



Newport Mental Health

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# Mental Health

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# In Older Adults

# Surviving the Silver Tsunami



The wave of older adults is hitting Rhode Island.  
Are we ready?

# Critical needs

This demographic faces unique challenges that can significantly impact their mental well-being, and the lack of accessible, tailored mental health care is a pressing concern. Too many seniors are experiencing depression, anxiety, and cognitive impairment.

In addition to the alarming statistics indicating high rates of untreated mental health issues and elevated suicide rates, access to support is also complicated by barriers such as stigma, limited availability of geriatric-trained providers, and logistical obstacles like transportation.

To ensure they receive the care and attention required to enhance their quality of life and promote healthy aging, it is essential to prioritize the development and funding of comprehensive behavioral health services designed to meet the specific needs of the elderly population.

Rhode Island's Certified Community Behavioral Health Clinics (CCBHCs) are uniquely positioned to deliver the behavioral health services needed by this rapidly growing population.

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**CCBHCs can help older adults remain in their homes, preventing unnecessary nursing home placements** by deploying key strategies that address both behavioral health and social needs.

# CCBHC services

## Comprehensive Behavioral Health Services

CCBHCs offer mental health and substance use services that address diverse needs. By focusing on behavioral health, CCBHCs help manage conditions such as depression or anxiety.

## Integrated Care Models

CCBHCs provide integrated care that combines physical health, mental health, and substance use treatment. This holistic approach ensures that all aspects of an individual's health are addressed.

## Care Coordination

CCBHCs help connect older adults with community resources and support systems. This can include assistance with accessing in-home care, transportation services, or social support networks.

## Crisis Intervention

CCBHCs can help stabilize situations that might otherwise lead to nursing home placements. This includes addressing acute behavioral health crises and connecting individuals with ongoing support.

## Caregiver Support and Education

CCBHCs provide education and resources for family members and caregivers, equipping them with the tools they need to support their loved ones at home.

## Preventative Services

CCBHCs focus on preventive services such as wellness checks and screenings, which can identify potential issues early and provide interventions before they escalate to the point where institutional care is needed.

## Community Engagement

By fostering connections within the community, CCBHCs can promote socialization and engagement for older adults. This helps combat loneliness and isolation, which are risk factors for nursing home placement.

# Funding support

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## Increased Funding for Geriatric Services

Allocate resources for programs that cater to the mental health and physical health needs of older adults. This could include training for staff on geriatric care and mental health issues prevalent among seniors.

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## Flexible Funding for Integrated Care Model

Ensure that funding allows for flexibility in integrating behavioral and physical health services. This could include support for multidisciplinary teams to address a wider range of health concerns.

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## Support for Home and Community-Based Services

Increase funding for home-based and community services that allow older adults to receive care in their preferred environments. This includes telehealth, mobile health units, and transportation assistance to appointments.

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## Enhanced Training and Workforce Development

Invest in training to ensure CCBHC staff are well-prepared to meet the unique challenges faced by elderly patients, including education on dementia care, substance abuse in older adults, and promoting healthy aging.

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## Funding for Preventive Services

Promote funding for preventive care that targets common health issues in the elderly, such as depression screening, anxiety, and physical health conditions. A proactive approach prevents complications and reduces hospitalizations.

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## Collaboration with Social Services

Establish funding streams that encourage collaboration among organizations. This will address social determinants of health that disproportionately affect older adults, such as isolation, housing instability, and access to food.

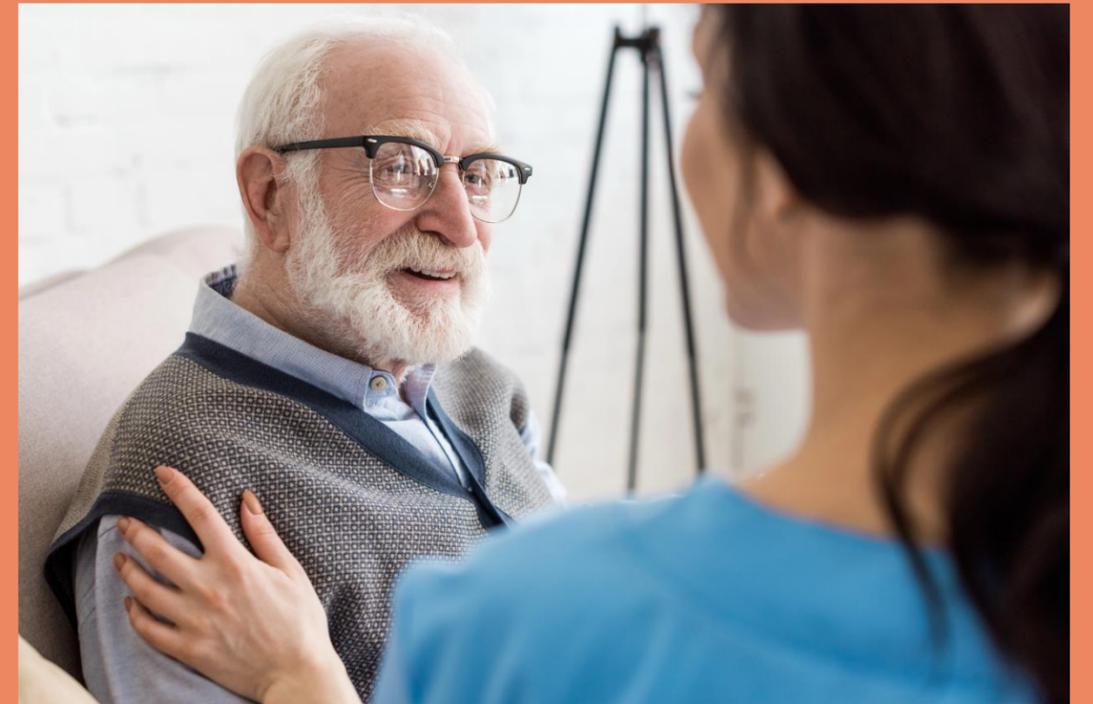
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## Evaluation and Research Funding

Allocate funds to study existing programs to learn what works and where gaps exist, to guide future funding decisions and program development.

# Mental health overview

Mental health is vital for overall well-being, encompassing emotional, psychological, and social aspects. **For older adults, it is crucial due to factors like loss, chronic illness, and life transitions that can exacerbate mental health issues.** Recognizing these needs can lead to better support and care, ultimately enhancing their quality of life.





# Risk factors

## Physical Health

Chronic illnesses, such as diabetes and heart disease, can lead to decreased mobility and increased mental stress, significantly impacting the well-being of older adults. Good management is essential to support both physical and mental health.

## Social Isolation

Social isolation poses a significant threat to older adults' mental health. Limited interactions can fuel depression and anxiety, making it crucial to foster connections through community engagement and support networks.

Rhode Island's CCBHCs can create a comprehensive, coordinated approach to addressing the mental health needs of older adults, ultimately enhancing their quality of life and well-being.



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By collecting and analyzing data on the mental health needs of older adults, **CCBHCs can identify trends and gaps in services.** This information can inform program development and resource allocation, **ensuring that interventions are evidence-based and targeted effectively.**

# Long-term care

Key projections for Rhode Island

## Demographic Shifts

Rhode Island has a growing aging population, with a significant increase in residents aged 65 and older. This demographic shift is likely to increase the demand for long-term care services.

## Service Demand

Projections indicate that by 2030, the number of older adults requiring long-term care will continue to rise. This includes not only nursing homes but also home health care and community-based services.

## Funding & Resources

The state's Medicaid program plays a crucial role in funding long-term care. It's important to monitor how budgetary changes or reforms may affect availability and access to these services.

## Workforce Challenges

There may be challenges related to staffing in the long-term care sector, as the demand for skilled workers could outpace supply. Training programs and incentives may be needed to attract and retain staff.

## Aging in Place

Many older adults prefer aging in place, which can influence the types of services needed. There may be an increased emphasis on home modification programs, in-home care services, and community support systems.

## Innovative Care Models

Rhode Island may see more innovative care models emerge, including virtual care services and integrated health services that cater specifically to the needs of older adults.

# Key strategies

How CCBHCs will meet the needs of seniors

## Policy Advocacy

Engage in efforts to influence policies that enhance funding for mental health services for older adults.

## Integrated Care Models

Collaborate with primary care providers to integrate mental and physical health services.

## Public Awareness Campaigns

Launch initiatives to reduce mental health stigma and promote early intervention.

## Training Programs

Offer training for healthcare providers to better address the mental health challenges of older adults.

## Local Partnerships

Collaborate with community organizations to enhance access to mental health resources.

## Telehealth Services

Expand telehealth options to improve accessibility for older adults.

## Research Initiatives

Pursue research to develop effective practices for older adults' mental health.

## Crisis Response Systems

Create systems for immediate care during mental health emergencies.

## Feedback Mechanisms

Implement channels for feedback to continuously improve mental health services.

# Common disorders

## DEPRESSION

Depression is prevalent among older adults, manifesting as prolonged sadness, hopelessness, and a feeling of disconnection from life.

## ANXIETY

Various anxiety disorders are common in older adults, often affecting their quality of life and daily functioning, leading to distress.

## DEMENTIA

Dementia leads to a gradual decline in cognitive abilities, including significant memory loss, impaired reasoning, and challenges in social interaction.

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# Impact on quality of life

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Mental health plays a crucial role in the lives of older adults. It affects their physical health, social interactions, and overall well-being. A decline in mental health can lead to difficulties in daily living activities, isolation, and lower life satisfaction. Therefore, addressing mental health is vital to enhance quality of life in older populations.



# Treatment options

## COUNSELING

Counseling offers older adults a safe space to discuss emotions, experiences, and mental challenges, fostering healing and understanding.

## MEDICATION

Medications like antidepressants help manage mood disorders in older adults, improving daily functioning and enhancing quality of life.

## SUPPORT GROUPS

Support groups create community among older adults, helping them share experiences and reduce feelings of loneliness through connection.

# Support systems

FAMILY SUPPORT	COMMUNITY RESOURCES
<p>Family members provide vital emotional support, fostering resilience in older adults facing mental health challenges. Their involvement can significantly improve well-being and reduce feelings of isolation.</p>	<p>Local community resources serve as essential outlets for social interaction. They encourage engagement through activities and support groups, which combat loneliness and enhance mental health.</p>

## U.S. aging population trends

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The aging population in the U.S. is surging. This signifies a significant shift in the age structure of the population, **affecting health care, social security, and labor markets**. Understanding this trend is crucial as it reshapes societal norms and priorities.

Currently, **12 million citizens require long-term care**, and this figure is projected to soar to approximately **27 million by 2050**.

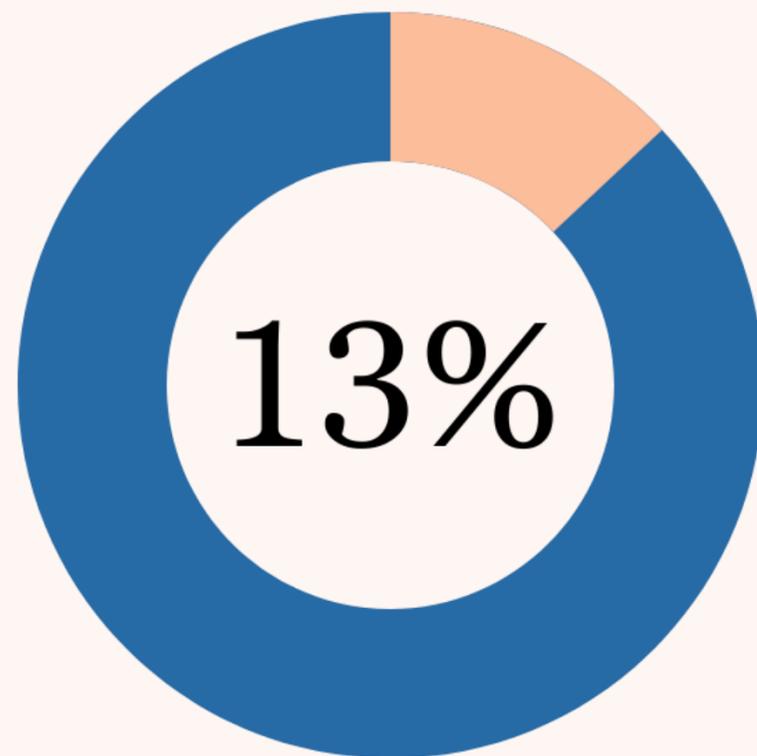
From 2011 to 2029, **approximately 10,000 baby boomers reach the age of 65 each day**.

By **2030, roughly 72 million Americans will be 65 years and older**, highlighting the urgent need for care services.



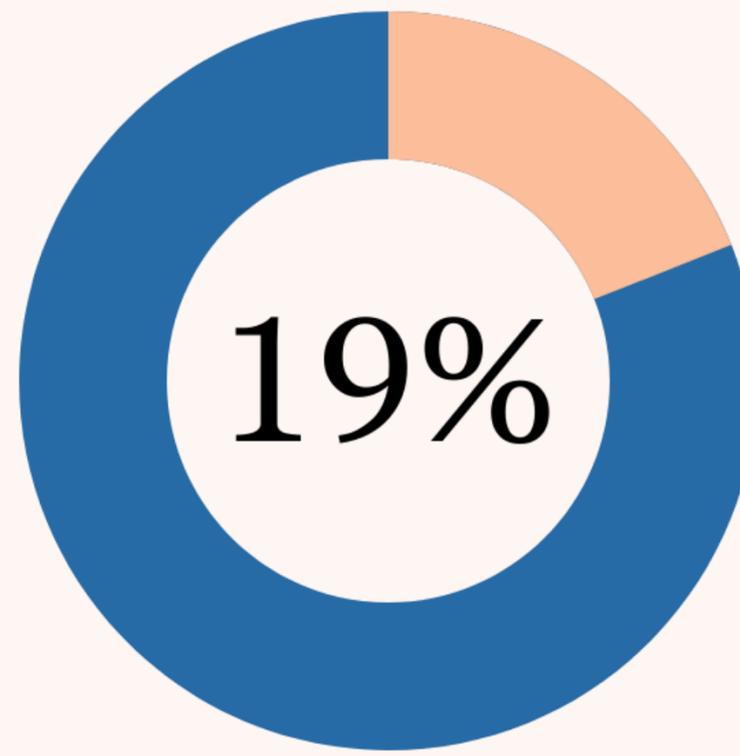
# The growing elderly U.S. population

**2010**



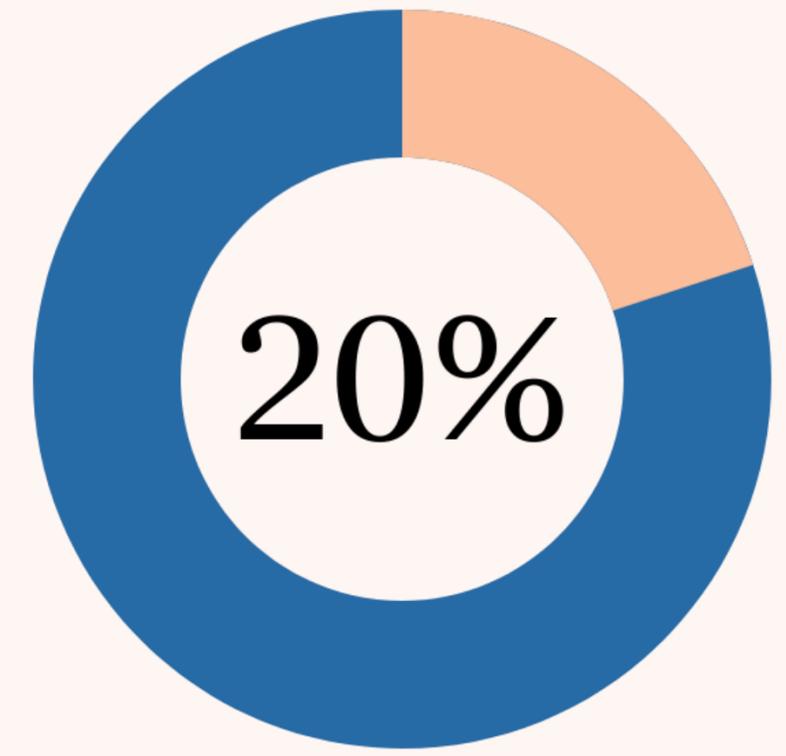
40 million people in a total population of 308.7 million

**2030**



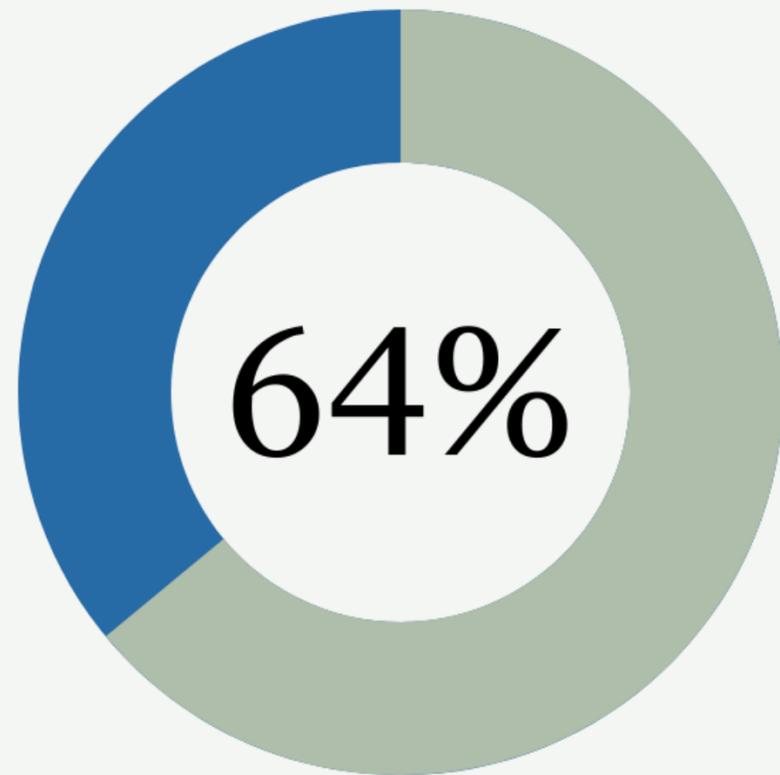
71 million people in a total population of 355.1 million

**2050**

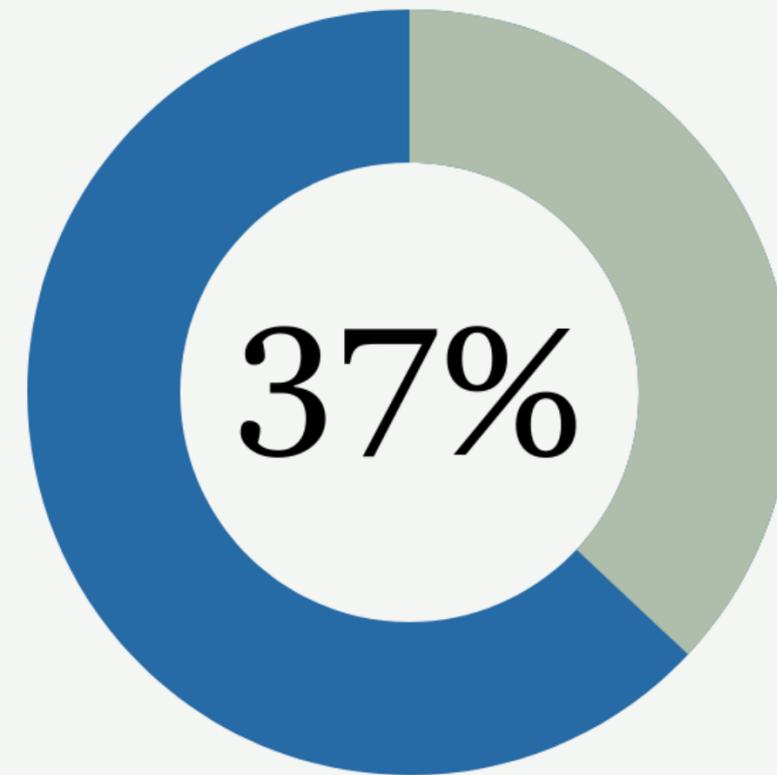


74.4 million people in a total population of 372 million

# Health projections for 2030



46 million people age 65+ will have  
chronic conditions



27 million people age 65+ will have  
functional impairment

# Alzheimer's trends

## Future estimates

In 2025, **7.2 million** individuals aged 65 and older are living with Alzheimer's disease.

Projections indicate that by **2050**, the number of elderly individuals with Alzheimer's may rise dramatically to between **11 million and 16 million**, stressing the need for enhanced care options.

## Advances in healthcare

# Population growth factors

### **INNOVATION**

Innovative treatments and improvements in medical technology and access to healthcare services have significantly contributed to enhancing quality of life.

### **PREVENTION**

Preventive measures result in a healthier aging population, allowing seniors to manage chronic conditions effectively.

This progress is pivotal in supporting longer, more active lives.

# Prevalence of mental health disorders

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# Mental health statistics

20%

Adults aged 55+ with mental health concerns, including depression and anxiety disorders.

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6 million

Older adults suffering from depression. Less than 10% receive treatment.

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15%

Older adults with cognitive impairment. Increases risk of mood disorders.

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16.8 per 100,000

Suicide rate for adults aged 65+. Higher than other age groups.

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## DEPRESSION IN THE ELDERLY

Depression is a significant mental health concern among the elderly population, particularly those aged 65 and older. It's estimated that around 6 million Americans in this age group experience depression, yet shockingly, less than 10% receive any form of treatment. This glaring treatment gap highlights the need for increased awareness and better access to mental health services for older adults.

## COGNITIVE IMPAIRMENT RISKS

Cognitive impairment affects nearly 15% of older adults, significantly heightening their risk for various mood disorders. The inability to process information or manage daily tasks can lead to isolation, anxiety, and depression, further complicating their health landscape. Understanding these risks is crucial for early intervention and tailored mental health support.

## SUICIDE RATES OVERVIEW

The elderly population experiences notably higher suicide rates compared to other age groups, indicating urgent needs for support.

Suicide rates among adults fluctuate based on various demographics, generally presenting lower averages than for the elderly.

# Comorbidity Issues

## Mental health and chronic conditions

Many older adults with behavioral health issues also have chronic physical conditions, exacerbating treatment complexity and health maintenance.

## Health outcomes

Patients with both mental and chronic health issues often experience poorer health outcomes, resulting in higher overall healthcare expenditures.

## Impact on healthcare costs

The coexistence of mental health disorders with chronic conditions leads to increased healthcare costs and complicates effective patient management.

# Rhode Island's demographic shift

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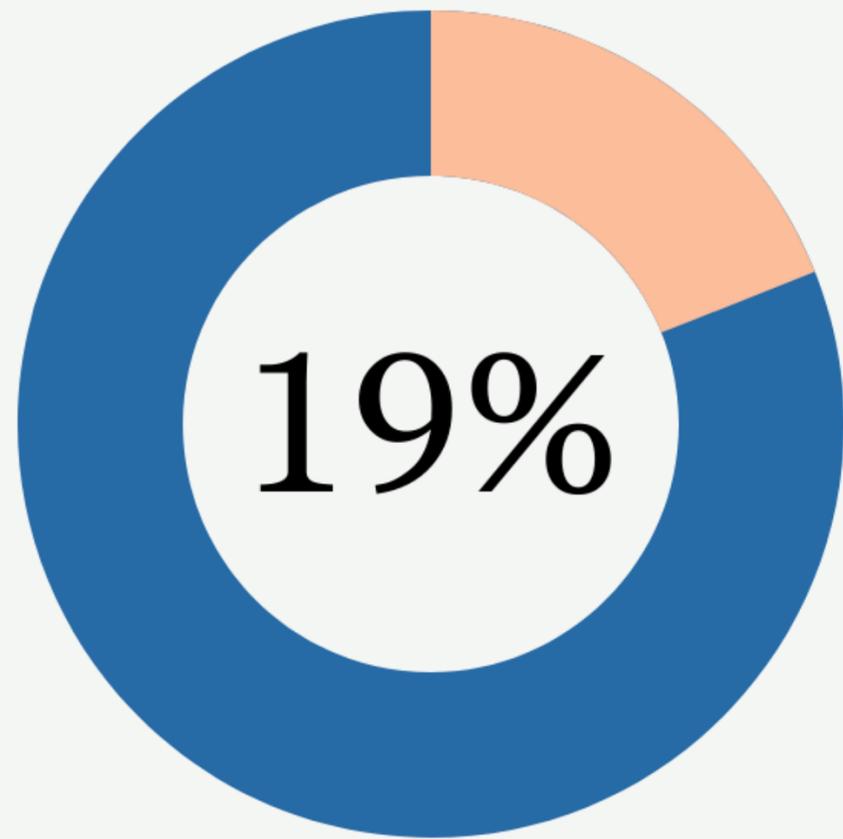
# Elderly population overview

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Rhode Island has a noteworthy demographic shift, with about **19% of its residents aged 65 and older**. This percentage exceeds the national average of roughly 16%. The growing elderly population emphasizes the pressing need for comprehensive services tailored to their unique requirements, ensuring their well-being and quality of life are prioritized in state planning.

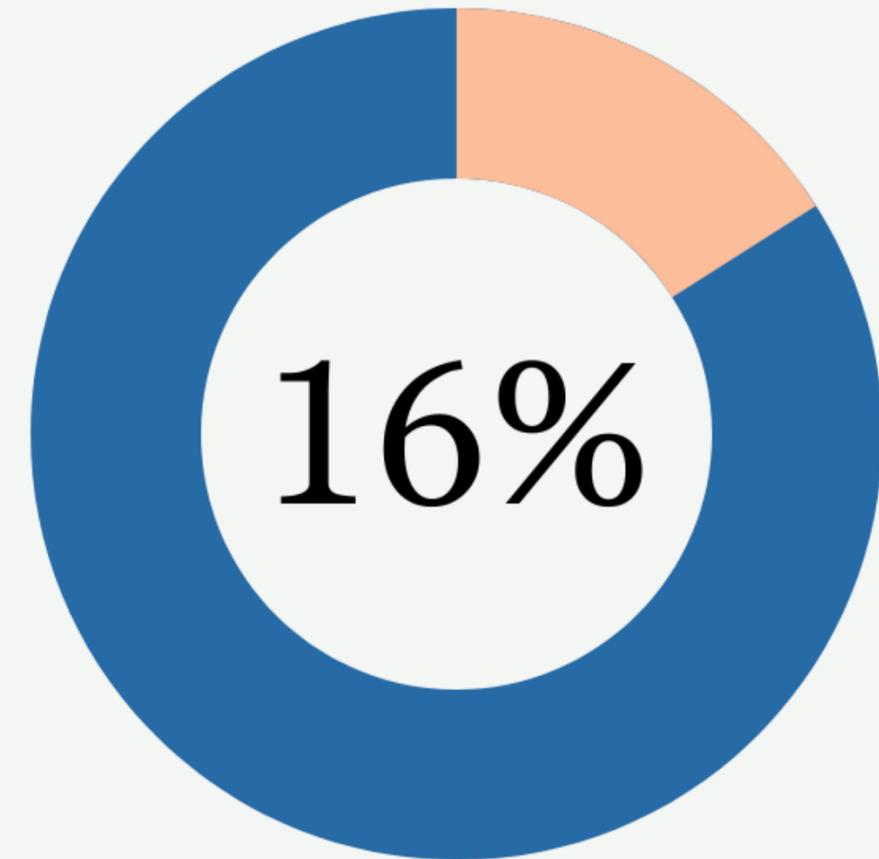
# Increasing elderly rates

Rhode Island Residents 65+



In Rhode Island, the elderly population aged 65 and over constitutes 19% of the total demographic, indicating notable aging.

National Average 65+



The national average shows that 16% of the overall U.S. population falls within the 65+ age group.

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## Affordability

The state struggles with affordability for senior support systems. Many seniors find it difficult to navigate the available resources, resulting in gaps in necessary services and a significant impact on their quality of life.

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## Access to healthcare

In Rhode Island, the elderly face substantial healthcare challenges. Rising costs create financial instability, which hampers their ability to access essential services and maintain good health, leading to further complications.

# Unique RI challenges

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# Healthcare accessibility issues

In Rhode Island, older adults struggle significantly with healthcare accessibility.

The primary barriers include:

- shortage of accessible health service
- high costs of treatment
- insufficient social support networks

which collectively hinder their ability to receive vital medical care.

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High Housing Costs → Reduced Disposable Income

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Healthcare Expenses → Strain on Fixed Income

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Food Security → Challenges in Nutrition

# Financial stability concerns

# Three Things

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# Contact

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