



# Mental Health, Drug and Alcohol: Support for Older Adults

HOW TO IDENTIFY AND  
SUPPORT A SENIOR WHO IS  
STRUGGLING

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# Thank you

# How to Identify the Issues...



An estimated 15-20% of people age 65 years and older have some symptoms of mild cognitive impairment



Our thinking ability normally peaks around age 30

**As we age, life changes can impact mental health and lead to or worsen drug/alcohol issues. There are many ways to support a loved one experiencing difficulties with their mental health, drug, or alcohol issues, no matter what their age.**

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## Agenda for Mental Health Discussion

- Understanding & Identifying Mental Health in Aging Adults
- Impact of Mental Health on Daily Living
- Support and Treatment Options
- Promoting Mental Wellness



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# DEFINITION OF AGING AND MENTAL HEALTH

## Process of Aging

Aging involves gradual changes in **physical, psychological, and social aspects** of an individual's life, impacting overall well-being

## Understanding Mental Health

Mental health includes emotional, psychological, and social well-being, which influences our **thoughts, feelings, and actions**

## Impact on Well-Being

Both aging and mental health significantly **affect overall quality of life** and how individuals navigate their daily experiences

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# Aging Adults Mental Health Stats

World Health Organization (WHO)

By 2030, one in six people in the world will be aged 60 years or over

Loneliness and social isolation are **key risk factors** for mental health conditions in later life

One in six older adults experience abuse, often by their own care givers

Approximately 14% of adults aged 60 and over live with a mental disorder

In the US, 12.5% of older adults experience any mental illness in a given year

# Aging and Barriers

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## Age-related increase:

Prevalence of mental disorders tends to increase with age, with those 80-84 having the highest rates

## Economic Stress:

Food insufficiency is linked to increased mental health struggles in older adults

## Gender Differences:

In some studies, women show higher rates of mental health diagnoses than men in older age groups, according to AARP

## Access to Care:

Older adults are less likely to receive mental health treatment than younger individuals and are less likely to seek services in a specialty care setting

## Specific Mental Health Issues:

Common mental health issues in older adults include anxiety, depression, cognitive impairment, insomnia, and pain, according to the CDC



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# MENTAL HEALTH IMPACTS ALL AGES...

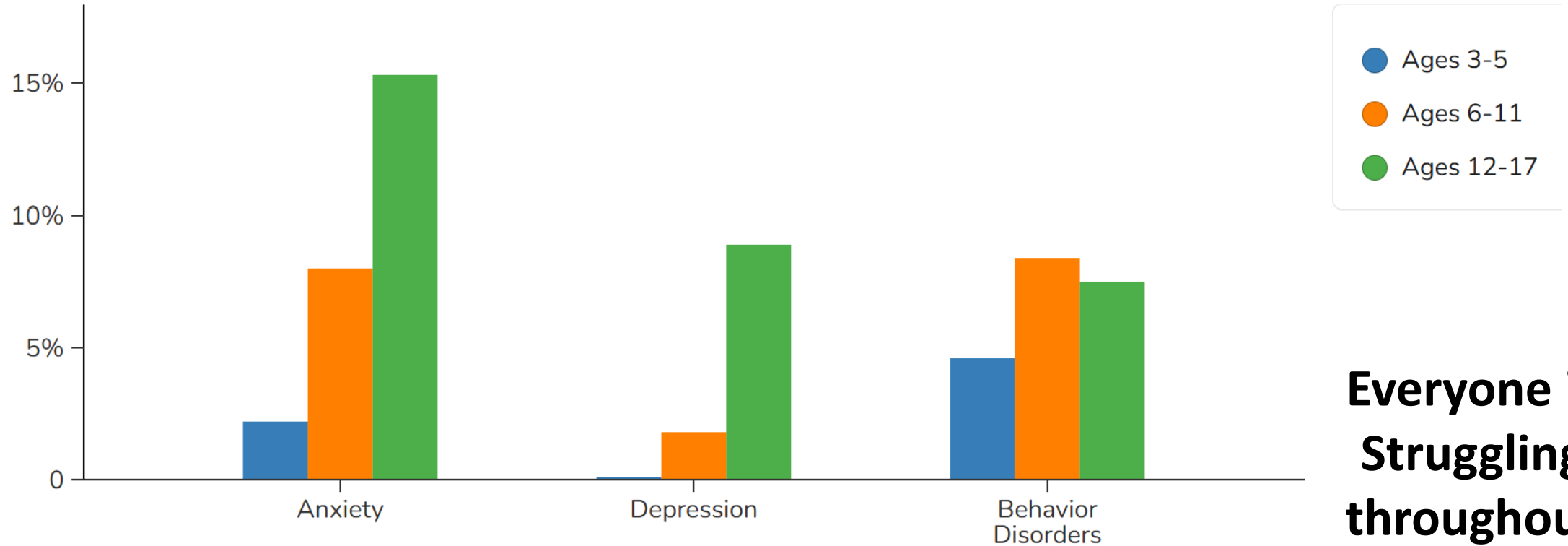
## Youth

- Struggling with changes and fears of fitting in and identity
- Bullying and sadness
- Loneliness, depression, anxiety and self harm concerns
- Medication misuse and abuse
- Technology impacting reality
- Knowing resources for help

## Adults

- Struggling with changes and fears of aging
  - Fears of being alone after losses of loved ones and careers
  - Loneliness and depression
  - Medication misuse and abuse
  - Inability to use or understand technology
  - Knowing resources for help
-

## Mental and Behavioral Health Conditions by Age



**Everyone is  
Struggling  
throughout  
life**

# The world's population is aging fast

**In 2020, 1 billion people in the world were aged 60 years or over**

That figure will rise to **1.4 billion by 2030**, representing one in six people globally

**By 2050**, the number of people aged 60 years and over will have doubled to reach **2.1 billion**



The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million

# Getting Older

Older adults contribute to society as **family** and **community members**, and many are **volunteers** and **workers**

While most have good health, many are at risk of developing **mental health conditions such as depression and anxiety disorders**

Many may also experience reduced mobility, chronic pain, frailty, dementia or other health problems, for which they require some form of long-term care

As people age, they are more likely to experience several conditions at the same time



# Prevalence

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- **Around 14% of adults aged 60 and over live with a mental disorder** (according to the [Global Health Estimates \(GHE\) 2019](#))
  - **The most common mental health conditions for older adults are depression and anxiety**
    - [GHE 2019](#) shows that globally, **around a quarter of deaths from suicide (27.2%) are among people aged 60 or over**
  - Mental health conditions among older people are often underrecognized and undertreated, and the stigma surrounding these conditions can make people reluctant to seek help

# Factors Affecting Mental Health



## Physical Health Status

Physical health significantly impacts mental well-being in aging adults. Chronic illnesses can contribute to mental health decline

## Social Support Networks

Strong social support networks are crucial for mental health, providing emotional comfort and practical assistance to aging adults

## Environmental Factors

Environmental factors, including living conditions and community resources, play a key role in shaping mental health outcomes

## Life Events

Life events such as retirement, loss of loved ones, or major lifestyle changes can significantly affect mental health in older adults



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# GENETIC PREDISPOSITIONS

## **Role of Genetic Factors**

Genetic factors can significantly influence mental health, particularly in the elderly population

## **Family History Importance**

Understanding family history is crucial for assessing the risk of mental health issues in individuals

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# Risk Factors for Mental Health

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- Social isolation and loneliness, which affect about a quarter of older people, are key risk factors for mental health conditions in later life
- Abuse of older people, which includes any kind of physical, verbal, psychological, sexual or financial abuse, as well as neglect are major risk factors as well
- 1 in 6 older adults experience abuse, often by their own care givers
- **Abuse of older adults has serious consequences and can lead to depression and anxiety**



# What are symptoms of mental disorders in older adults?

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- Noticeable changes in mood, energy level, or appetite
- Feeling flat or **having trouble feeling positive** emotions
- Difficulty sleeping or sleeping too much
- **Difficulty concentrating, feeling restless, or on edge**
- **Increased worry** or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- **Misuse of alcohol or drugs**

# What are symptoms of mental disorders in older adults?

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- Sadness or hopelessness
- **Thoughts of death or suicide or suicide attempts**
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- **Thoughts or behaviors that interfere with work, family, or social life**
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

# Substances can induce mood disorders

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**Alcohol** – can cause both depression and aggression

**Cocaine** – known for inducing manic or depressive episodes

**Opioids** – can result in severe depression

**Cannabis** – potentially leading to mood swings



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# COMMON MENTAL HEALTH ISSUES IN THE ELDERLY

## **Depression in Older Adults**

Depression is a common mental health issue among older adults, often arising from life changes or loss. It can severely diminish their quality of life

## **Anxiety Concerns**

Anxiety disorders are prevalent in the elderly, often related to health issues or changes in living situations, impacting their daily lives

## **Dementia Awareness**

Dementia is a significant mental health concern for older adults, affecting memory, cognition, and daily functioning, requiring adequate support and care

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	NORMAL AGING	MILD COGNITIVE IMPAIRMENT
<b>Memory Problems</b> In people with MCI, or potential cognitive decline, <u>memory</u> is the ability that is most affected.	You missed one monthly payment.	It is challenging to take care of monthly bills.
<b>Impaired Thinking Skills</b>	You lose things from time to time.	You're misplacing things often and not able to find them.
<b>Language Difficulties</b>	You sometimes forget which word to use.	You have trouble having a conversation.
<b>Disorientation in Time and Space</b>	You forget which day it is, but remember later.	You lose track of the date and the time of year.
<b>Poor Judgment</b>	You make a poor decision every once in a while.	You make poor decisions a lot of the time.

## Memory Problems

In people with MCI, or potential cognitive decline, **memory** is the ability that is most affected.

- Normal aging — You missed one monthly payment.
- Mild cognitive impairment — It is challenging to take care of monthly bills.

## Impaired Thinking Skills

- Normal aging — You lose things from time to time.
  - Mild cognitive impairment — You're misplacing things often and not able to find them.
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## Language Difficulties

- Normal aging — You sometimes forget which word to use.
- Mild cognitive impairment — You have trouble having a conversation.

## Disorientation in Time and Space

- Normal aging — You forget which day it is, but remember later.
- Mild cognitive impairment — You lose track of the date and the time of year.

## Poor Judgment

- Normal aging — You make a poor decision every once in a while.
- Mild cognitive impairment — You make poor decisions a lot of the time.



# Symptoms vs. Disease

- Dementia
  - A decline in mental abilities – severe enough to interfere w daily life
    - Memory loss, impaired judgement, confusion, changes in mood and personality
  - Cause could be Alzheimer's or other disease
- Alzheimer's Disease
  - Specific brain disease that is causing dementia symptoms
  - Decline in memory or cognitive function
  - Most common disease that causes dementia



# NORMAL AGING

VS

# DEMENTIA



# NORMAL AGING

# DEMENTIA

Occasional trouble recalling people or places



Not remembering the names of close friends or relatives

Forgetting appointments or events occasionally



Frequently forgetting appointments and events

Taking longer to process information



Trouble verbalizing thoughts, frequent pauses in conversations and substituting common words

Sometimes losing track of a conversation



Regularly repeating statement or questions

Occasionally forgetting where an item is



Consistently misplacing items



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# Dementia Friendly

- The Alzheimer's Society defines a dementia friendly community as: "A city, town or village where people with dementia are. understood, respected and supported, and confident they can. contribute to community life"
- **Accessible Items:** Place everyday items within easy reach. Streamline cupboards, closets, bathrooms, and bedside tables with only essential items regularly used. **Ensure Safety:** Remove hazards such as loose rugs or cords that could cause tripping, and ensure rooms are well-lit to enhance visibility
- Sky Harbor Airport is Dementia Friendly
  - Green lanyard is the identifier a person needs some extra support



About ▾

Communities ▾

Resources ▾

 Dementia Friends USA ▾

 Memory Cafe Alliance ▾

Donate

Contact



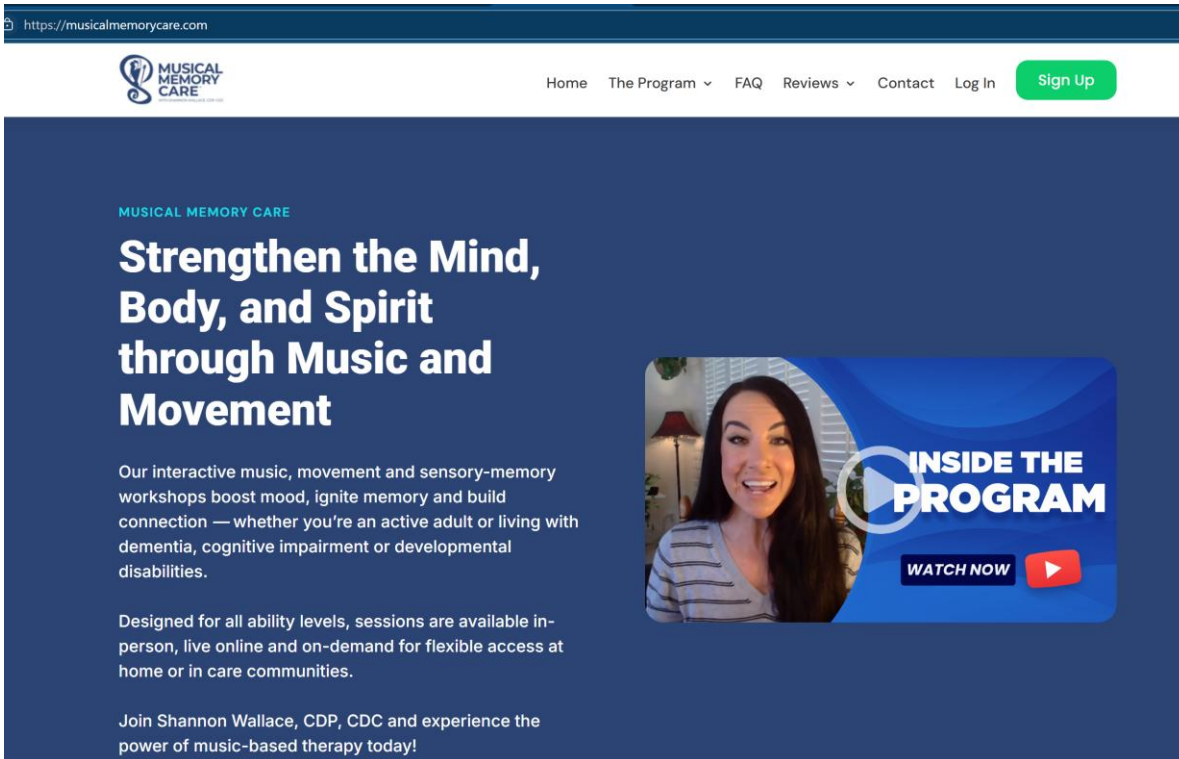
## Living, engaging and thriving in dementia-friendly communities.

More than 6 million Americans are living with Alzheimer's Disease. More than 11 million Americans provide unpaid care for a family member or friend living with dementia.

Dementia Friendly America is committed to fostering community support for people living with dementia and their essential care partners so they can safely remain and continue to engage in the community.



# What makes people with dementia happy?



The screenshot shows the homepage of the Musical Memory Care website. The header includes the URL 'https://musicalmemorycare.com', the logo, and navigation links: Home, The Program, FAQ, Reviews, Contact, Log In, and a green Sign Up button. The main content area has a dark blue background. On the left, the text 'MUSICAL MEMORY CARE' is in small blue letters, followed by the headline 'Strengthen the Mind, Body, and Spirit through Music and Movement' in white. Below this, a paragraph describes the interactive workshops. To the right is a video player with a woman's face and the text 'INSIDE THE PROGRAM' and 'WATCH NOW' with a play button icon. At the bottom, it invites users to join Shannon Wallace, CDP, CDC.

https://musicalmemorycare.com

MUSICAL MEMORY CARE

Home The Program ▾ FAQ Reviews ▾ Contact Log In Sign Up

**MUSICAL MEMORY CARE**

## Strengthen the Mind, Body, and Spirit through Music and Movement

Our interactive music, movement and sensory-memory workshops boost mood, ignite memory and build connection — whether you're an active adult or living with dementia, cognitive impairment or developmental disabilities.

Designed for all ability levels, sessions are available in-person, live online and on-demand for flexible access at home or in care communities.

Join Shannon Wallace, CDP, CDC and experience the power of music-based therapy today!

INSIDE THE PROGRAM

WATCH NOW

- Playing music, having objects to touch and interact with, and hand massage can all help people with dementia in the later stages



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## Benefits of Hand Massage for Dementia

- Hand massage can be a beneficial and soothing activity for individuals with dementia, helping to reduce anxiety, agitation, and improve mood. Simple hand massage techniques, even without formal training, can be a powerful way for caregivers to connect with and comfort loved ones with dementia.



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# Benefits of Hand Massage for Dementia

- **Reduced Anxiety and Agitation**
  - Studies suggest that hand massage can help lower [cortisol](#) levels (a stress hormone) and induce a physiological relaxation response, which can be particularly helpful in managing anxiety and agitation often experienced by those with dementia.
- **Improved Mood:**
  - By promoting relaxation and reducing stress, hand massage can contribute to an overall improvement in mood and well-being.



# Benefits of Hand Massage for Dementia

- Enhanced Connection and Communication:
  - Even if verbal communication is limited, the power of touch through hand massage can provide a non-verbal way for caregivers to connect with and comfort their loved ones, reinforcing the bond between them
- Alternative to Medication:
  - Massage can be a natural and safe alternative or supplement to medication for managing symptoms like anxiety and agitation, potentially reducing the need for pharmaceutical interventions



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# Dementia and Alzheimer's Disease

- Alzheimer's Disease is the most common cause of dementia, accounting for 60-80% of dementia cases
- Dementia is not a normal part of aging
- Greatest known risk factor for Alzheimer's is increasing age
- Most people with Alzheimer's are 65 and older
- Approximately 200,000 Americans under 65 are living with younger onset Alzheimer's



# Good Conversation Starters with Older Adults

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Where were you born?

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What's the story behind your name?

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What was your 1<sup>st</sup> job?

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What were your childhood favorites? Food, friends, movies

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What inventions, fads or world events do you remember most vividly?

# Good Conversation Starters with Older Adults

If you won a million dollars in the lottery, what would you do with it?

If you could have an endless supply of any food, what would it be?

What's one thing you can't live without?

If you could change one thing about yourself, what would it be?

Describe your perfect day

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# Depression in Older Adults

- Is a serious mental health condition that is not a normal part of aging
- Persistent feelings of sadness
- Loss of interest in activities – which impacts daily life and well being
- Depression in older adults requires attention and appropriate treatment
- By understanding the symptoms and seeking help when needed, older adults can improve their mental health and overall quality of life

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# Symptoms of Depression in Older Adults

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Persistent sad, anxious, or empty mood

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Feelings of hopelessness, guilt, worthlessness, or helplessness

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Irritability, restlessness or having trouble sitting still

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Loss of interest in once pleasurable activities

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Decreased energy or fatigue

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Moving or talking more slowly

# Symptoms of Depression in Older Adults

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Difficulty concentrating, remembering, or making decisions

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Ignoring important roles in life, such as responsibilities with work or family

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Difficulty sleeping, waking up too early or oversleeping

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Eating more or less than usual, resulting in weight loss or gain

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Increased use of alcohol or drugs, or engagement in high risk activities

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Thoughts of death or suicide, suicide attempts

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Dementia can cause some of the same symptoms of depression

Depression can be an early warning sign of dementia

Suicide attempts may increase in people diagnosed with dementia

Support Systems for coping... IMPORTANT

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# Supporting someone with depression



Encourage medical treatment



Help with medical appointments and support groups



Participate in activities the person likes to do



Ask if the person wants to go for a walk or bike ride



Listen for clues the person may be feeling worse, sad, numb or empty



Report or get help if one seems suicidal



# We Need: Social Connection to Survive and Thrive

- Being alone may leave older adults more vulnerable to loneliness and social isolation
  - Associated with higher risks of health problems:
    - Heart disease
    - Depression
    - Cognitive decline
- More likely to be lonely or isolated if in poor health
- Isolation and loneliness can put your physical and mental health at risk
  - Less healthy, longer hospital stays, die earlier

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# Loneliness vs. Social Isolation

**LONELINESS:**  
distressing feeling of  
being alone or  
separated

**SOCIAL ISOLATION:**  
lack of social  
contacts and having  
few people to interact  
with regularly

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# Loneliness vs. Social Isolation

You can live alone  
and not feel lonely  
or socially isolated

You can feel alone  
lonely while being  
with other people

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# Older Adults at Risk for Loneliness & Social Isolation

## Changes in health

- Hearing
- Vision
- Disabilities
- Memory loss
- Inability to drive or get around

## Social connections

- Loss of family
- Loss of friends
- Retirement



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# Problems



Social isolation and loneliness bad for brain health



Linked to poorer cognitive function and higher risk for dementia, including Alzheimer's Disease



Too little social activity can also make it difficult to perform everyday tasks: driving, paying bills, taking medicine and cooking

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# Hearing Loss...

- Older people who can't hear well may become depressed or withdrawn from others as they feel embarrassed or frustrated about not understanding
- How can this be misleading??
- A loved one or care giver mistakenly thinks older person is confused, unresponsive or uncooperative...
- They just can't hear

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# COPING MECHANISMS AND RESILIENCE

## **Importance of Coping Mechanisms**

Coping mechanisms help older adults deal with stress effectively, promoting emotional balance and mental well-being

## **Building Resilience**

Resilience enables older adults to adapt and recover from adversity, enhancing their overall quality of life

## **Promoting Positive Strategies**

Encouraging positive coping strategies can improve mental health outcomes for older adults and foster a supportive environment

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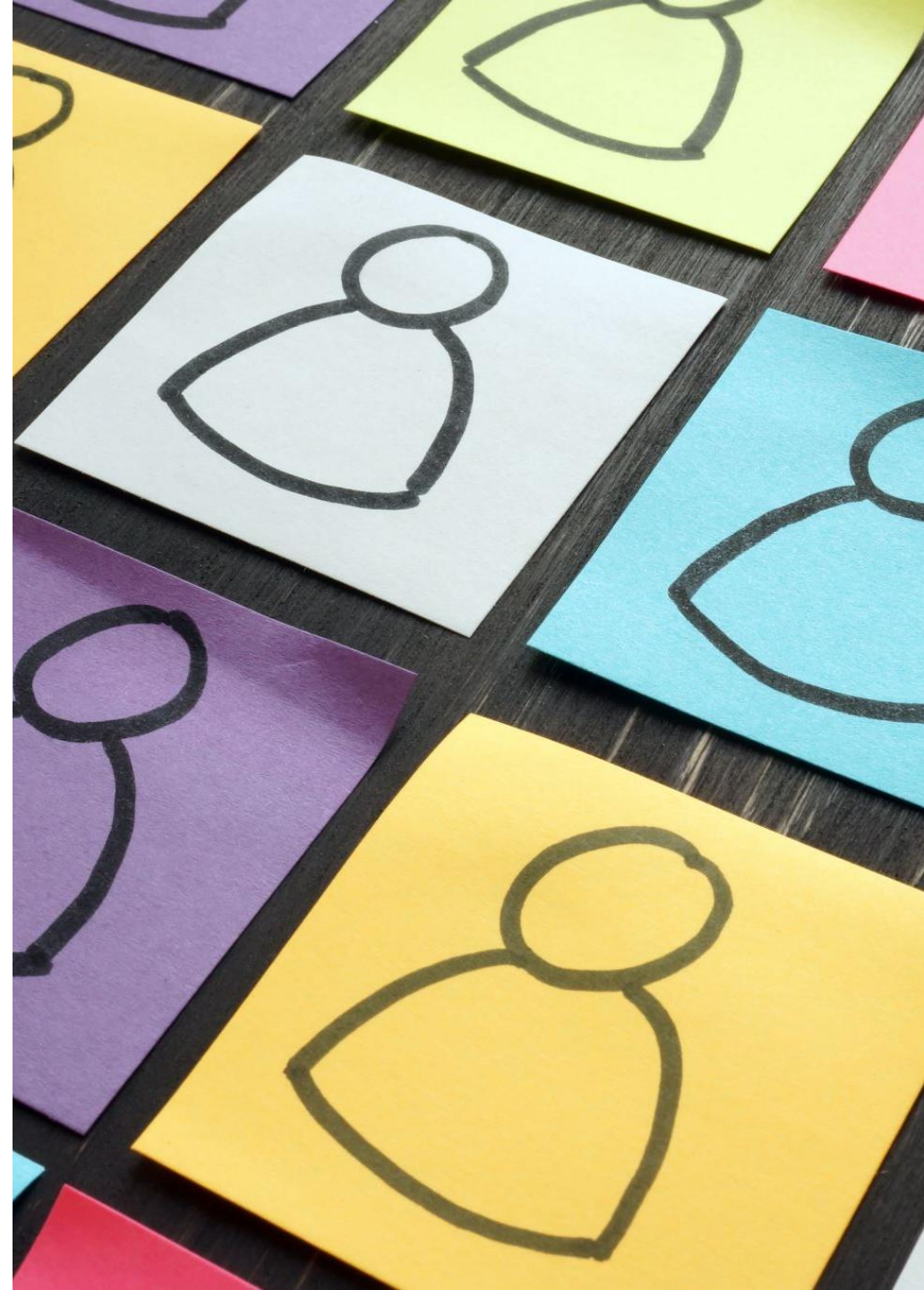
# Connection Matters

- People who are lonely or socially isolated may get too little exercise, drink too much alcohol, smoke, and sleep poorly
- People who are lonely experience emotional pain
  - Can activate the same stress responses in the body as physical pain
  - Can lead to chronic inflammation and reduced immunity
  - More vulnerable to infectious disease
- Losing a sense of connection and community can change the way a person sees the world

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# Ideas to Stay Connected

- Find an activity they enjoy
- Restart an old hobby
- Take a class to learn something new
- Meet new people in the class
- Schedule time daily to stay in touch with family, friends, neighbors,
- Share your feelings with people you trust
- Send letters or cards to keep in touch

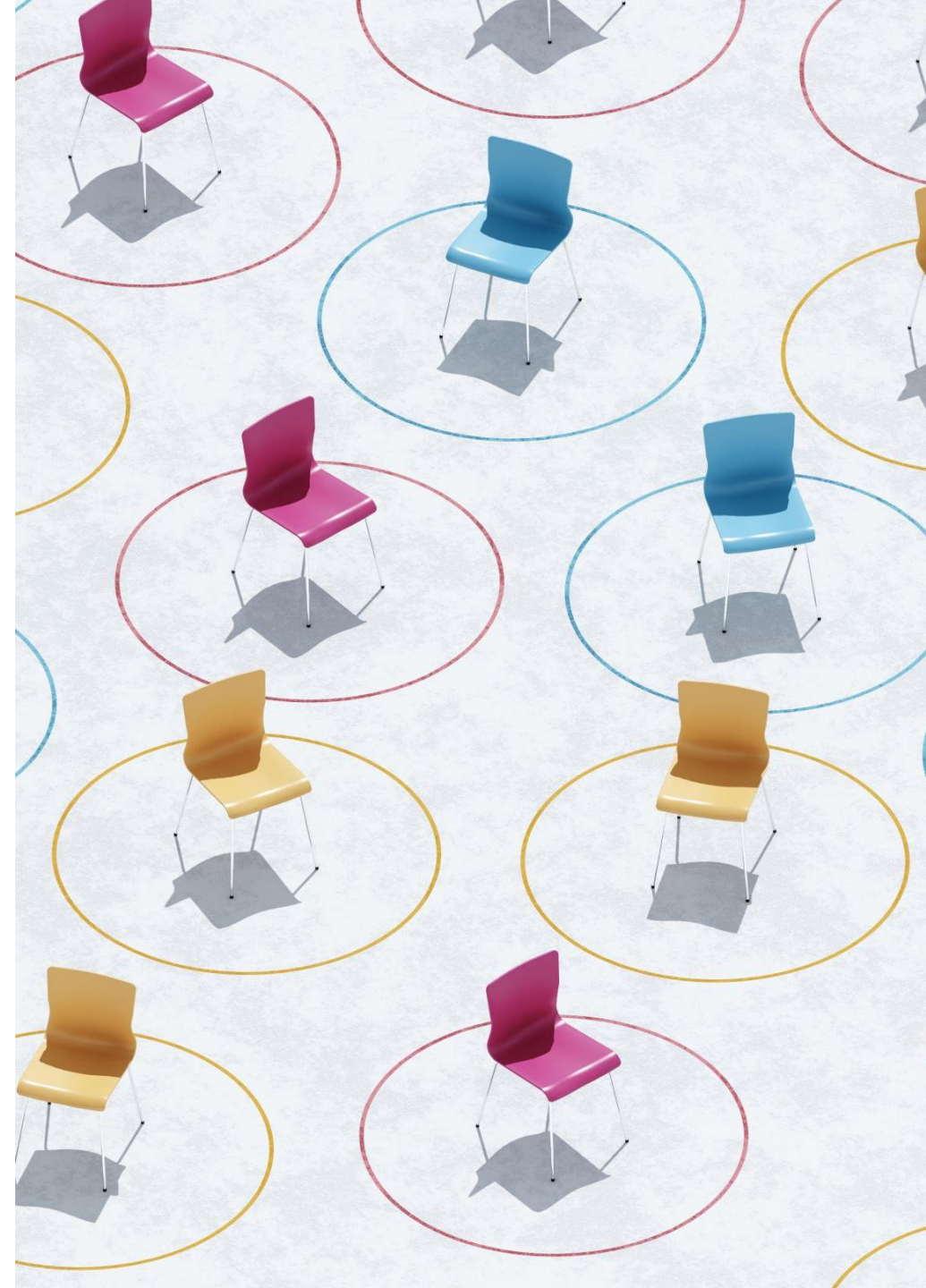




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# Ideas to Stay Connected

- Use tech to stay connected: video chat, smart speakers, facetime, text, email
- Sign up for a tech class
- Is pet adoption possible? Pets lower stress, create comfort, provide routine
- Meet your neighbors
- Get involved in community
- Stay active: physically and mentally
  - Walking, stretching, chair exercises
  - puzzles, crosswords, reading



# Have a Daily Routine

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- Get ready for the day
  - Breakfast
  - Exercise
  - Shower
- Have reasons to get up and things to do throughout the day
  - Crossword
  - Facetime w the grandkids
  - Connect w organizations
  - Loved ones
- Name some purposes: pets, family, lunch w neighbors, daily walk, weekly meet ups



# Healthy Aging

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**Healthy aging is the process of maintaining good physical, mental, and social health and well-being as we grow older**

- Healthy aging starts early on in life
- It means adopting healthy habits and making positive lifestyle choices that contribute to overall well-being as we age
- Starting early is important to avoid many health complications that may arise in later life



# Effect on Physical Health and Mobility

## **Mental Health and Physical Health**

Poor mental health, such as depression, can significantly affect physical health and overall well-being

## **Impact on Mobility**

Mental health conditions can reduce motivation and energy, leading to decreased physical activity and mobility

## **Physical Activity and Outcomes**

Low motivation can hinder physical activity, adversely affecting health outcomes and quality of life

# Healthy Habits and Positive Lifestyle Choices

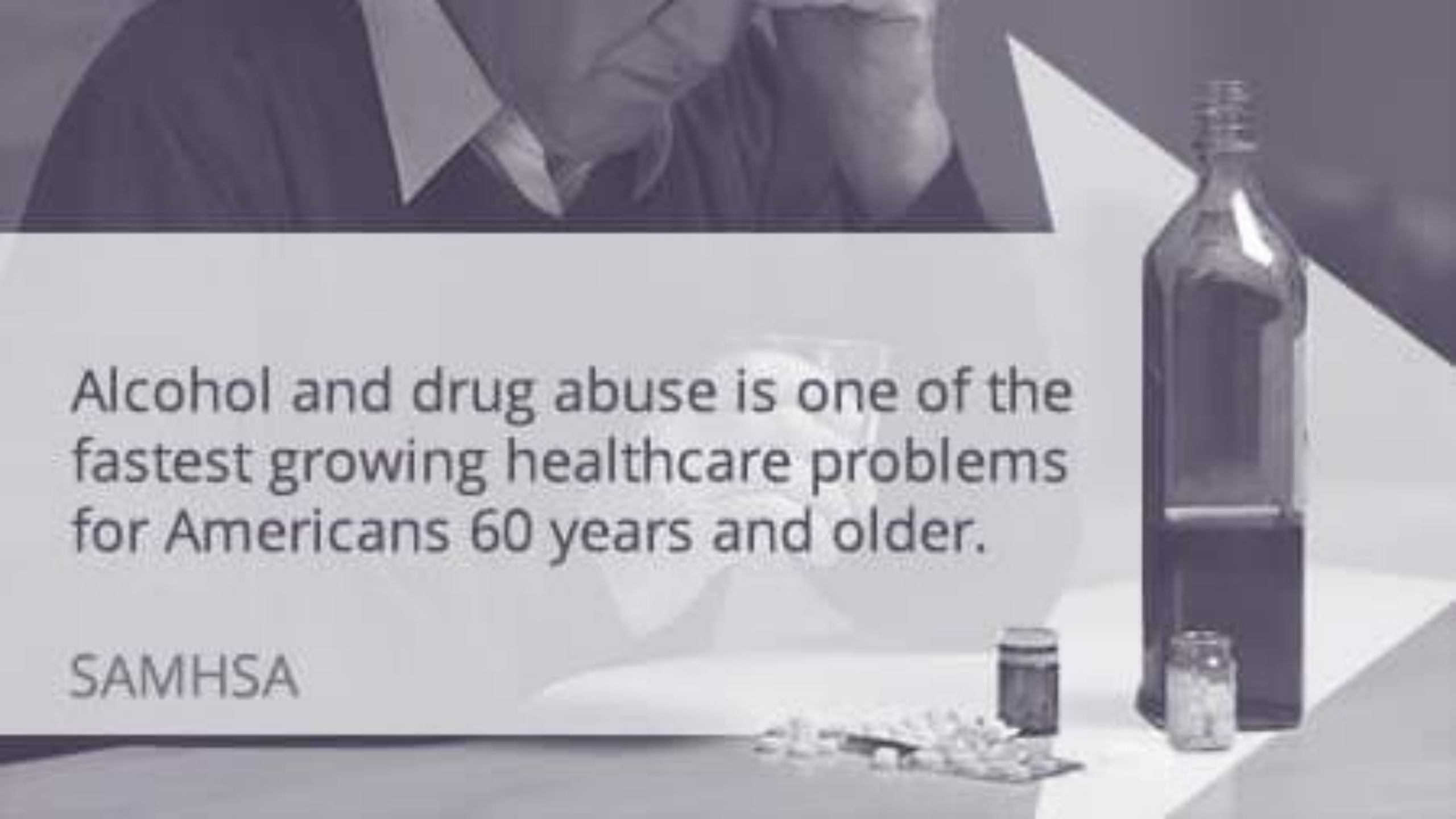
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- 1.Nutrition.** Maintain a healthy, balanced diet
- 2.Physical activity.** Keep your body active by doing regular exercise
- 3.Mental functioning:** Keep your mind stimulated and get enough sleep
- 4.Social well-being:** Stay socially connected and engaged with others
- 5.Emotional well-being:** Take care of your emotional well-being, including managing stress, having a positive outlook, and seeking support when needed
- 6.Injury prevention:** Try to avoid falls and other injuries by taking precautions and practicing safe driving
- 7.Health care routine:** Keep up with regular health checkups, vaccines, and screenings; and manage any chronic conditions



## Agenda for Substance Abuse Discussion

- Understanding Drug Use in Aging Adults
- Identifying Drug Misuse Issues
- Impact of Drugs on Daily Living
- Support and Treatment Options
- Promoting Wellness



Alcohol and drug abuse is one of the fastest growing healthcare problems for Americans 60 years and older.

SAMHSA

# What are Opioids?

Opioids are compounds that act on the brain's opioid receptors to reduce pain

There are both synthetic and plant-derived versions

## Opioid-based medications

- Buprenorphine
- Codeine
- Fentanyl
- Hydrocodone
- Methadone
- Morphine
- Oxycodone
- Tramadol



## Opioid Overdose

Signs of an opioid overdose include:



**Unresponsiveness or unconsciousness**



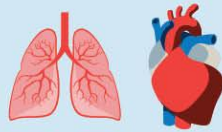
**Pinpoint pupils**



**Snoring or gurgling sounds coming from mouth**



**Blue lips or fingernails**



**Slowed or stopped breathing and heartbeat**



**Cold or clammy skin**



**Body is weak or limp**



**Vomiting**

# HOW TO RECOGNIZE AN OPIOID OVERDOSE



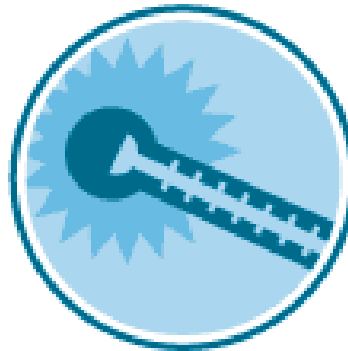
# Typical Withdrawal Symptoms



Cold shakes.



Chills and sweating.



Fever-like symptoms.



Mood swings.



Anxiety and depression.



Bone pain.



Vomiting.



Insomnia.



Diarrhea.

**The United States has 5% of the world's population & consumes 80% of the global opioid supply**

Arizona Department of Health Services, 2017

Doctors And Dentists Still Flooding U.S. With Opioid Prescriptions

•July 17, 20208:27 AM ET

## Reductions in opioid prescribing have not led to reductions in drug-related mortality

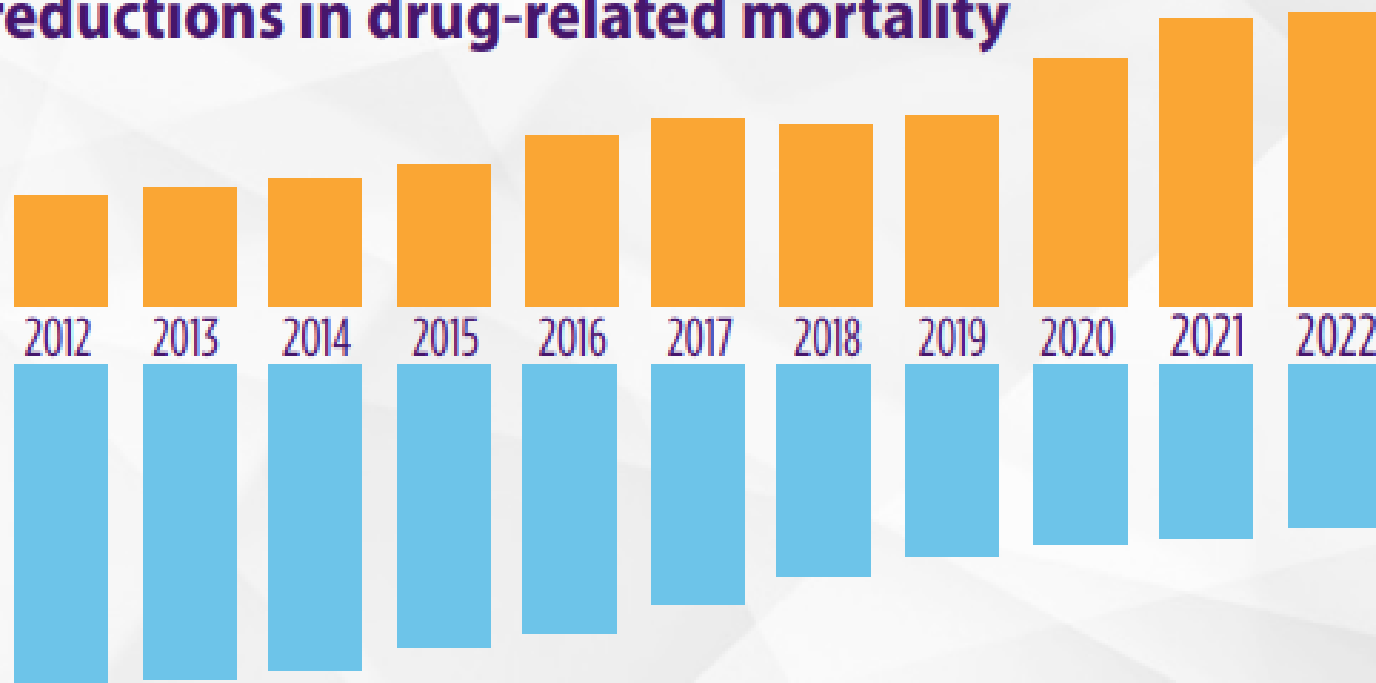
2022 overdose deaths:

**109,360\***

2022 opioid prescriptions:

**131,897,053<sup>1</sup>**

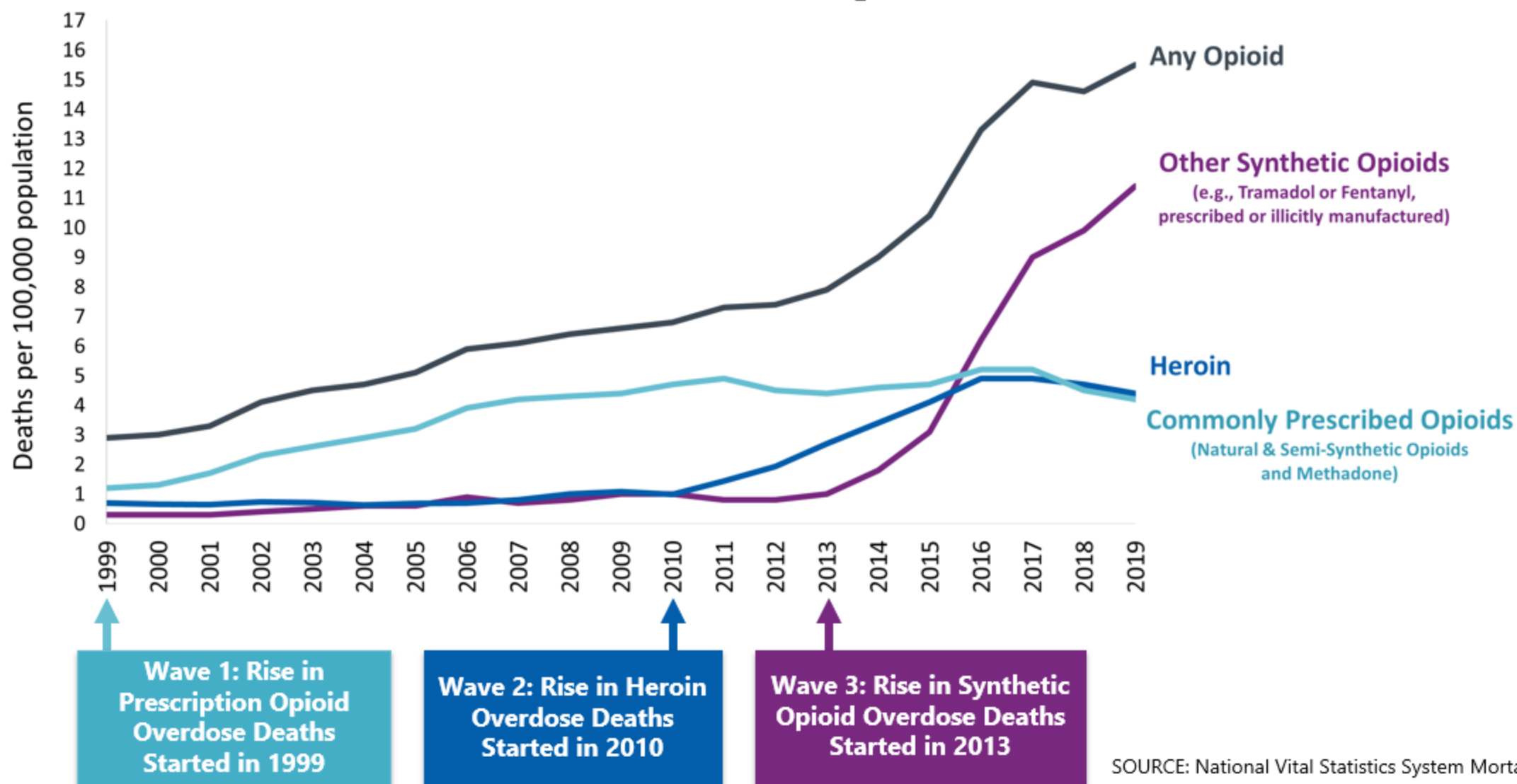
(49.4% decrease  
since 2012)



\*Provisional data from 12-month period Jan. 2022–Dec. 2022

<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

# Three Waves of the Rise in Opioid Overdose Deaths

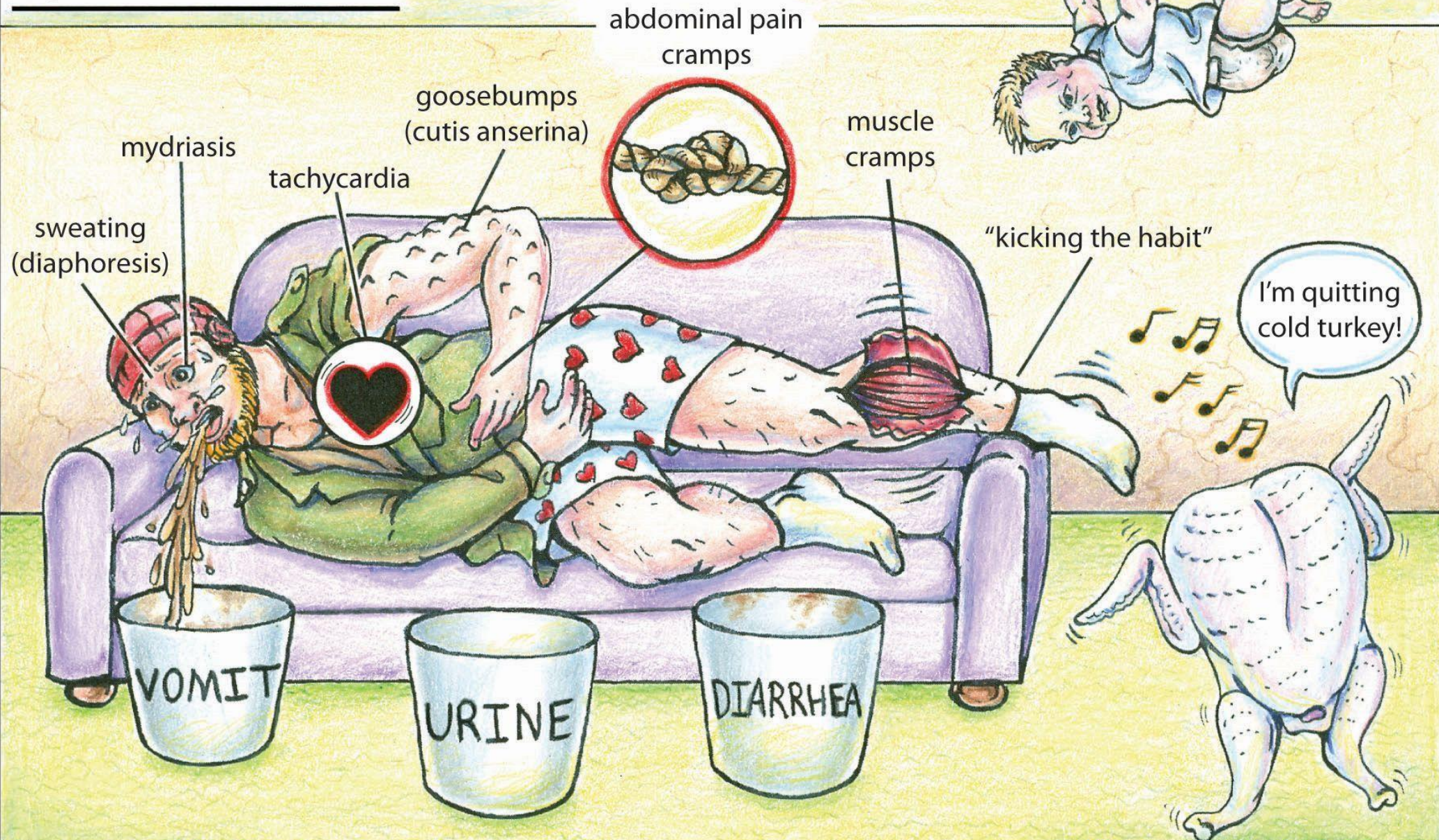


SOURCE: National Vital Statistics System Mortality File.



# Opiate Withdrawal

KLOSSandBRUCE.com



KLOSSandBRUCE.com

KLOSSandBRUCE.com



# Heroin mimics Oxy

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Heroin purity:

- In 1980s = **3.6% pure**
- 1990 = **18% pure**
- 1998 = **41% pure**
- Today = **60-90% ???**





**AUTHENTIC**

oxycodone  
M30 tablets



**\*FAKE**

oxycodone M30 tablets  
containing fentanyl





Fentanyl Pills and Crystals

Patches



Fentanyl Powder



“Lollipop”



# What is Narcan and how is it used?



Narcan is **used for emergency treatment of opioid overdose**. It's an opioid antagonist, which means it works by blocking certain receptors in your body that opioids bind to.

By blocking these receptors, **Narcan helps to reverse symptoms of opioid overdose**

# Naloxone Saves Lives

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**Naloxone can quickly restore normal breathing and save the life of a person who is overdosing on opioids**

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Naloxone is a safe medicine. It only reverses overdoses in people with opioids in their systems

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There are two FDA-approved formulations of naloxone: injectable and prepackaged nasal spray

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GetNaloxoneNow.org or NaloxoneAZ.com





English

# Clean them out. Keep them safe. Drop them off.

Proper disposal of unwanted medications keeps everyone safer

Call **602-264-4357** for a disposal envelope, drop off sites, and more information.

# Report Concerns...

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- Note the concerned signs of drug abuse or mental health struggles
- Report it immediately to your community agency



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# COMMUNITY PROGRAMS AND RESOURCES

## **Support for the Elderly**

Community programs focus on providing essential support for elderly individuals facing mental health challenges

## **Enhancing Social Connections**

Engaging in community programs helps elderly individuals build social connections, reducing feelings of isolation and loneliness

## **Improving Mental Health**

Participation in community resources can lead to significant improvements in mental health among elderly participants

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# If you are concerned about a loved one, you can help them by:

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- Encouraging them to get help and ask what they need for support
- Offering to go with them to talk to a health care provider
- Joining them for walks or other physical activities
  - This gives you a chance to connect with them and there are emotional benefits to exercising



# There is always support...

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- 988 offers 24/7 judgment-free support for mental health, substance use, and more. [Text](#), [call](#), or [chat](#) 988. Access for [Deaf/HoH](#) and [Spanish speakers](#)
- [SAMHSA National Helpline](#) is a free service that can help you find treatment options near you for mental health, drug, or alcohol issues. It is open every day, all day. They can help you in English or Spanish
- [FindTreatment.gov](#) lets you search for health care providers near you that treat mental health, drug, and alcohol issues and is available in English and Spanish
- [VA Mental Health Services](#) has help for Veterans. You don't have to be enrolled in VA health care



## 10 Warning Signs Your Older Family Member May Need Help

Changes in physical and mental abilities that may occur with age can be difficult to detect—for older adults and their family members, friends, and caregivers too. To help in determining when an older adult may need assistance in the home, the Eldercare Locator has compiled a list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.

### HAS YOUR LOVED ONE:

- Changed eating habits, resulting in losing weight, having no appetite, or missing meals?
- Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, or sores on the skin?
- Neglected their home, with a noticeable change in cleanliness and sanitation?
- Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
- Changed relationship patterns, causing friends and neighbors to express concerns?
- Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services?

- Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?
- Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?

Through the Eldercare Locator, older adults and their loved ones can get connected with information on local aging resources that offer assistance for aging in place, enabling older adults to continue living independently in their homes and communities.

For additional information on programs and services for older adults and their caregivers in your area, contact the Eldercare Locator at 800-677-1116 or <http://www.eldercare.gov>.

### For more information about ACL

U.S. Department of Health and Human Services,  
Administration for Community Living,  
Washington DC 20201  
Phone: (202) 619 – 0724  
Fax: (202) 357 – 3555  
Email: [ACLinfo@acl.hhs.gov](mailto:ACLinfo@acl.hhs.gov)  
Web: <http://www.aoa.gov>



**If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline. [🔗](#)**

**833-FRAUD-11 [🔗](#)**

**or 833-372-8311 [🔗](#)**

**Monday-Friday, 10:00 a.m.-6:00 p.m.  
eastern time**

**English/Español/Other languages  
available [🔗](#)**



# Senior Abuse

The office is committed to protecting seniors from abuse of any kind, including physical abuse and neglect. Please see the links below for information on identifying abuse and what to do to find help to report physical and other abuse.

## Report Senior Abuse or Neglect

If a vulnerable adult is being harmed in any way, either by the actions of other people or through self-neglect, contact:

- |                                   |   |
|-----------------------------------|---|
| In an emergency:                  | 9-1-1 or the police   |
| For non-emergency physical abuse: | (877) SOS-ADULT or (877) 767-2385 - Adult Protective Services (APS)<br>(602) 264-HELP or (602) 264-4357 - Area Agency on Aging 24hr Helpline<br>(844) 894-4735 or (602) 542-2124 Attorney General's TASA Helpline |
| For financial exploitation:       | (844) 894-4735 or (602) 542-2124 Attorney General's TASA Helpline   |

# Health hotlines

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- **988 Suicide & Crisis Lifeline** : The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the US. Call or text **988** to connect with a trained crisis counselor. Support is also available via live chat. Para ayuda **en español, llame al 988**
- **Veterans Crisis Line** : This helpline is a free, confidential resource for veterans of all ages and circumstances. Call **988** then press 1; text **838255**; or chat online to connect with 24/7 support
- **Disaster Distress Hotline** : This helpline from the Substance Abuse and Mental Health Services Administration provides immediate crisis counseling for people experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, 7 days a week. Call or text **1-800-985-5990**

# Resources for Hiring Caregivers

If you are considering hiring a caregiver for a senior family member or friend, publicly available databases may contain information about the potential caregiver. It would be wise to check the first five sources for information about anyone under consideration for employment.

Furthermore, depending upon the individual's background or training (i.e., certified nursing assistant, physical therapist, etc.), you may also want to check one or more of the licensing databases, listed in the second section below, that contain information about individuals in a specific field or occupation, including whether disciplinary action has been taken.

Even if a person is not listed in any of these databases, that does not guarantee the person is honest and law abiding. We recommend that you verify that the information listed on any web site is current and up-to-date by contacting the relevant agency directly. This is publicly available information which employers of caregivers, and other in home workers, should know exists and utilize as needed.

ELDER ABUSE DIRECTORIES & LICENSING WEBSITES THAT MAY CONTAIN INFORMATION ABOUT PROSPECTIVE EMPLOYEES	SUMMARY OF INFORMATION AVAILABLE
Arizona Adult Protective Services Elder Abuse Registry (public registry) <a href="https://des.az.gov/APSRegistry">https://des.az.gov/APSRegistry</a> - (602) 542-4446 or 1 (877)767-2385	A registry of perpetrators who committed abuse, neglect or exploitation of a vulnerable adult (aged 18 and older)
Arizona Judicial Branch, Trial and Appellate Courts <a href="http://www.SupremeCourt.AZ.Gov/PublicAccess">http://www.SupremeCourt.AZ.Gov/PublicAccess</a> - (602) 452-3300	Provides domestic, civil, and criminal case information within the Arizona Courts System.
Department of Public Safety Sex Offender Information <a href="http://az.gov/app/sows/home.xhtml">http://az.gov/app/sows/home.xhtml</a> - (602) 255-0611	Provides names of individuals when allegations have been substantiated against the perpetrator in relation to sex crimes.
Arizona Attorney General Elder Abuse Central Registry (submit written request to Consumer Information & Complaints Unit) <a href="http://www.azag.gov/consumer/complaintformintro.html">http://www.azag.gov/consumer/complaintformintro.html</a> - (602) 542-5763 or outside of the Phoenix Metro Area (800) 352-8431	Provides information about enforcement actions involving abuse or neglect of vulnerable adults.
Office of Inspector General U.S. Dept. of Health & Human Services <a href="http://exclusions.oig.hhs.gov/">http://exclusions.oig.hhs.gov/</a> - A phone number is not provided.	Provides names of individuals who are excluded from working for federally funded healthcare programs.



# Resources for Hiring Caregivers

Depending upon a potential caregiver's background or training, you may also want to check the licensing database that contains information about individuals in a specific field or occupation. These databases provide information regarding licensees who have undergone disciplinary action and/or license revocation.

ELDER ABUSE DIRECTORIES & LICENSING WEBSITES THAT MAY CONTAIN INFORMATION ABOUT PROSPECTIVE EMPLOYEES	SUMMARY OF INFORMATION AVAILABLE
Arizona Board of Behavioral Health Examiners <a href="http://www.azbbhe.us/verifications.htm">http://www.azbbhe.us/verifications.htm</a> - (602) 542-1882	Information on (clinical) social workers, counselors, marriage and family therapists, and substance abuse counselors.
Arizona Board of Chiropractic Examiners <a href="http://www.azchiroboard.us/ASPSearch.html">http://www.azchiroboard.us/ASPSearch.html</a> - (602) 864-5088	Information on chiropractors.
Arizona Board of Homeopathic and Integrated Medicine Examiners <a href="http://www.azhomeopathbd.az.gov/phy_dir.html">http://www.azhomeopathbd.az.gov/phy_dir.html</a> - (602) 542-8154	Information about homeopathic and integrated medicine doctors.
Arizona Board of Massage Therapy <a href="http://massagetherapy.az.gov/directories.asp">http://massagetherapy.az.gov/directories.asp</a> - (602) 542-8604	Information about massage therapists.
Arizona Medical Board <a href="http://www.azmd.gov/GLSPages/DoctorSearch.aspx">http://www.azmd.gov/GLSPages/DoctorSearch.aspx</a> - (480) 551-2700 or (877) 255-2212	Information about doctors, osteopathic physicians and physicians assistants.
Arizona Medical Radiologic Technology Board of Examiners <a href="https://az.gov/app/mrtbe/">https://az.gov/app/mrtbe/</a> - Disciplinary actions <a href="http://www.azrra.gov/mrtbe/index.html">http://www.azrra.gov/mrtbe/index.html</a> - Suspended/revoked licenses (602) 255-4845	Information about radiologists.
State of Arizona Naturopathic Physicians Medical Board <a href="http://www.npbomex.az.gov/directorysearch.asp">http://www.npbomex.az.gov/directorysearch.asp</a> - (602) 542-8242	Information about naturopathic physicians.
Arizona Board of Nursing <a href="http://www.azbn.gov/onlineverification.aspx">http://www.azbn.gov/onlineverification.aspx</a> - (602) 771-7800	Information about advanced practice registered nurses, registered nurses, licensed practical nurses and certified nursing assistants.
Arizona Board of Nursing Care Institution Administrators and Assisted Living Facility Managers <a href="http://www.aznciaboard.us/">http://www.aznciaboard.us/</a> - (602) 364-2273	Information about institution administrators and assisted living facility managers.
Arizona Board of Occupational Therapy <a href="http://www.occupationaltherapyboard.az.gov/licensee_directory/default.asp">http://www.occupationaltherapyboard.az.gov/licensee_directory/default.asp</a> - (602) 589-8352	Information about occupational therapists and assistants.
Arizona Board of Pharmacy <a href="http://www.azpharmacy.gov/disciplines/default.asp">http://www.azpharmacy.gov/disciplines/default.asp</a> - (602) 771-2727	Information about pharmacists.
Arizona Board of Physical Therapy <a href="http://www.ptboard.az.gov/public1/pages/ptSearch.asp">http://www.ptboard.az.gov/public1/pages/ptSearch.asp</a> - (602) 274-0236	Information about physical therapists.
Arizona Board of Psychologist Examiners <a href="http://www.psychboard.az.gov/actions.htm">http://www.psychboard.az.gov/actions.htm</a> - (602) 542-8162	Information about psychologists.
Arizona Department of Health Services (Audiologists/Dispensing Audiologists, Hearing Aid Dispensers, and Speech-Language Pathologists) <a href="http://www.azcarecheck.com/">http://www.azcarecheck.com/</a> - (602) 542-1025	Information about audiologists/dispensing audiologists, hearing aid dispensers and speech-language pathologists.
Arizona Department of Health Services <a href="http://www.azcarecheck.com/">http://www.azcarecheck.com/</a> - (602) 364-2536	Information about assisted living, long-term care and medical facilities.

## Task Force Against Senior Abuse (TASA)

[www.azag.gov](http://www.azag.gov)

“Enhance the safety and welfare of AZ senior citizens”

- Advocacy and work is focused in areas of:
  - **Financial Exploitation**
  - **Health and Safety**
  - **Public Awareness**

# Volunteers Needed...

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Volunteer travel doctor

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Younger volunteers

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How to get kids  
involved



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# Thank you

# Motivate others to Volunteer...

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- ☐ Invite your friends to volunteer
- ☐ Get family members involved
- ☐ See you at the next event...

**URGENT**



DESERT FOOTHILLS  
**VOLUNTEERS**  
BUILDING A STRONG COMMUNITY

# WE NEED YOU!

Cave Creek and Carefree Non-Profits  
are Desperate for Help!

- Non-emergency medical transportation is up 275%! (can you drive?)
- Foodbank Is doing Double Day Shifts
- Support Staff is needed EVERY day!

**ALL ARE DESPERATELY NEEDED, RIGHT NOW!**



THE HOLLAND CENTER  
COMMUNITY, CARE AND EDUCATION



SENIOR LEARNING CENTER  
FOUNDATION



**TUESDAY, JULY 22 | 12 PM - 3:30 PM**

Desert Hills Presbyterian Church | 34605 N Tom Darlington Rd

**COME TO THE G.I.G.  
GET INVOLVED GATHERING**

## WHAT IS OFFERED?

- Meet All The Local Non-Profits
- See How You Can Step In
- Sign Up to Volunteer
- Get CPR Certified
- Fingerprinting (some roles)
- Background Check Applications
- Identifying Senior Challenges Training



12:00 - 12:30 pm - Buffet Lunch  
Served, hear all the needs, meet all  
the non-profit leaders. No Pressure.



12:30 Trainings Begin



3:00 Everyone Exits

**EVERYTHING IN ONE PLACE  
IT DOESN'T GET ANY EASIER  
TO GET STARTED**



DesertFoothillsVolunteers.com



**REGISTER TODAY**



# Thank you 😊

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**Stephanie Siete**  
**Neon Blue, LLC**  
**Educational Advocate**

**Stephanie.siete@gmail.com**  
**602.377.4591**

