



Mission Possible: NIHAN Builds an Age-Friendly Community

Over half a million people in Nevada are aged 65 or older, according to the 2021 Census Bureau; this number is only expected to skyrocket in the coming years, and the Center for Aging (2021) confirms Nevada is facing a higher growth rate of older adults than other states. With this growing population of older adults, the Nevada Interprofessional Healthy Aging Network's (NIHAN) mission is clear: to strengthen geriatrics within primary care settings, by developing a strong, high-quality healthcare workforce that harnesses patient and family engagement and improves overall health in older adults.

NIHAN and our partners' collaboration is crucial in achieving this mission, as the number of geriatric providers in the state has not yet caught up with the demand for geriatric-specific care. As there is often a level of disconnect between primary care providers and geriatric patients and caregivers, NIHAN is tasked with developing and distributing educational trainings to providers, patients, and caregivers, to ensure older adults receive appropriate care for their conditions, which are often complex and require unique considerations.

A cornerstone of the NIHAN educational trainings and community resources is the 4Ms age-friendly healthcare framework. A set of evidenced-based best practices, the 4Ms of geriatric care entail What Matters, Mobility, Medication, and Mentation—each a specific component that health systems should prioritize when caring for older adults.

In addition to a growing geriatric population, approximately 49,000 Nevadans 65 and older are living with some form of dementia (KNPR, 2022); this number is expected to increase in the coming years, too. While scientists and the medical community are actively searching for a cure for Alzheimer's disease and related dementias (ADRD), it is important to foster both a dementia-friendly health system and community that are attentive to these conditions and make resources accessible to those who need them. The NIHAN and our partners offer provider training, educational resources, and community support to patients and caregivers living with ADRD.

Work being done by the NIHAN is significant, and potentially lifechanging, for Nevada's population of older adults, and our missions success requires collaboration between our partners. Along with stories you want shared and the suggestions you have to boost our progress, we want to hear about the work you are doing daily to support our geriatric community. Please reach out to nihan@unlv.edu to let us know!

The NIHAN Fall Geriatric Seminar Series is Underway

The NIHAN Fall Geriatric Seminar Series began on Tuesday, October 4, and will run through Tuesday, December 13. The seminar topics were chosen based on the 4Ms age-friendly health care framework; some topics covered in this Geriatric Seminars round include Aging Without Injury, Deprescribing Medication, and Treating Anxiety and Depression in Older Adults.

The Geriatric Seminar Series is offered to educate community members about healthy aging and allow participants to learn directly from topic experts. For ten weeks, seminars take place every Tuesday via WebEx; the goal is to make this program accessible to anyone interested, even from their home. Participants can register for our seminars on our website's [Geriatric Seminar page](#) or scan the QR code.

We encourage our partners to share our Geriatric Seminar information with those who will benefit from community education on healthy aging.



Dementia Digest

Year-round, our partner, The Cleveland Clinic Nevada's Lou Ruvo Center for Brain Health provide free educational seminars and events for community members impacted by neurological conditions, including Alzheimer's disease and related dementias (ADRD). In addition to patient and caregiver resources, the Clinic offers valuable healthcare provider education, called CME Programs.

The CME Programs are ACCME accredited courses and "address diagnosis and management of neurological conditions such as Alzheimer's disease and other dementias, Parkinson's disease and other movement disorders, and multiple sclerosis."

The CME Program offers training in three ways: CME Grand Rounds—live, virtual trainings the fourth Friday of each month from 12p-1p; CME On-Demand—recordings of past CME Grand Rounds (offered 24/7); and CME Conferences—hybrid one and two-day conferences providing intensive clinical neuroscience education.

This program's educational trainings are made for healthcare providers who are working with older adults and caregivers tackling ADRD, and the multiple training formats allow providers to find times in their busy schedules to participate in continuing education.

AGE-FRIENDLY HEALTH CARE *super!* HERO:

KATE INGALSBY

Q: How did you get started working at the Cleveland Clinic, and can you tell us about your current role?

I have eight years of experience in aging services, and I began my practice as a community health educator. Then, while in my role with the State of Nevada Aging and Disability Services Division, I narrowed my focus to Alzheimer's disease. I continued in this area of study as the regional director for the Alzheimer's Association Desert Southwest Chapter. Now, I'm in my most beloved role at the Cleveland Clinic: I am a program manager in the education department at the Lou Ruvo Center for Brain Health, and it involves educating providers, students and trainees, patients, and caregivers about Alzheimer disease and other dementias.

Q: Tell us how your work serves the geriatric population and the goal of an Age-Friendly Health System and Dementia-Friendly Community.

The current collaboration between the NIHAN project and the Cleveland Clinic is an opportunity to educate providers on the 4Ms Framework of an Age-Friendly Health System. This framework encompasses changing the way providers care for geriatric patients, by incorporating the "4Ms" into the care plan: What Matters, Medication, Mentation, and Mobility. But it doesn't stop with providers! Healthcare students, trainees, and patients must also take an active role in geriatric care, to yield positive health outcomes for older adults; these positive health outcomes look different for each person. Basing care on "What Matters" to individual patients takes into account their personal goals and incorporates those goals into their unique care plan. By educating both those providing care and receiving care, we can achieve our project goals together.



Kate Ingalsby, Program Manager,
Cleveland Clinic Lou Ruvo Center for
Brain Health
ingalsk@ccf.org



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Q: Tell us about an age-friendly project you've worked on that has been impactful to you.

In collaboration with NIHAN, we have expanded efforts to educate providers, students, patients, caregivers, and others in rural and underserved geriatric communities throughout our state. I lead the provider education programs for rural and underserved communities, while my colleague, Verla Neibuhr, leads the patient and caregiver education programs. We have established strong partnerships with rural and tribal organizations that serve these precious communities, and this has allowed us to provide the areas with much needed, dementia-specific education and training that better equips their providers to diagnose, treat, and manage dementia. We've had the opportunity to educate these communities about preventative strategies to reduce the likelihood of dementia and have transferred our in-person caregiver training programs to online formats to be more accessible for these areas; caregiver education programs help people in this role learn coping mechanisms, behavior-management strategies, and self-care tips. We also have different publications and tool kits to help members of the geriatric community navigate aging and dementia. Having the opportunity to touch the lives of our rural and underserved communities in a meaningful way has been impactful.

Q: Share with us about one healthy-aging habit you have or hope to adopt.

Healthy aging is achieved by adopting health-related behaviors that impact the quality of life in our golden years. As firm believers in our Healthy Brains Initiative at the Cleveland Clinic, our team practices the Six Pillars of Brain Health: exercise, eating healthy, controlling other risk factors, rest, mental fitness, and staying connected. Examples of healthy-aging habits I have adopted include daily strength or aerobic exercise as well as my "brain health" shake—a dose of kale or spinach, blueberries, a dash of fresh turmeric and ginger, and water—all blended together for a great morning breakfast before I begin my workday!

Education and Community Outreach is Key to Success

NIHAN and our partners work diligently to conduct outreach that provides education, resources, and tools to geriatric communities. Whether it's spending a day at the park to showcase publications and age-friendly exercise devices—as NIHAN did at the end of September—or hosting free seminars on geriatric health topics, the goal is to increase awareness of and access to age-friendly healthcare resources available to the geriatric community.

The NIHAN team has spent time visiting our academic, clinic, and community partner sites, to learn how they are conducting workforce training and community education initiatives. Recently, the team stopped at UNLV's School of Dental Medicine for a tour with Dr. Rohani, who is leading the geriatric dental clinic. They also visited Nevada Senior Services, a non-profit serving those with dementia, disabilities, and chronic illness, to speak to CEO, Jeff Klein, about their community education programs.

Multiple forms of outreach are being done by our partners, too. William Bee Ririe Hospital, located in Ely, Nevada, kicked off free seminars for the rural community—White Pine County Healthcare Seminars—hosted by the hospital's doctors. Recent seminar topics included improving immunity and making healthy food choices during the holidays. The Lou Ruvo Center for Brain Health also hosts provider and patient seminars: CME Grand Rounds, Powerful Tools for Caregivers, Mind in Design, and Dealing with Dementia—just to name a few.

It is both exciting and humbling to witness the work being done by our NIHAN partners and other organizations in our community, all in an effort to serve Nevada's geriatric population. If you need age-friendly healthcare resources or have collaboration suggestions, email nihan@unlv.edu.



Nevada Senior Services patient art



NIHAN outreach at Summerlin's Gardens Park



UPCOMING EVENTS

Week 7: NIHAN Geriatric Seminar

"The Art and Science of Deprescribing"

Tuesday, November 15
12p - 1p Pacific Time
via WebEx Meetings

Cleveland Clinic Nevada's

Dealing with Dementia Workshop

Thursday, November 17
9a - 2p Pacific Time
888 W Bonnevill Ave. Las Vegas, NV 89106

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STAY IN-THE-KNOW ABOUT NIHAN, AND SHARE OUR INFORMATION WITH YOUR HEALTHCARE NETWORK.

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nihan@unlv.edu | 702-272-0684 | www.nihan.care