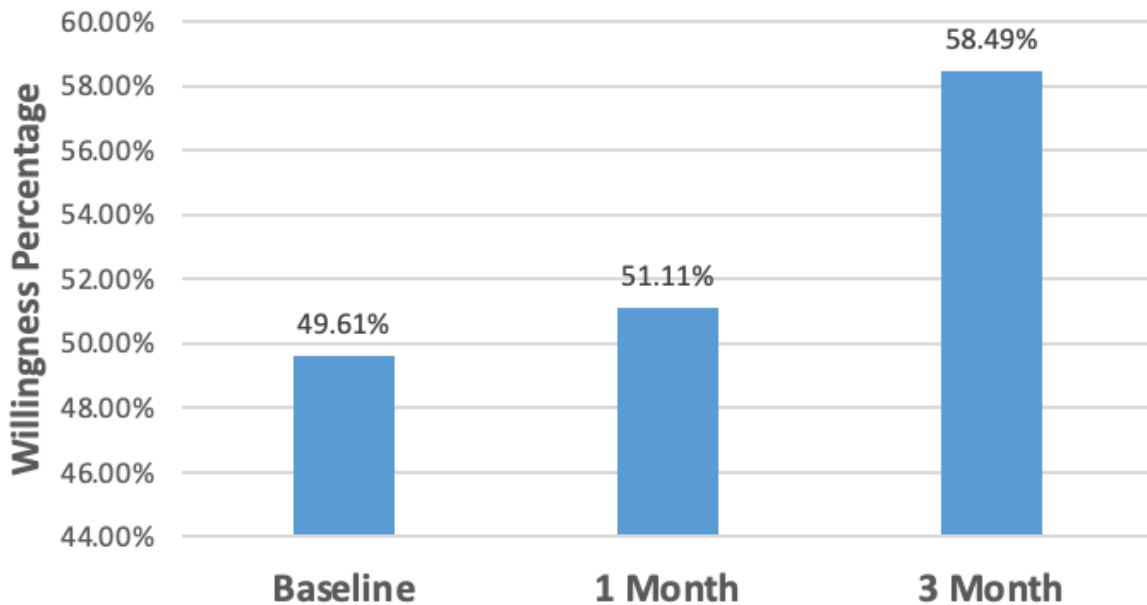
	Pre-education	Post-education	Score Difference
Average Total Score, % (SD)	69.1% (25.2)	86.2% (14.6)	+17.1% (23.5), <b>p&lt;0.05</b>
Average Opioid Knowledge Score % (SD)	80.3% (21.7)	81.4% (22.9)	+1.14% (24.6), p=0.71
Average Naloxone Knowledge Score% (SD)	61.6% (35.3)	89.4% (16.2)	+27.8% (34.0), <b>p&lt;0.05</b>



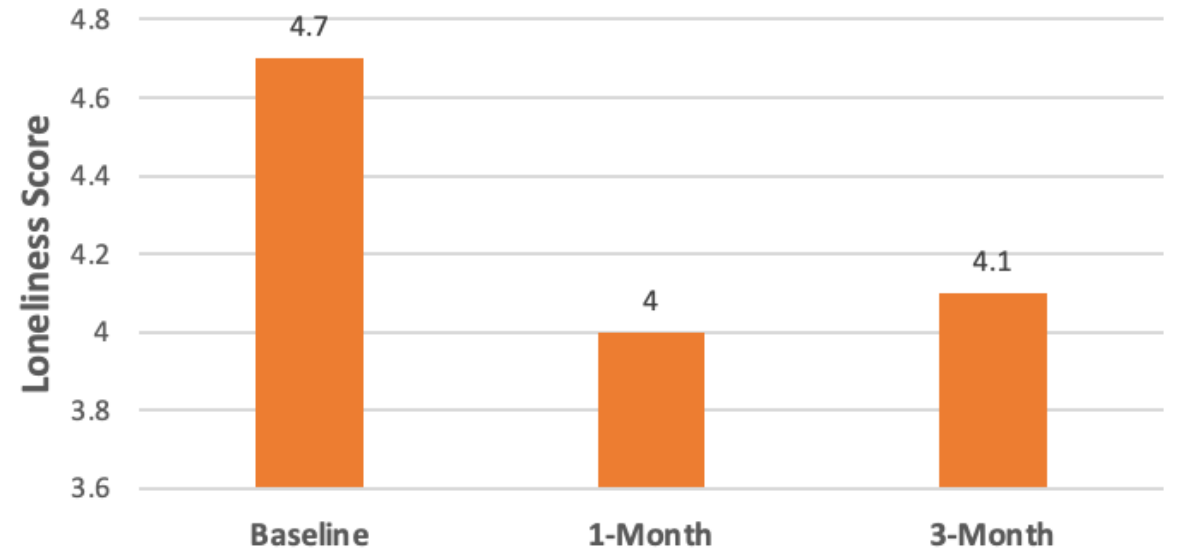
# CATCH-ON Connect

- Provides cellular-enabled tablets to community older adults with individual training

Telehealth Appointment Willingness



Change in Loneliness Score by Assessment Time  
N=53





<https://aging.rush.edu/schaalman/what-matters-community/>

# Dementia Friendly Communities



- Currently 19 communities listed as Dementia Friendly
- Barrington has submitted and Washington Heights will submit application soon.

Elgin	Evanston	Glencoe
Highland Park	Kankakee County	North Chicago/ Lake County
Oswego	River Forest	Oak Park
Hyde Park	Westmont	Naperville
South Loop	West Deerfield	Austin
Grayslake	Orland Park	Springfield
Tri-Cities (Batavia/St. Charles/Geneva)		





# Foundational Competencies in Older Adult Mental Health

- Online continuing education certificate program
- Based on Geropsychology foundational competencies
- Added social work and psychiatry
- Peer reviewed
- Resources



**CATCH-ON**

**E4 CENTER**  
Center of Excellence for  
Behavioral Health Disparities in Aging  
AT RUSH UNIVERSITY MEDICAL CENTER

# Foundational Competencies in Older Adult Mental Health

- Attitudes about aging
- Adult development and aging
- Depression
- Suicide
- Anxiety
- Substance use
- Psychopharmacology
- Cognition
- Common life problems
- End of life and grief
- Trauma & PTSD
- Practice Issues
- Serious Mental Illness

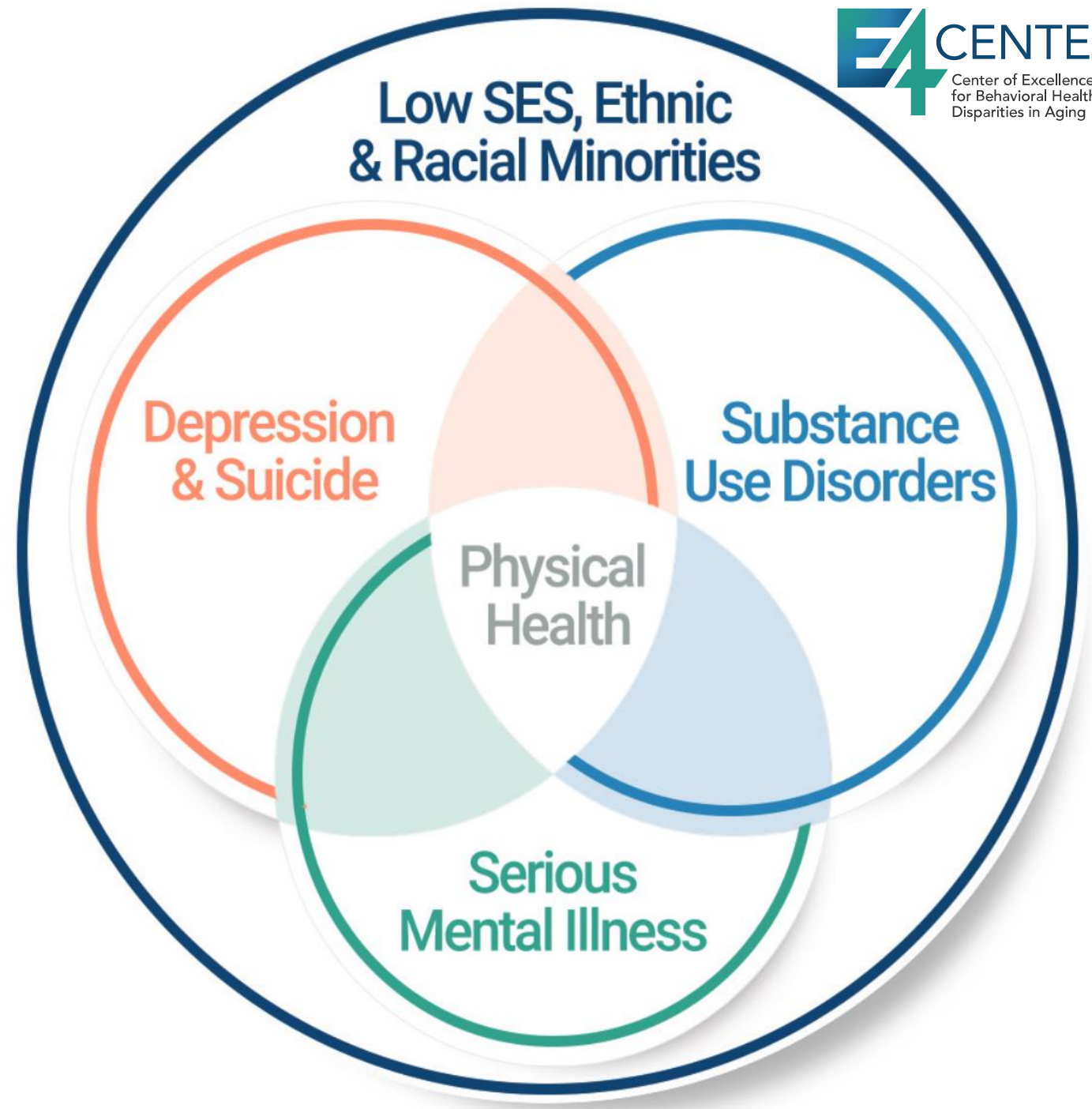


## Foundational Competencies in Older Adult Mental Health

- In-person intensive certificate program
- 25 licensed mental health clinicians
- 3 days in person at Rush
- Interactive, practice based
- Simulated patients



**CATCH-ON**





# E4 CENTER

Center of Excellence for Behavioral Health Disparities in Aging

AT RUSH UNIVERSITY MEDICAL CENTER



Center for Excellence in Aging



## E4 CENTER

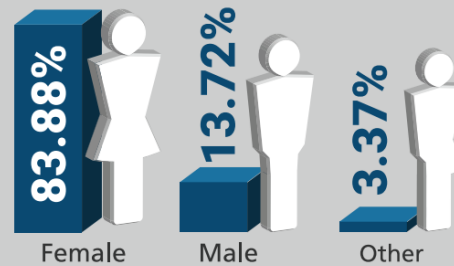
Center of Excellence for Behavioral Health Disparities in Aging

AT RUSH UNIVERSITY MEDICAL CENTER

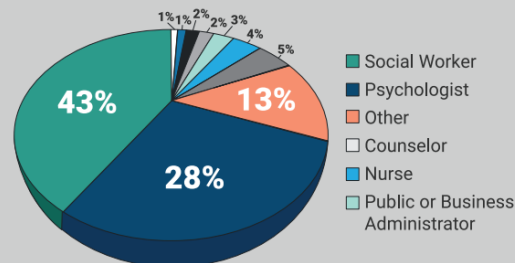
# HIGHLIGHTS

An estimated 20% of older adults has a mental health disorder. Older adults have among the highest suicide rates, and rapidly increasing rates of substance use disorders. Due to ageism, stigma, and a lack of geriatric-trained mental health providers, older adults are far less likely to get behavioral health services. The E4 Center advances training and workforce capacity with a specific focus on the implementation of evidence-based practices and programs for older adults who experience the greatest behavioral and physical health disparities in the nation.

### Gender



### Participant Primary Professions

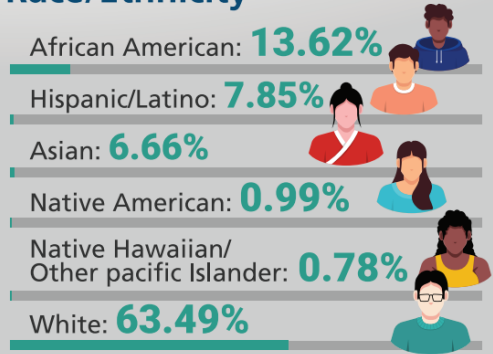


Number of live events: **46**

Number of live learners: **6,329**

Recorded webinars on E4 website: **2,772 views**

### Race/Ethnicity



### Satisfaction feedback

**95.3%** attendees reported very good or excellent satisfaction

★★★★★

**5** Hot Topics Quarterly Newsletters

**1** Toolkit and 1 more on the way!

### Policy Academies



These data reflect activities October, 2020 through March, 2022.







## Schaalman Senior Voices

### Phase 1:

- Created Schaalman video library
- 1,469 individual videos collected
- 7 community events

### NEXT PHASE:

- Summer Academy in Aging
- Student fellows
- Faculty Fellows
- Annual Thought Leaders Lecture

# Get Involved!

---

- Walter Rosenberg
  - [walter\\_rosenberg@rush.edu](mailto:walter_rosenberg@rush.edu)
- Please visit <https://aging.rush.edu/> to learn more

