



OHBI Coalition Meeting 9/21/21

Morgan Fitzgerald

Oklahoma Healthy Brain Program Manager



**Agenda**  
**Oklahoma Healthy Brain Initiative (OHBI)**

**September 21, 2021**

**1-3 pm**

In Person at Cleveland County Health Department- Moore

424 Eastern Moore, OK 73160

Virtual on Zoom

Join Zoom Meeting

<https://zoom.us/j/95356721095?pwd=SlIwWDZmb1pFYWc3NTIjanRmOUNHUT09>

Meeting ID: 953 5672 1095

Passcode: 768629

<b>Time</b>	<b>Topic</b>	<b>Discussion Points</b>	<b>Team Member(s) Responsible</b>
1:00-1:05	Welcome		Sara Paape
1:05-2:45	Organizational Presentations	<ul style="list-style-type: none"><li>• Each member will present on their organizations programs and services</li></ul>	OHBI Members
2:45-3:00	Coalition Updates	<ul style="list-style-type: none"><li>• Next Meeting Date</li><li>• Policies Update</li><li>• Workgroup Updates</li></ul>	Morgan Fitzgerald

**Next Meeting: OHBI Coalition: October 19, 2021 @ 1-3 pm**

**Public Education Workgroup: October 26, 2021@ 9-10:30 am**

**Policy Development Workgroup: October 26, 2021 @ 2:30-3:30 pm**

## Oklahoma Chapter

Get the Help, Support & Education You Need



**24/7 Help** - Call 1-800-272-3900 or visit [alz.org](http://alz.org) any time day or night to get information about the disease or caregiving, as well as referrals to a variety of community programs & services.

**Care Consultations** - During a Care Consultation, our Care Consultants will assess your needs and discuss care planning, home safety, managing caregiver stress and other concerns that arise as you navigate the journey of Alzheimer's and other dementias.

**Support Groups** - Alzheimer's Association support groups offer caregivers and/or persons with dementia the opportunity to meet with others at a regularly scheduled meeting in a safe environment, led by trained volunteers.

**Education Presentations** - Volunteers present educational programs to families, organizations, communities, diverse populations, businesses and professional healthcare systems to spread awareness and equip people with information about dementia.

Currently all Alzheimer's Association programs and services are being held virtually online. To learn more, call our Helpline at 800-272-3900 or visit [www.alz.org/crf](http://www.alz.org/crf).

# ABLE Tech – Oklahoma's AT Act Program

Mission: Increase access to and acquisition of assistive technology (AT).

Individuals, Family, Caregiver, Employer, Community Health Representative

- All Ages
- All Environments



Device Demonstration



Device Loan



Device Reutilization



Financial Loan

Oklahoma ABLE Tech  
Oklahoma State University  
1514 W. Hall of Fame  
Stillwater, OK 74078

800-257-1705

[www.okabletech.org](http://www.okabletech.org)



# We Connect Oklahomans with Disabilities to Assistive Technology (AT)

## What is Assistive Technology (AT)



Any piece of equipment or device used to improve the capabilities of people with disabilities.



# September



## Deaf Awareness Month

Borrow a Device Today

### Classroom Amplification System



Redcat's all-in-one design makes it the simplest way to bring clear audio to any classroom.

### AVA Captioning Application



Transcribing any live communication has never been that easier for individuals or organizations to be accessible.

### HomeAware Master Kit



The long length eliminates the need to bend or overextend the body, while the hooks help you pull and push clothing.

### Instant Language Assistant



The Instant Language Assistant (ILA) Pro allows people to have a conversation that is translated in real-time in over 120 languages.



# BROOKDALE

— SENIOR LIVING —

**Offering the best in senior care to those in need.**

**Serving the Greater Oklahoma City Area with the following services**

Assisted Living  
Memory Care  
Respite Care



Brookdale Ranked Highest in  
Customer Satisfaction for Assisted  
Living/Memory Care Communities  
by JD Power & Associates

\*For in 2020 for JD Power 2020 award information visit [jdpower.com/awards](http://jdpower.com/awards)

**Becky Treece**  
**405.226.2621**

**[rtreece1@brookdale.com](mailto:rtreece1@brookdale.com)**

# ➤ Injury Prevention Service

- Madelyn Maxwell, M.A.
- Healthy Aging and Falls Prevention Project Coordinator
- [MadelynM@health.ok.gov](mailto:MadelynM@health.ok.gov)
  
- Avy Redus, M.S.
- Administrative Program Manager Community Health Programs
- [AvyD@health.ok.gov](mailto:AvyD@health.ok.gov)

- Age without injury (older adults, caregivers, and providers)
  - Motor vehicle crash prevention
  - Traumatic brain injury prevention
  - Falls Prevention
    - Tai Chi: Moving for Better Balance
    - STEADI toolkit
- Healthy aging (holistic approach to injury prevention)
  - Cognitive health
    - Healthy Brain Initiative (Alzheimer's disease and related dementias)
  - Nutrition
    - Food insecurity
  - Mental Health
    - Depression, isolation, and loneliness

**HOME FALL PREVENTION CHECKLIST**  
Unintentional falls are the leading cause of injury death among adults aged 65 years and older. Most falls occur at home and happen in predictable, preventable ways. Use the checklist below to keep you or your loved one safe. [Learn more: falls.health.ok.gov](https://falls.health.ok.gov)

**Bedrooms:** Look at all your bedrooms.

- Is the light near the bed hard to reach?
  - Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark?
  - Put in a night-light so you can see where you're walking.

**Kitchen:** Look at your kitchen and eating area.

- Are the things you use often on high shelves?
  - Move items in your cabinets. Keep things you use often on the low shelves (about waist level).
- Is your step stool unsteady?
  - If you must use a step stool, get one with a bar to hold on to. Never climb as a step stool.

**Rooms and Hallways:** Look at the floor.

- When you walk through a room or hallway, do you have to walk around furniture?
  - Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor?
  - Remove the rugs or use double-sided tape or a non-slip backing so rugs won't slip.
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
  - Pick up things that are on the floor. Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?
  - Coil or tape cords and wires next to the wall so you can't trip over them if needed, have an electrician put in another outlet.

**PREVENTING FALLS**  
Unintentional falls are the leading cause of injury death among adults aged 65 years and older. Most falls occur at home and happen in predictable, preventable ways. Here are home safety tips to keep you or your loved one safe.

**Home Safety Guide**

**MEDICATION SAFETY TIPS FOR SENIORS**  
TO HELP PREVENT SERIOUS COMPLICATIONS, EVEN DEATH, HERE ARE A FEW TIPS ON TAKING MEDICATIONS SAFELY:

**REVIEW**  
YOUR MEDICATION HISTORY  
Carry all the prescriptions, over-the-counter (OTC), vitamin, and herbal supplements that you take, and bring them to every doctor appointment or keep an updated list in your wallet to use as a discussion tool with your doctor or pharmacist.

**TALK**  
TO YOUR DOCTOR OR PHARMACIST FIRST  
Add OTC products to your medication schedule only after talking to your doctor or pharmacist. Many OTC medications including cold remedies, pain relievers, sleep aids, antacids, and over-the-counter supplements can cause adverse reactions or interact negatively with prescription medications.

**DON'T WAIT!**  
NOTIFY YOUR DOCTOR PROMPTLY  
If you experience any of the following symptoms, notify your doctor or pharmacist immediately: dizziness, lightheadedness, blurred vision, double vision, ringing in the ears, or changes in your vision, especially after starting any new medications.

**FOLLOW**  
ALL DIRECTIONS  
Take every dose exactly as your doctor or pharmacist instructed. Do not stop taking a medication unless your doctor tells you to. If you have questions, ask your doctor or pharmacist. Do not share your medication with others.

**USE**  
MEMORY TIPS  
Remember certain medications that you take by using a pillbox, calendar or chart, and always take your medications as directed.

**TAKE**  
MEDICATION ONLY AS NEEDED  
Some medications for short-term use treat certain symptoms that are expected to last. If the symptoms persist, notify your doctor promptly.

**CAUTION**  
READ AND FOLLOW  
all directions on medication labels. They often are shown as illustrations or stickers.

**TELL**  
ALL DOCTORS WHAT THE OTHERS HAVE PRESCRIBED  
Make sure your primary doctor knows of any medications prescribed by other doctors or specialists, and vice versa.

**FEWER**  
PHARMACIES, FEWER PROBLEMS  
Try to fill all health prescriptions at just one of the same pharmacy or chain to better monitor any potential interactions and contraindications.

**KEEP**  
INTRODUCING YOURSELF  
Be careful upon admission and discharge from a hospital, nursing home or emergency room. Make sure all the various health professionals know your medication history and your medication schedule. Request a full explanation, preferably in writing, of any change they make to your medications.

**BEWARE**  
OF "DROWSY" MEDICATIONS  
Some medications cause drowsiness and can be dangerous if you are driving or operating machinery. If you take such medications, ask your doctor if there are safer alternatives.

**OKLAHOMA STATE DEPARTMENT OF HEALTH**  
side-effects that could be a fall.  
Use handrails next to the toilet to help you get in and out of the toilet.  
Use non-slip rubber mats in the bathtub and shower.  
Keep items you use daily on lower shelves.



# LeadingAge Oklahoma

the state association of not-for-profit providers of aging services representing the continuum of care

Our **Mission** is to advance policies and ideas to empower aging services providers.

Our **Vision** is Expanding the World of Possibilities for Aging.

Our **Promise** is to Inspire. Serve. Advocate.





# Oklahoma Dementia Care Network

- **Our Goal:** *the development of a statewide healthcare workforce that maximizes patient/family caregiver engagement and improves health outcomes for PLWD.*
- **Our Partners:**





**OKLAHOMA**  
**Human Services**

Community Living, Aging and Adult  
Protective Services (CAP)

**Nadine Walter**

[nadine.walter@okdhs.org](mailto:nadine.walter@okdhs.org) 405.885.5469

- Communications for CAP
- Adult Day Services
- Adult Protective Services Self-Neglect Grant
- ADRC COVID-19 Pandemic Response Grant
- ADRC COVID-19 Vaccination Assistance Grant
- Medicare and Medicines Assistance Grant
- Lifespan Respite Grant



**Ronelle Baker**  
**Lifespan Respite Grant Manager**

[Ronelle.Baker@okdhs.org](mailto:Ronelle.Baker@okdhs.org) 405.985.9560

**What is Respite:**

Respite services can provide a much-needed, temporary break from the often exhausting challenges faces by family caregivers. Respite vouchers let caregivers hire another person (respite provider) to temporarily care for their loved ones.

**Eligibility for caregivers:**

- Is 18 or older, full-time, unpaid
- Is a grandparent or other relative age 54 or younger raising a child
- No household income
- Does not receive respite services or payments from other programs including but not limited to foster care, Family Support Assistance Payment, OAA Title III-E, ODMHSAS Systems of Care funding

**Oklahoma Caregiver Coalition:**

- Over 160 partners statewide
- 9 Subcommittees established after statewide needs assessment
- Quarterly meetings held virtually

# OSDH Physical Activity and Nutrition Team

- Oklahoma Obesity Plan Stakeholders Group
  - All Stakeholders meet Quarterly, 3<sup>rd</sup> Wednesday at 2pm via Zoom
  - 5 Sub-Committees: Early Childhood, School Age, Adults, Older Adults, and Cross-Cutting/All Ages
- TSET technical assistance and guidance
  - Providing TA to 30 counties funded by the TSET Healthy Living Program
  - Providing TA to Health Systems Initiatives
  - Developing support tools and providing guidance regularly
- Host the Oklahoma Youth Sports Strategy Group
  - OYSS has the goal of increasing participation in youth sports

# OSDH Office of the Tribal Liaison

- Created in January 2012, the Office of the Tribal Liaison (OTL) seeks to demonstrate a respect for sovereignty and advocate for tribal nations while fostering inclusive partnerships using sound public health practices to achieve its vision - "Achieving Tribal-State Synergy for Optimal Holistic Health" for all Oklahomans.
- Major OTL offerings include:
  - Seeking government-to-government consultation with tribal nations;
  - Establishing and strengthening relationships and collaborations among tribal nations, federal, state, and community key stakeholders, and OSDH colleagues;
  - Increasing cultural competence and diversity among the OSDH workforce;
  - Implementing culturally appropriate and effective communication; and
  - Appropriately disseminating and translating American Indian public health findings into meaningful knowledge and field practice.



Retired  
Senior  
Volunteer  
Program

# RSVP of Central Oklahoma

7401 NE 23rd Street  
Oklahoma City, OK 73141  
(405) 605-3110

RSVP of Central Oklahoma enriches the lives of older adults by connecting them with meaningful and rewarding volunteer opportunities.

Through our Provide-A-Ride Program, we help older adults remain independent by providing free, arm-through-arm transportation to medical appointments.





### **Elder Law and Estate Planning**

- Asset Protection Planning/Long-Term Care Planning
- Traditional Estate Planning  
(Trusts, Wills, Powers of Attorney, etc.)
- Elder Abuse & Neglect  
(Physical, Financial, Emotional, etc.)
- Guardianships
- Special Needs Planning
- Health Care and End-of-Life issues
- Trust and Estate Litigation
- Trust and Estate Administration, Including Probate

### **Upcoming Workshop**

#### **3 Primary Priorities for Your Estate Plan**

September 29, 2021 – 5:30pm – Zoom

Please contact 405.235.2393 or email [info@rischardlaw.com](mailto:info@rischardlaw.com) to register

#### **Contact Information:**

[drischard@rischardlaw.com](mailto:drischard@rischardlaw.com) – 405.235.2393 – [www.rischardlaw.com](http://www.rischardlaw.com)

# SARAH COATS, PHD, ABPP-CN

330 S. 5<sup>TH</sup> ST, SUITE 202  
ENID, OK 73701

PHONE: 580-297-5340  
FAX: 580-297-5344

- ▶ Neuropsychological Evaluation Services – Private Practice Setting
  - ▶ objective testing used for assistance in diagnosing dementia vs. mild cognitive impairment vs. normal aging or other conditions affecting cognition
- ▶ One of six board certified neuropsychology providers in the state of Oklahoma, and the only Board Certified Provider of neuropsychological services in NW Oklahoma
- ▶ Referrals largely come from primary care/family medicine and neurology
- ▶ Refer heavily to the Alzheimer's Association for ongoing support to caregivers and their loved ones



## Quality Innovation Network-Quality Improvement Organization (QIN-QIO)

- Contracted with CMS (Center for Medicaid and Medicare) serving as QIO in CO, IA, IL & OK
- Telligen QI Connect™ a comprehensive platform and secure portal serving as gateway to data, interventions, resources, tools, and much more
- Cultivate partnerships, relationships, and collaboration within and across our region in data driven interventions and quality improvement initiatives
- Convene, teach and inform healthcare providers, engage and empower communities through knowledge sharing and spreading best practices

## Partner across the care continuum to address challenging issues

- COVID-19 and impact on patient care
- Increasing surge of opioid epidemic
- Chronic Disease and Self-management
- Care coordination-hospital readmissions & ED utilization
- Nursing home quality
- Immunizations and emergency preparedness
- Reducing disparities and improving health equity

## Supporting partners and quality improvement

- Provide group and individual consulting and technical support services to improve healthcare delivery, measurement and quality
- Access to community, state and regional Medicare claims data and trending reports
- Use the Institute for Healthcare Improvement's (IHI) Collaborative Model for achieving and sustaining breakthrough improvement
- Provide community organizing and coalition building capacity support and training
- Access to quality improvement methodology resources, tools and assistance

[Join Telligen QI Connect™](#) today to access to all our services and resources!





## Senior Healthcare Specialists

- Medicare
- Long-term Care
- Retirement Planning
- Life & Legacy Planning



# Well Preserved Advisory Group

Preserving Your Health, Your Wealth, and  
the Freedom to live life the way You Choose

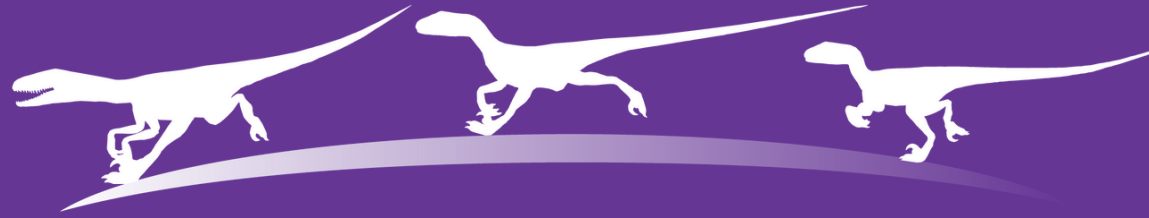
55 Years of Combined Experience

"Well Preserved with Eunice Khoury" is the longest running senior-focused radio show in Oklahoma. Well Preserved with Eunice Khoury airs LIVE every Saturday morning at 9 am on News Radio 1000 KTOK and worldwide on iHeart Media. Each week, topics are discussed that can make a difference in your life!

405.848.5790 [www.well.com](http://www.well.com)

4800 N Mayfair Dr., OKC, OK 73112

[WellPreserved.info](http://WellPreserved.info)



# 3RAPTORCONSULTING

3Raptor Consulting provides the tools small businesses, leaders, entrepreneurs, and non-profits need to **ACHIEVE THEIR DREAMS.**

## Services:

- Grant Writing
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