

Mind Your Health



Talk to Your Healthcare Provider:

- Write down your goals or topics before your visit and bring it to your appointment.
- Try to keep your list to the 2-3 most important items.
- Bring a family member or friend along to help you remember things you might overlook.

Prevention:

- Older adults may be at high risk for serious flu complications.
- Helpful vaccinations include:
 - ◊ Flu
 - ◊ Pneumonia
 - ◊ Tetanus/Diphtheria
 - ◊ Shingles (Herpes Zoster)

RESOURCES
Lane County Older Adult Behavioral Health Initiative www.Lanecounty.org/TBH
The Aging & Disability Resource Connection (ADRC) Toll free 1-855-673-2372
Meals on Wheels 541-682-3353 Toll free 1-800-441-4038
The Friendship Line 24-Hour Hotline/Warmline Toll free 1-800-971-0016
National Suicide Prevention Lifeline Toll free 1-800-273-8255 Suicidepreventionlifeline.org

Find us on Facebook @LaneCountyOABHI



Fear of falling:

- Most fractures are caused by falls.
- Many older adults report a fear of falling.
- Falls increase risk of early death.
- Review all medications you are taking with your doctor.
- Make a Falls Prevention Plan.

Lane County



Mind Your Mind
Mind Your Body
Mind Your Health



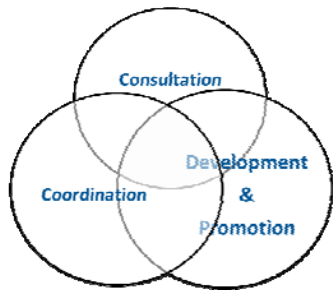
BUILDING PARTNERSHIPS FOR
OLDER ADULT BEHAVIORAL HEALTH

Lane County Older Adult Initiative

Every day 10,000 Americans turn 65 years old.

- In 2016, 15% of Oregonians are 65 years or older. By 2030, that figure will increase to 20%.
- 15-20% of older adults have depression, which may lead to other health problems.
- Men 75 years and older have the highest suicide rate.

Working together for success!



- Consultation with Aging and Disability Resources
- Development of new services
- Promotion of healthy behaviors and caring relationships
- Coordination between primary care and behavioral health services.

Mind Your Mind

Being lonely is linked with:

- Lower general health
- Depression
- Common colds
- Higher level of disability from chronic diseases

Questions to ask yourself:

- How often do I see family and friends?
- Am I involved with social clubs or organizations?
- Am I experiencing vision or hearing loss that keeps me from daily activities?

Increase Your Mind Awareness:

- Engage in meaningful activities
- Increase social engagement through:
 - Senior centers
 - Physical activity
 - Religious groups
 - Social clubs



Mind Your Body



Activity and Exercise:

- Important for good health
- Helps prevent falls
- Improves chronic conditions
- Maintains healthy weight
- Decreases stress
- Increases flexibility

Medications:

- Adverse drug reactions are among the top five greatest threats to good health and are responsible for 28% of senior hospitalizations.
- Up to 23% of older adults experience prescription drug misuse.

Alcohol:

- Older adults are more sensitive to alcohol, and heavy drinking increases poor health.
- Up to 15% of older adults are at-risk drinkers.