

PROGRAM

Session descriptions

Lifestyle Consideration in Arthritis: More than just Joint Pain

Kori Dewing, RN, MN, ARNP

Arthritis can significantly impact other health concerns. Learn about practical considerations to help people with arthritis limit its impact. Lifestyle considerations will include management of stress and depression, arthritis in the workplace, smoking cessation, alcohol consumption, exercise, diet and weight management, sexuality issues and sleep disturbances.

Home Modifications for a Lifetime

Marianne Mills, MSW, MBA; Sara Boesser; Douglas Fanyak, BS; Linni Esther, CAPS; Bob Tamone

This panel of experts will help you explore changes to your home or apartment to make it safer and more accessible. Home modifications range from simple and inexpensive solutions you can do yourself to costly remodels of the kitchen, bathroom, or installation of an elevator.

You have Ultramicroscopicvolcanoconiosis! Do you have any questions?

Jordan Lewis, PhD., MSW

Most Alaska Native elders do not understand Western medical terms, nor is there Native terminology that adequately describes Western medicine and practices in their own language. In regards to their healthy lifestyles in their community, the more traditional communities are healthier but are void of the younger generations.

Helping Resident Elders and Families Understand Health Issues

Loren Lipson, MD

Participants will learn the importance of helping elders who are living in residential care settings and their families understand access health information. The presenter will discuss strategies for using plain and accessible health language; for asking questions of health care providers until information is clear; and for accessing health information from a number of sources. These strategies will apply to care providers, elders, and families.

Teaching Seniors about use of Medications

Loren Lipson, MD

This presentation will examine the impact of medications and supplemental vitamins for elders and address ways to help elders understand medication interactions and effects.

Having Our Say: Elders Talk About Health Care and Healthy Care

Larry N. Roberts, M Ed

Hearing from Elders and other seniors is much better than talking about Elders and other seniors especially when it comes to their own health care needs and issues. This panel session will benefit from the individual and collective experience of three Alaska Native Elders who share their experiences and health care needs along with the importance of their active and informed participation in all treatment regimes. Issues like the importance of good communication, the role and missteps of well-intended

family members, health literacy, and attending to the whole human being in the context of culture will be discussed. This session specifically reflects attention to both stated conference goals. This facilitated session will begin with opening statements from each Elder followed audience participation and discussion.

Cultural Attunement: A foundation for client/patient-centered health literacy

Larry Roberts, MEd

With its emphasis on health literacy in general, this session will address the two targeted goals for this conference. Along with discussions on the emerging global concepts and activities surrounding health literacy, this session will focus on the undeniable and opportune force of culture attunement from an "ethnogeriatric" perspective. Two ethnogeriatric case examples will be presented and discussed with participants followed by a discussion on its application to Alaskan specific cultures. The importance of an Alaskan health literacy education and certification will be introduced at the conclusion of the session.

Cognition, Health Literacy and the Aging Brain

Rosellen M. Rosich, PhD

Memory and cognitive functioning is important in human development. It becomes even more important when trying to understand how developmental changes in these areas of functioning impact understanding of health information seeking behaviors and in turn health care costs. Health literacy has become the mantra of many agencies, both federal and local, which focus upon health care. The impact of brain changes on health literacy and barriers to seeking sources will be focused upon in this presentation and creative approaches to overcome cognitive barriers will be explored through audience participation.

Developing a Road Map for Dementia Care

Amber Smith

The prevalence of Alzheimer's disease is increasing. Getting an earlier diagnosis can empower elders to participate in care decisions. Develop knowledge about the pathway from early memory loss to diagnosis while building skills for partnering with elders and family caregivers who are travelling this road.

Ask Me3 - Good Questions for Patient's Good Health

Jennifer Spriggel, RN, MS

Have you ever been sick and gone to your doctor only to leave the office feeling like you had no clue what to do? Have you ever been frustrated that your best patient teaching effort resulted in absolutely no change in behavior and your patient came back sicker and quicker? Then Ask Me3 is for you!

Substance Abuse and Older Adults: The Silent Epidemic

Mary Sullivan, BA and MSW candidate; Diane Ogilvie, MAEd

This session will give an overview of the Seniors Behavioral Health Coalition, which is focused on addressing substance abuse and mental health problems among seniors in Anchorage. This session will share findings, research, and the action plan the Coalition plans on using this year. Come hear about this unique project!

WebJunction: Boost Your Access to Health Literacy Resources

Beverly Tallman, MA

In this session participants will have an opportunity to view and listen to evidence based internet audio and visual resources to learn how to remove the barriers to better, safer health care communication. Participants will learn what distance training resources are available to help them apply appropriate approaches to health literacy for the older adults they serve. The goal is to disseminate health literacy resources and to provide information and training resources as a vehicle to improve health care communication and outcomes for older adults.

Health Literacy: The Hidden Risk Factor

Barry D Weiss, MD, FAAFP

This presentation describes (a) the prevalence and risk factors for limited health literacy, (b) the implications of low health literacy for patients, and (c) recommends ways to communicate with patients in ways and with words they will understand.