



**OABHI GOBHI**

*Supporting Rural Partnerships  
in Older Adult Behavioral Health*

## OLDER ADULT BEHAVIORAL HEALTH TRAINING SELECTIONS

### **COMMUNITY AWARENESS MODULES**

*These training selections were developed in partnership with Portland State University's Institute on Aging and the Oregon Health Authority, Health Systems Division; for the Older Adult Behavioral Health Initiative. The intended audience for all community education and awareness modules is older adults in the community in which you are serving*

#### **ANXIETY**

This module focuses on addressing anxiety as a normal part of life that older adults might encounter on a routine basis. It illustrates the positive aspects of aging, describes symptoms of anxiety, introduces symptoms and common sources of anxiety in old age and approaches for managing and preventing anxiety. This module also provides an opportunity for the audience to share knowledge and experience in coping with anxiety.

##### ***Importance of anxiety and older adults***

- According to Anxiety and Depression Association of America, anxiety is the most common mental health condition, affecting up to half of older adults, and it is often under-recognized.
- The prevalence of anxiety keeps increasing in very old age. If anxiety is not recognized and dealt with appropriately, it can cause more severe health problems such as depression, decreased daily functioning, and lower overall quality and satisfaction in life.

#### **ALCOHOL USE**

This module focuses on addressing alcohol use in old age, including its potential effect on health as older adults' metabolism changes, suggested daily consumption, risks of overuse, and differences of using alcohol for older men and women.

##### ***Importance of alcohol use and older adults***

- Studies show that alcohol overuse is associated with increased risks of health issues.
- Alcohol misuse or overuse could worsen many health conditions and cause more severe health problems such as stroke, high blood pressure, memory loss, and mood disorders.

#### **SOCIAL ISOLATION**

This module focuses on social isolation and creating social networks. It illustrates the positive aspects of aging, describes the difference between loneliness and social isolation, and offers facts and statistics, risk factors, and approaches for prevention.

##### ***Importance of Social Isolation and Older Adults***

- According to AARP, older adults are more susceptible to social isolation.
- The World Health Organization (WHO) states that social isolation is associated with lower general well-being, more depression, higher level of disability, and increased rates of premature death.