

### **The First 24 Hours: An Unfolding Case Study in Person-Directed Care**

1.5 hours (GPC approved for Physiological Processes and Health in Older Adults or Management)

This module demonstrates approaches to person-directed care in the nursing home environment. The goal of this unfolding case is to illustrate systems to support person-directed care for a resident's first 24 hours in a nursing home. In particular the module highlights recently developed person-directed competencies for medical directors, nurses, and nursing home administrators. Presentation of this module is a collaboration between The Pioneer Network and the Ohio State University Office of Geriatrics and Gerontology.

### **A Sight for Sore Eyes: Age-Related Eye Disease**

1.0 hour (GPC approved for Physiological Processes and Health in Older Adults)

Eye disease in the U.S. and throughout the world is expected to triple in the next three decades, making it all the more important for those caring for our aging population to learn about preventing eye disease. This module will discuss how the eye functions, age-related diseases that commonly affect older adults, risk factors for eye disease, and preventive strategies to reduce eye disease in the aging population. A review of eye care benefits available in the U.S. is also provided.

### **Cancer and the Older Adult**

2.0 hours (GPC approved for Physiological Processes and Health in Older Adults)

The American Cancer Society indicates that there are more than 1.6 million new cases of cancer diagnoses expected in 2012; and almost three quarters of these newly diagnosed cases of cancer in the US are in persons 55 years old and older. This module will explore how life expectancy, functional status and comorbidity determine treatment in the older person with a cancer diagnosis, and how cancer behaves differently in older people.

### **Caring for the Aging LGBT Population**

1.5 hours (GPC approved for Psychosocial Processes and Mental Health in Older Adults)

Despite great advances in LGBT rights, discriminatory practices still exist that create significant barriers to quality health care for this group. This module will explore the history of inequality towards the LGBT population, barriers to health care older LGBT adults face or perceive, and the unique health care needs of the older LGBT adult.

### **Complementary and Alternative Therapies for the Older Adult**

1.25 hours (GPC approved for Physiological Processes and Health in Older Adults)

Complementary and Alternative Medicine (CAM) has emerged as a legitimate field of inquiry during the last several decades. Years of research are currently yielding information as to its safety, efficacy and applications. This module provides a brief overview of complementary and alternative medicine (often referred to as integrative medicine) and its potential contribution to the lives of older adults.

### **Eyes Wide Open: Preventing Vision Loss**

1.0 hour (GPC approved for Physiological Processes and Health in Older Adults or Social Policy and Aging)

The growth of the aging population and subsequently, the increase in the incidence of vision loss and blindness, will tax our current health care system greatly. Because of this, we expect to see formal and informal caregivers play a larger role in caring for our older population in the coming years. In this module, you will learn about preventing vision loss, eye care benefit options other than employee health care, and how to become more involved in advocating for eye care services for older adults.

### **Falls and the Older Adult**

2.0 hours (GPC approved for Physiological Processes and Health in Older Adults or Assessment)

Falls are the leading cause of injury-related visits by older adults to emergency rooms, and are the most common cause of non-fatal injuries that result in hospital admissions for older adults. Falls are also the leading cause of injury deaths in older adults. The rate of fall-related deaths among older adults has risen significantly over the past decade. In this module you will learn about age related changes, risk factors for falls, evaluation and interventions. Whether you are a social service or community provider, or a clinician providing direct care for older adults, you will find this module insightful as you consider this important quality of life issue of aging.

### **Frailty and the Older Adult**

1.0 hour (GPC approved for Physiological Processes and Health in Older Adults or Assessment)

Frailty has been defined as a geriatric syndrome characterized by increased vulnerability due to loss of reserves and resilience. Frail elders are more prone to falls, disability, hospitalization, and mortality. As the U.S. population older than 65 years approaches 15% in 2015, the number of frail elderly will also be increasing. Improved skills in the identification and treatment of frail elders will be vital.

### **Health and Aging**

1.0 hours (GPC approved for Physiological Processes and Health in Older Adults)

Although age alone does not cause disease and illness, we are often more susceptible to common illnesses that we associate with older adults. In this module you will learn about memory loss, stroke, heart disease, falls, depression, and other health issues that can be of great concern to your older friends, family, and clients.

### **Is There An App For That?: Nutrition, Fitness and Aging**

1.0 hour (GPC approved for Physiological Processes and Health in Older Adults)

Internet use among adults 65 and older is on the rise, and there are thousands of applications and web services that may be useful to the older adult. Those services introduced to the student in this module include defining mobile health (mhealth) and exploring various APPS on nutrition, fitness, etc. Of course applications and web services are very helpful however nothing takes the place of a doctor and other healthcare professionals.

### **Issues of Abuse and Neglect in the Aging Population**

1.0 hour (GPC approved for Psychosocial Processes and Mental Health in Older Adults)

Although most older adults experience their older years with supportive interactions with family and friends, some are subjected to challenging issues such as elder abuse, financial abuse, and so on. This module will share warning signs and strategies for addressing many of these concerning issues that may come with aging.

### **Myths and Realities of Aging**

1.0 hour (GPC approved for Physiological Processes and Health in Older Adults or Psychosocial Processes and Mental Health in Older Adults)

Each of us experiences aging in individual and unique ways. However, there are some common realities of aging that are important to know as we approach our later years, just as there are some myths that have been perpetuated. This module will help you distinguish between the myths and realities.

### **Optimizing Medication Management for Older Adults**

1.0 hour (GPC approved for Physiological Processes and Health in Older Adults)

Medications are a useful tool to help treat and prevent disease in older adults. However, there are many factors that make it more complicated to balance the benefits versus the potential risks of medication use in this population. This module will provide a general overview of ways to optimize medication use in older adults by looking at inappropriate medications, effects of the aging body on medications, the usefulness of a comprehensive medication list, and ways to improve medication adherence in the older adult.

### **Sexuality in Later Life**

1.0 hour (GPC approved for Physiological Processes and Health in Older Adults or Psychosocial Processes and Mental Health in Older Adults)

Sexuality in later life has long been a taboo topic, rarely discussed and largely unappreciated. While this may be true, we know that older adults can remain sexually active across the later years of life and that sexuality can be an important component of overall life satisfaction. In this module, we will examine the myths and realities of sexuality in later life, explore definitions, facts, and figures, and learn about the physical and psychosocial factors that impact sexuality in later life. We will also look at ways that we can help older adults to continue to express their sexuality with dignity, privacy, and confidence.