



# Senior Health: Caring for older adults

As we age, our need for health care changes. With the older adult population growing faster than any other age group in Oregon, the opportunity to improve the way care is delivered and provide the services seniors need most led to the creation of the Senior Health Program at Providence.

## Shortage of geriatrics trained clinicians

Each day in Oregon, 900 older adults are seen by a Providence primary care provider, 300 seek emergency medical care at a Providence facility, and 75 are admitted to a Providence hospital. Most of these 900 patients will receive care from clinicians who have no specialized training in treating patients over the age of 65. In fact, fewer than 20 (2%) will likely be seen by a geriatrician.

**You can help change that.**

## Age-Friendly Health Systems

Led by geriatrician Marian Hodges, M.D., MPH, the senior health team is a pioneer in the Age-Friendly Health Systems movement, an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement. Our eight-member senior health team collaborates with teams across Providence to design clinical care pathways, provide education and develop products grounded in the 4Ms of Age-Friendly care: mobility, mentation, medication and what matters.



## How you can help

### Geriatric Mini Fellowship and Geriatric Education

Although the need is great, few providers specialize in geriatrics because of lower salaries and age-related biases. Providence Oregon has only four geriatricians or geriatric nurse practitioners to serve more than 80,000 older patients. To help alleviate the need, Providence Senior Health created a geriatric mini-fellowship program for primary care providers. Each year six to eight clinicians receive four weeks of intensive training on the 4Ms. They return to their clinics with better understanding on how to care for their own older patients, and they are equipped to teach others on their teams to do the same.

To date, 13 fellows have completed training. They report the training has improved their patient care, strengthened their skills and re-energized them in their daily work. "I didn't realize how much the mini-fellowship would revitalize my practice," says Melissa Calhoun, D.O., "how much it would both help my burnout and make me feel like there was so much work to do. I really feel that the content in this course is one of the most important gifts I can give my patients."

Your support can help expand this training and other geriatric education programs so that nurses, pharmacists, other clinical staff and more primary care providers can attend each year.

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—MELISSA CALHOUN, D.O.



### Giving opportunities include:

\$1,000	Provides curricular materials for one 4-week course of the Geriatric Mini-Fellowship.
\$75,000	Sponsors a provider in the Geriatric Mini-Fellowship and supports post-fellowship project work.
\$100,000	Helps adapt the Geriatric Mini-Fellowship curriculum to Nursing/Social Work.
\$100,000	Sponsors a post-graduate geriatric pharmacy resident for one additional year of specialized training in geriatrics. This program is new to Providence and is the only program of its kind on the West Coast.



## The Help is Here Project

The Help is Here Project began in 2012 with the first book, "Help is Here: When someone you love has dementia." Co-authored by Dr. Hodges and Anne P. Hill, J.D., whose mother died of Alzheimer's disease, the book was written specifically for primary care providers to offer as a resource to family caregivers of patients newly diagnosed with dementia.

Today the Help is Here Project consists of a series of four books. More than 18,000 copies have been sold or donated throughout the United States. Help is Here is available in textbook, e-book, and audiobook format, and it has been translated into Spanish. A separate text, "Help is Here: When Your Resident has Dementia" was written for staff who work in senior residences and often get no training about dementia. All proceeds from sales go to Providence Foundations of Oregon, not to the authors. A clinician commented, "Practical, usable, compassionate and honest. This is an invaluable resource for me as a general internist and as a member of my personal community. Each [patient] has told me how useful it was, and they often pass it on to others in their circle."

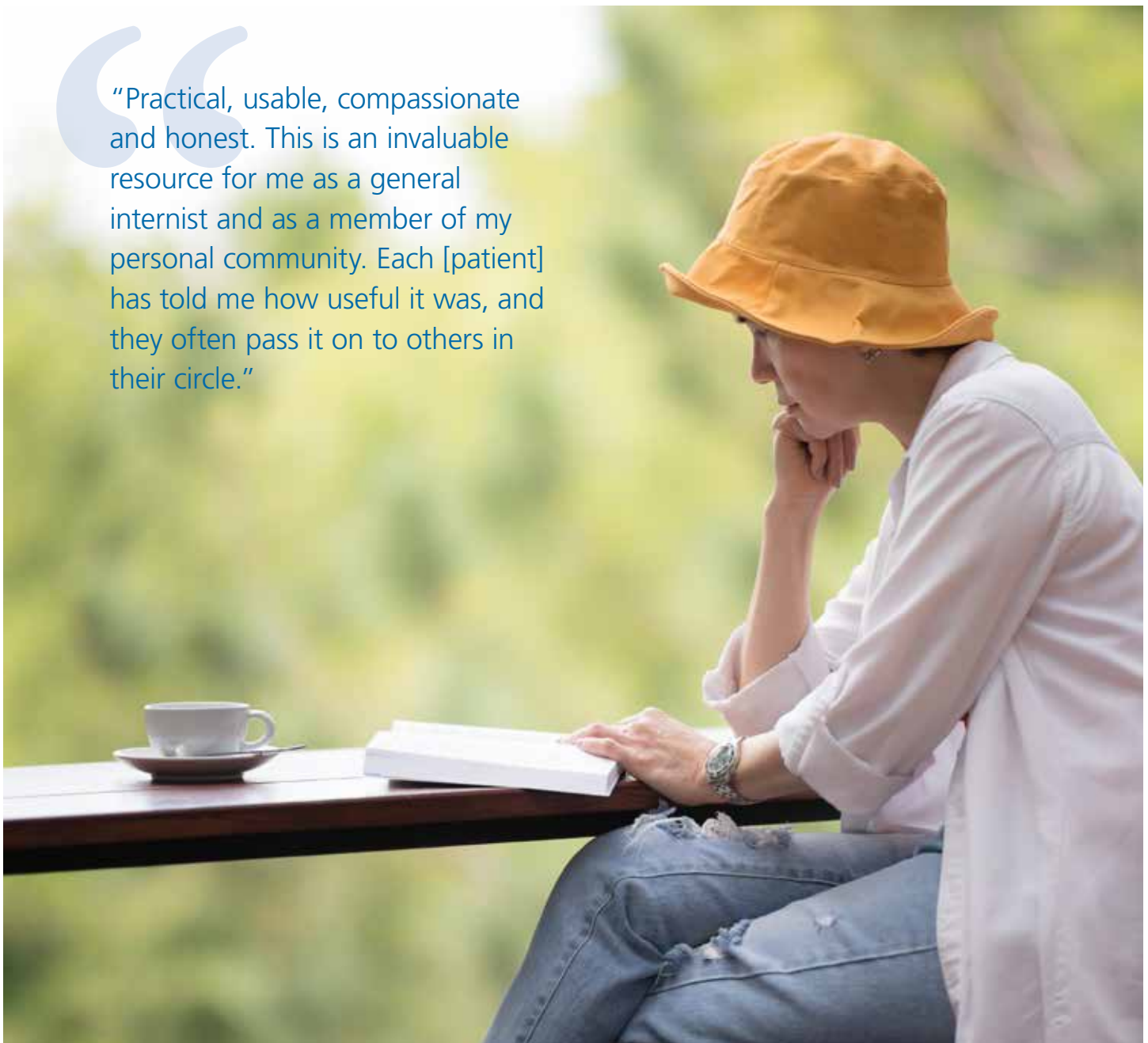
Your support of the Help is Here Project will enable us to continue to educate our communities about dementia and allow us to distribute more books to patients, families, health care providers, communities and organizations in need.



## Giving opportunities include:

\$5,000	Donates 300 books to members in our communities.
\$10,000	Donates 600 books to members in our communities.
\$50,000	Funds a bilingual program coordinator for one year to expand reach of "Help is Here" across the country.
\$100,000	Supports educational design work to convert the senior residence staff book into a modular training toolkit, including instruction videos and interactive materials that can be used independently. We have been told that this toolkit would help meet state requirements for training and could be a great way to make HIH more user-friendly in long term care settings.

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### Fall Risk Management Program

Every second of every day, an older adult falls in the U.S., making falls the leading cause of injury and death in this age group. Oregon has one of the highest rates of falls among people over the age of 65. It seems we all know or have cared for someone who has fallen and experienced a major setback, such as a broken hip or head injury, as a result of the fall. Providence Senior Health is working hard to address this crisis.

Our fall risk management program was started more than four years ago. We have identified four key areas proven to reduce the risk of falling and help patients remain as independent as possible. Your support will allow us to continue and expand our community classes, home safety assessments and geriatric expert-to-primary care provider consults (e-consults). It will also enable us to develop clinical care pathways to help clinicians screen and address fall risks in all seniors and better care for those who are seen in Providence emergency departments because of falls.

#### Giving opportunities include:

\$5,000	Provides durable medical equipment recommended for as many as 50 patients after home safety assessments.
\$10,000	Provides more than 10 free, community-based classes on fall risk awareness and prevention, medication review, and Tai Chi exercises.
\$50,000	Supports geriatric expert e-consults in select primary care clinics.
\$100,000	Tests and evaluates new screening and risk management tools for Providence patients at risk of falling.

## Dementia Care Pathway

More than five million Americans live with dementia, and yet only half are diagnosed by a clinician. A timely diagnosis of dementia can greatly improve a patient's quality of life and provide significant relief for families. With early intervention, patients and families can access information, resources and support, make the most of their abilities, plan for the future and potentially benefit from available care.

Your support can help thousands of Providence patients with undiagnosed dementia. Our new Dementia Care Pathway will enable providers to diagnose dementia sooner so patients can plan for their future before the disease disables them. The pathway includes comprehensive primary care education in early detection and diagnosis, a clinical care pathway to improve care during and after diagnosis, a geriatric cognitive assessment clinic for select patients, and a year of telephone/virtual support for families after diagnosis.

### Giving opportunities include:

\$25,000	Builds a four-hour intensive training program for primary care providers focused on early detection and diagnosis of dementia.
\$50,000	Supports geriatric expert e-consults in select primary care clinics.
\$100,000	Supports 100 persons with dementia and their caregivers, providing access to expert advice, education, medication guidance, advance care planning, and care coordination through telephone/virtual support.
\$100,000	Tests and evaluates new clinical care pathways for Providence patients diagnosed with dementia in Oregon.

### Additional gift opportunities

Within the Providence Senior Health Program, naming opportunities exist for a specific program, directorship or endowment if you wish to honor a loved one or establish a family legacy.

## Your gift will make a difference.

More than 70% of our operating costs are covered by consistent donor support. Additionally donors fund all training programs, initiatives and "Help is Here" expenses. Your gift to Providence Senior Health will help expand clinician education and bring best practices to all older patients within Providence.

I want you to feel confident in making a gift to our organization. Please let me know what further details you need and what questions I can answer.

Thank you,

**Lori Sweeney**

Regional director, Providence Foundations of Oregon

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#### OUR MISSION

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

#### OUR VALUES

Compassion, Dignity, Justice,  
Excellence, Integrity

[ProvidenceFoundations.org](http://ProvidenceFoundations.org)

