

The Link - September 2018



Week of September 2, 2018



NEWS & RESOURCES

- The annual Older Iowans Legislature is September 24 & 25 in the Iowa House of Representatives Chamber of the Iowa State Capitol. Priority issues will be determined for advocacy during the next legislative session. Governor Reynolds and Democratic challenger Fred Hubbell are invited to speak. The Lahoma Counts Memorial Award will be presented to Representative David Heaton, a tireless advocate of policy benefiting older Iowans.
- More than 450,000 Iowans are living with disabilities. Iowans with Disabilities in Action works to remove barriers from actively engaging in civic and political processes. Posters and hand-outs provide step-by-step information to help Iowans with disabilities exercise their right to vote: <http://idaction.org/vote/>
- September is National Preparedness Month. It's a good time to review emergency plans. The following are resources, some of which are targeted specifically for older adults or those with disabilities:

Emergency Preparedness for Older Adults and

Caregivers <https://www.ready.gov/seniors>

<https://www.cdc.gov/aging/emergency/>

<https://www.cdc.gov/aging/emergency/preparedness.htm>

https://www.acl.gov/sites/default/files/programs/2016-10/Just_in_Case030706_links.pdf

Emergency Preparedness for Caregivers of People with Alzheimer's

<https://www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers>

Emergency Preparedness for People with Disabilities & Caregivers

<https://www.ready.gov/individuals-access-functional-needs>

<http://rtcil.org/emergencypreparedness/publications>

<https://www.cdc.gov/ncbddd/disabilityandhealth/emergency-tools.html#for-pwd>

Emergency Preparedness for People with Pets

<https://www.ready.gov/animals>

Safety Information for Severe Weather Events (All Populations)

<https://www.cdc.gov/disasters/index.html.0>

Weather-related Disaster Planning for Older Adults

https://eldercare.acl.gov/Public/Resources/Brochures/docs/Critical-Conversations-weather-storm-508.pdf?utm_medium=email&utm_source=govdelivery

- September is National Senior Center Month. The theme is "Senior Centers: Building Momentum." It aims to promote innovative programs that can change the perception of aging and create community. Promotional materials are available: https://www.ncoa.org/national-institute-of-senior-centers/national-senior-center-month/?utm_source=newsletter&utm_medium=email&utm_campaign=08282018_NCOAWeek



FAMILY CAREGIVER

- According to a 2016 Pew Research survey, one-fifth of U.S. households are now multigenerational. Demographic shifts and economic necessity are leading to the great caregiving comeback: <https://www.usnews.com/news/healthiest-communities/articles/2018-08-15/commentary-the-great-caregiving-comeback>
- A new study from the University of Minnesota School of Public Health shows that caregiving could be particularly difficult for informal caregivers in rural areas: <https://twin-cities.umn.edu/news-events/research-brief-rural-residents-lack-workplace-supports-juggle-work-and-caregiving>



DISEASE PREVENTION/ HEALTH PROMOTION

- The Older Veteran Behavioral Health Resource Inventory provides an overview of resources for health and social service professionals interested in enhancing their outreach and support for older veterans who have or are at risk for behavioral health conditions. The resources are included in the VA Community Provider Toolkit: <https://www.mentalhealth.va.gov/communityproviders/itf.asp>



FALLS PREVENTION

- National Falls Prevention Awareness Day is Saturday, September 22. There will be a special event in the State of Iowa Capitol Rotunda followed by a walk around the Capitol complex on Friday, the 21st. Plan and promote Falls Prevention Awareness Day with these resources: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>
- More information about falls in Iowa can be found at <http://idph.iowa.gov/falls-prevention>



LEGAL PROTECTIONS

- Powers of attorney and living wills are the subjects of the Iowa State Bar Association People's Law School on September 19. Attendees may have a living will or POA notarized at the event. Find more information and registration: <https://www.iowabar.org/events/EventDetails.aspx?id=1137271&group=>



ELDER ABUSE PREVENTION

- Abuse can happen to any older person. Learn about the types of abuse, how to recognize the signs and where to get help: https://www.nia.nih.gov/health/infographics/spotting-signs-elder-abuse?utm_source=20180813_abuseIG&utm_medium=email&utm_campaign=ealert



UPCOMING EVENTS

Webinar from the National Center on Law and Elder Rights:

- September 12
[Using Supported Decision-Making to Avoid Guardianship: Screening with the PRACTICAL Tool and Beyond](#)
- September 26
[Utility Rights and Older Adults](#)

Webinar from the National Association of State Units for Aging and Disabilities:

- September 20
[National Volunteer Caregiving Network Webinar](#)

Webinars from the American Society on Aging:

- September 5
[Understanding Symptoms of Alzheimer's](#)
- September 6
[How to Talk About Elder Abuse](#)

- September 12
[Improving Healthcare for People with Dementia](#)
- September 18
[Health Information Technology Privacy and Security for Organizational Leaders](#)
- September 19
[Understanding the Incentives and Strategies for Health Systems to Engage in Cross-Sector Partnerships](#)
- September 20
[Person-Centered Care for Someone with Dementia](#)

Webinar from the National Alliance for Caregiving:

- September 20
[Yale School of Public Health: Family Caregiving as a Public Health Issue](#)



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The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that helps older Iowans maintain health and independence in their homes and communities.