

## PROMISING PRACTICES FOR MEETING THE BEHAVIORAL HEALTH NEEDS OF DUALY ELIGIBLE OLDER ADULTS: RESOURCE GUIDE

This is a supplemental resource guide to the webinar hosted on August 2, 2018, *Promising Practices for Meeting the Behavioral Health Needs of Dually Eligible Older Adults*. Individuals 65 or older who are dually eligible for Medicare and Medicaid have higher rates of behavioral health conditions compared to beneficiaries with Medicare only. While twenty-five percent of adults in the United States 65 or older experience a behavioral health problem, less than 3 percent of older adults report seeking treatment from a professional.<sup>1,2</sup> A number of resources for providers and health plans to support the behavioral health needs of dually eligible older adults are included below. Please note that some of the resources may have an associated cost.

The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website: [https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2018\\_GCC\\_Webinar\\_Series/Behavioral\\_Health\\_Needs](https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2018_GCC_Webinar_Series/Behavioral_Health_Needs)

### EVIDENCE-BASED PROGRAMS

National Council on Aging's **Aging Mastery Program** is an innovative, person-centered education program that encourages older adults to develop sustainable behaviors that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The Aging Mastery Program core curriculum combines evidence-informed knowledge sharing with goal-setting and feedback routines, daily practices, peer support, and small rewards. Some of the topics covered include medication management, falls prevention, and community engagement.

<https://www.ncoa.org/healthy-aging/aging-mastery-program/>

National Council on Aging's **Chronic Disease Self-Management Programs** aim to assist older adults in managing their chronic conditions, improve their quality of life, and lower health care costs. These workshops are designed to help people with chronic diseases gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives.

<https://www.ncoa.org/healthy-aging/chronic-disease/chronic-disease-self-management-programs/>

**Healthy IDEAS** is a program that integrates depression awareness and management into existing case management services provided to older adults. Program components include screening for depressive symptoms, educating clients about treatment options, linking clients to primary and mental health care, engaging clients to combat inactivity, and assessing client progress.

<http://healthyideasprograms.org/>

<sup>1</sup> National Council on Aging. (2018). Healthy Aging: Fact Sheet. <https://www.ncoa.org/wp-content/uploads/2018-Healthy-Aging-Fact-Sheet.pdf>.

<sup>2</sup> Lebowitz, B. D., et al. (1997). Diagnosis and treatment of depression in late life: consensus statement update. *Jama*, 278(14), 1186-1190.

## TRANSPORTATION SERVICES

The Centers for Medicare & Medicaid Services created a **Non-Emergency Medical Transportation Fact Sheet** to provide information about eligibility and procedures for Medicaid coverage for the cost of non-emergent medical transportation.

<https://www.cms.gov/medicare-medicare-coordination/fraud-prevention/medicaid-integrity-education/downloads/nemt-factsheet.pdf>

States are required to provide non-emergency medical transportation (NEMT) to Medicaid beneficiaries, with exact coverage varying by state. To learn more about the transportation benefits covered in your state, you can **contact your State Medicaid Agency**.

<https://www.medicare.gov/about-us/contact-us/contact-state-page.html>

Depending on the individual's age, their **local Area Agency on Aging (AAA)** may also have free or low-cost transportation. These benefits will vary based on location; the AAA in their area will be able to provide guidance on these resources. Additionally, <http://www.211.org/> is available in many areas to search for transportation and other social services resources.

<http://www.211.org/>

## RESOURCES FOR MOTIVATIONAL INTERVIEWING

Substance Abuse and Mental Health Services Administration (SAMHSA) developed a treatment improvement protocol for **Enhancing Motivation for Change in Substance Abuse Treatment**. The guide provides an overview of motivational interviewing techniques for providers working with individuals with substance use disorders.

<https://store.samhsa.gov/product/Enhancing-Motivation-for-Change-in-Substance-Abuse-Treatment/SMA12-4097>

Case Western Reserve University's Center for Evidence-Based Practices developed a **Motivational Interviewing Reminder Card** with 11 questions aimed to build self-awareness about providers' attitudes, thoughts, and communication styles.

<https://www.centerforebp.case.edu/client-files/pdf/miremindercard.pdf>

The **Motivational Interviewing Network of Trainers (MINT)** is an international organization committed to promoting high-quality motivational interviewing practice and training. MINT promotes good practice in the use, research and training of motivational interviewing and supports the continuous learning of members through meetings, resource sharing, communication, publications, and shared practice opportunities.

<https://motivationalinterviewing.org/>

## PUBLICATIONS AND ARTICLES

**Framework for Isolation in Adults Over 50** is a report on the current state of research on isolation in adults aged 50+ and includes a unifying definition of isolation, various measures and indicators of isolation and risk factors, and promising directions and needs for future research.

[https://www.aarp.org/content/dam/aarp/aarp\\_foundation/2012\\_PDFs/AARP-Foundation-Isolation-Framework-Report.pdf](https://www.aarp.org/content/dam/aarp/aarp_foundation/2012_PDFs/AARP-Foundation-Isolation-Framework-Report.pdf)

Elsevier's report on **Serving People with Severe Mental Illness who are Dually Eligible for Medicare and Medicaid** provides information on how innovations, such as Mobile Integrated Health programs, can be used to address the high utilization of acute services.

<https://www.commonwealthcarealliance.org/getmedia/b4fc9a61-b292-4276-b93b-1b11429186c2/SevereMentalIllnessPaper>

## ADDITIONAL RESOURCES

SAMHSA's **Treatment of Depression in Older Adults Evidence-Based Practices Kit** offers information about an array of evidence-based practices for treatment and services to improve outcomes for older adults experiencing depression. Digital versions of each section of the kit can be downloaded from the following link.

<https://store.samhsa.gov/product/Treatment-of-Depression-in-Older-Adults-Evidence-Based-Practices-EBP-KIT/SMA11-4631CD-DVD>

The Institute on Aging's **Friendship Line** is a 24-hour-toll-free crisis line for people aged 60 years and older and adults living with disabilities. The line also makes on-going outreach calls to lonely older adults.

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

The **Geriatric Depression Scale (GDS)** is a self-report screening measure for depression in older adults. The GDS Long Form version is a brief, 30-item questionnaire of yes or no questions.

[https://integrationacademy.ahrq.gov/sites/default/files/Update%20Geriatric%20Depression%20Scale-30\\_0.pdf](https://integrationacademy.ahrq.gov/sites/default/files/Update%20Geriatric%20Depression%20Scale-30_0.pdf)

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*The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to help beneficiaries dually eligible for Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This resource guide is intended to support health plans and providers in integrating and coordinating care for dually eligible beneficiaries. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to <https://www.resourcesforintegratedcare.com/>.*