

# Aging and the Opioid Epidemic - Treatment and Cultural Considerations

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University of California Los Angeles  
Integrated Substance Abuse Programs

# Aging and the Opioid Epidemic – Treatment and Cultural Considerations

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Opioid  
Response  
Network  
STR-TA



# Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.



# Working with communities to address the opioid crisis.

- ✧ SAMHSA's State Targeted Response Technical Assistance (STR-TA) grant created the *Opioid Response Network* to assist STR grantees, individuals and other organizations by providing the resources and technical assistance they need locally to address the opioid crisis .
- ✧ Technical assistance is available to support the evidence-based prevention, treatment, and recovery of opioid use disorders.





***Approach: To build on existing efforts, enhance, refine and fill in gaps when needed while avoiding duplication and not “re-creating the wheel.”***

# Overall Mission

To provide training and technical assistance via local experts to enhance **prevention, treatment** (especially medication-assisted treatment like buprenorphine, naltrexone, and methadone), and **recovery** efforts across the country addressing state and local - specific needs.



# Working with communities to address the opioid crisis.

- ✧ The Opioid Response Network (ORN) provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address this opioid crisis.
- ✧ The ORN accepts requests for education and training.
- ✧ Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



# Contact the Opioid Response Network

✧ To ask questions or submit a technical assistance request:

- Visit [www.OpioidResponseNetwork.org](http://www.OpioidResponseNetwork.org)
- Email [orn@aaap.org](mailto:orn@aaap.org)
- Call 401-270-5900



# Substance Abuse and Mental Health Services Administration (SAMHSA)

*Funding for this initiative was made possible (in part) by grant no. 6H79T1080816 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*



# Overview

- ✧ The field of aging, my professional background, and demographic trends
- ✧ Intersections of Aging and the Opioid Epidemic

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# The Field of Aging, Background Work, and Demographic Trends

# The Field of Aging: Gerontology and Geriatrics

- ✧ **Geriatrics**- the study of health and disease in later life + comprehensive health care of older persons and caregivers. (AGHE, n.d.)
- ✧ **Gerontology** - the study of physical, mental, and social changes in (older) people as they age + and the investigation of the changes in society, resulting from an aging population → application to programs and policies. (AGHE, n.d.)
- ✧ **Aging**- changes that take place in the organism across the lifespan--good, bad, and neutral. (Hooyman & Kiyak, 2008).



# My Professional Identity, Background, and Work

**Geriatric Social Worker**

**(Social) Gerontologist**

Time Out @ **UCLA**

California Geriatric Education Center



**UCLA**

Health

it begins with U

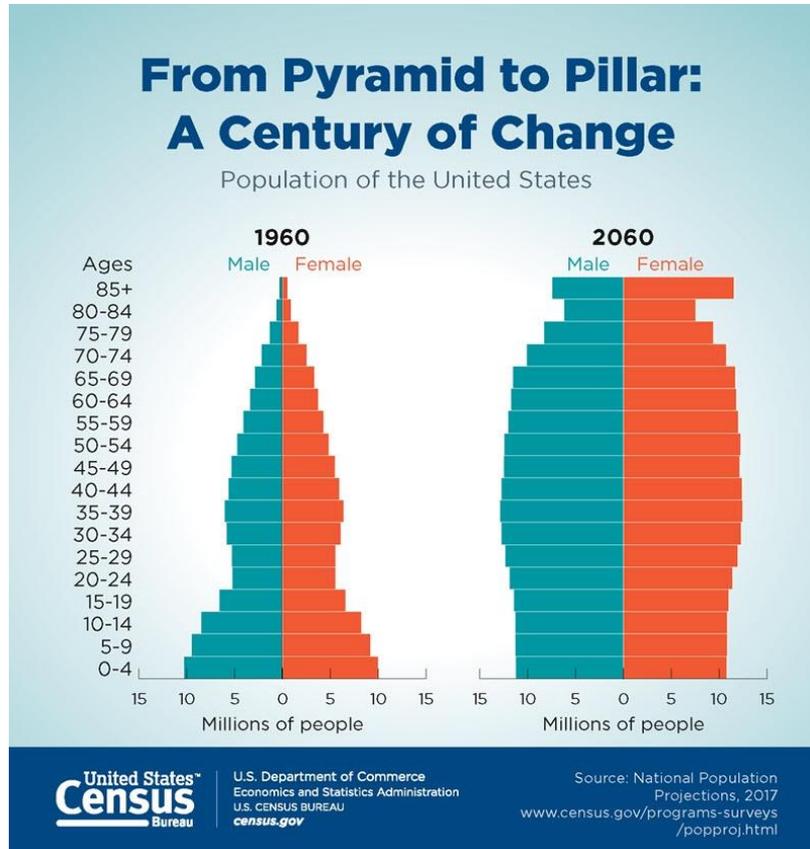


Reframing Aging

An overview of reframing research  
With support from the Leaders of Aging Organizations



# Aging Demographic Trends: Population Aging

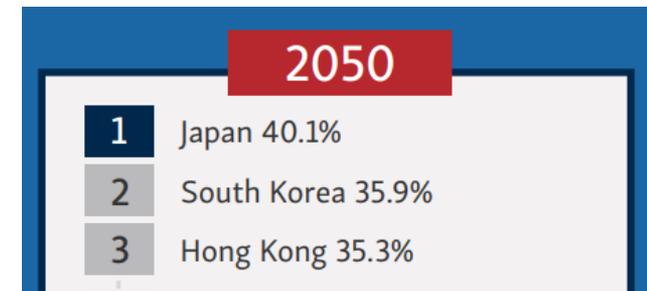
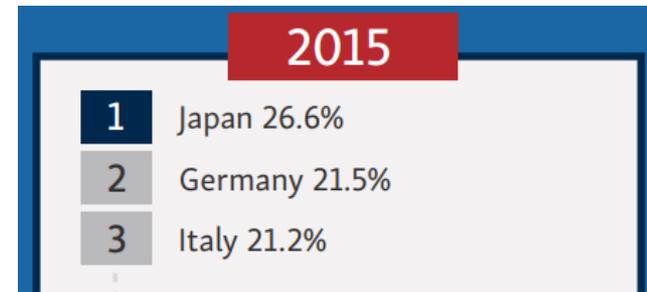
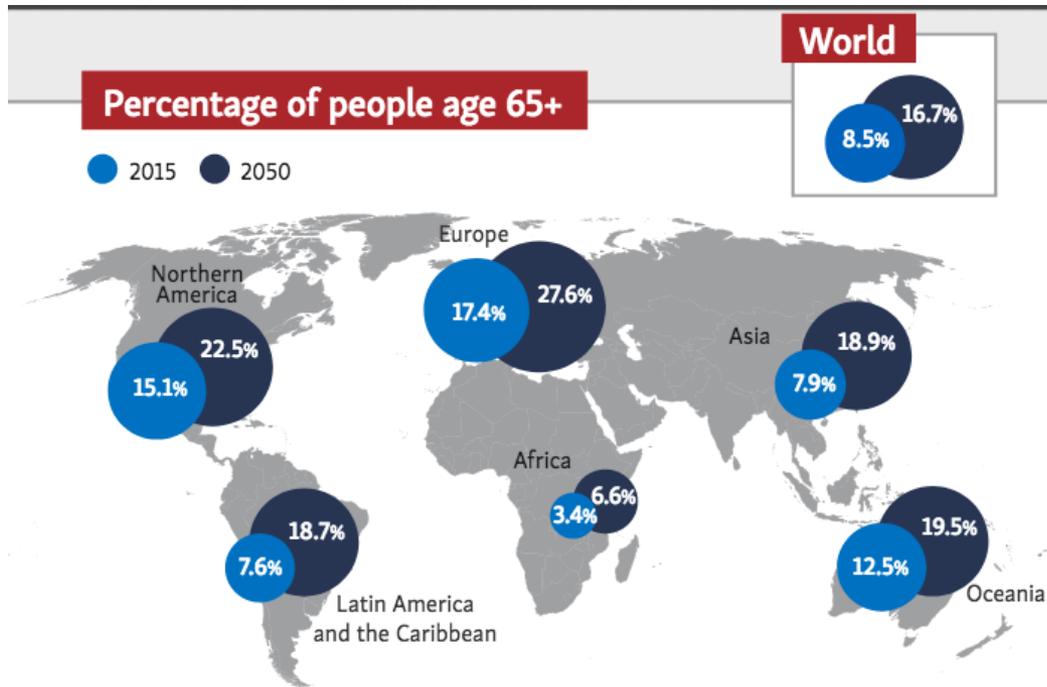


## Population Aging

- ✧ Longevity, Prolonged Mortality
- ✧ Low Fertility
- ✧ Higher Morbidity (Noncommunicable Diseases)



# Aging Demographic Trends: Global Perspectives

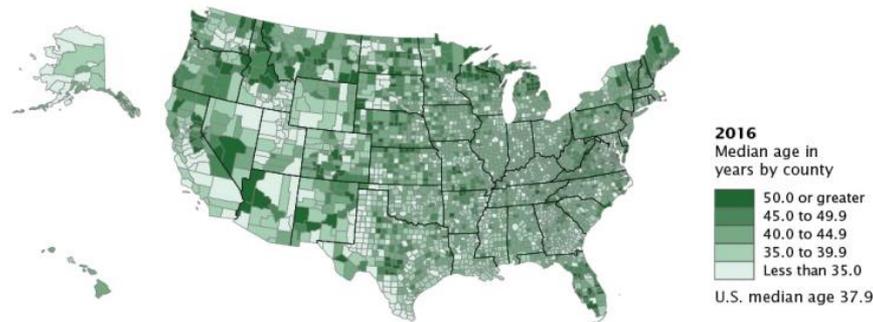
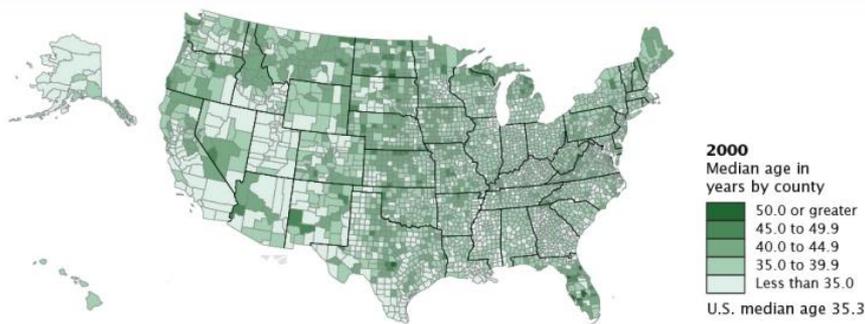


Sources: U.S. Census Bureau, International Data Base, decennial censuses, and 2014 National Population Projections. For more information, see Federal Interagency Forum on Aging Related Statistics ([www.agingstats.gov](http://www.agingstats.gov)): *Older Americans 2016*; and U.S. Census Bureau ([www.census.gov](http://www.census.gov)): *An Aging World: 2015, 65+ in the United States: 2010*, and *The Older Population: 2010*.



# Aging Demographic Trends: State Perspectives

## The Nation's Median Age Continues to Rise



## “Oldest States in 2017”

- ✧ FL, ME, PR (20%)
- ✧ WV, VT (19%)
- ✧ HI, DE, MT, PA, NH, SC (18%)
- ✧ CA, FL, TX, NY (#)

United States<sup>™</sup>  
**Census**  
Bureau

U.S. Department of Commerce  
Economics and Statistics Administration  
U.S. CENSUS BUREAU  
[census.gov](http://census.gov)

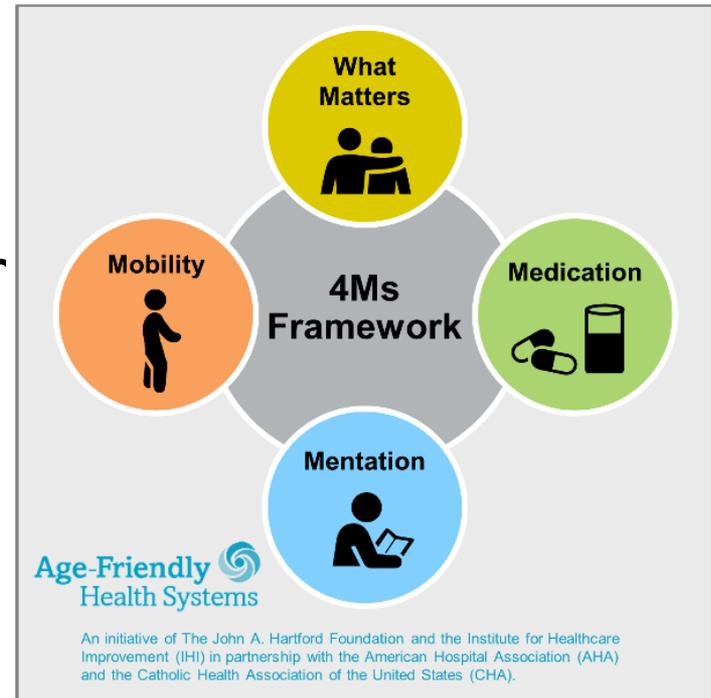
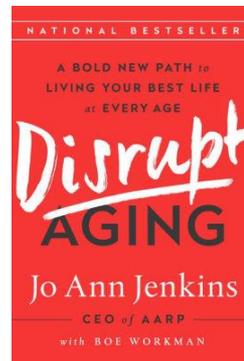
Sources: Census 2000 Summary File 1 and  
Vintage 2016 Population Estimates  
[www.census.gov/census2000/sumfile1.html](http://www.census.gov/census2000/sumfile1.html)  
[www.census.gov/programs-surveys/popest.html](http://www.census.gov/programs-surveys/popest.html)



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# Aging Demographic Trends: Impacts

- ✧ Culture and Society
- ✧ Community Health
- ✧ Health and Welfare System



For related work, this graphic may be used in its entirety without requesting permission. Graphic files and guidance at [ihi.org/AgeFriendly](http://ihi.org/AgeFriendly)

Ortman, J. M., Velkoff, V. A., & Hogan, H. (2014). *An aging nation: the older population in the United States* (pp. 25-1140). Washington, DC: United States Census Bureau, Economics and Statistics Administration, US Department of Commerce.





# Intersections of Aging and the Opioid Public Health Epidemic

# Major Areas of Focus

- ✧ Epidemiological Data
- ✧ Increased Vulnerability/Risk for Adverse Outcomes
- ✧ Specific Social Issues and Target Population:
  - Rural Population of Older Adults
  - Grandparents Raising Grandchildren
- ✧ Resources



# Epidemiology of Opioids and Older Adults

## ✧ **Increasing Rates of Opioid Misuse:**

- Opioid misuse increased for older adults 2013-2014, and decreased for younger adults (NSDUH)
- Projected to double from 2004 to 2020 (AoA, SAMHSA, 2012)
- Medicare Beneficiaries highest and fastest growing rates (CMS, 2017)

## ✧ **Prevalence of Prescriptions Painkillers:**

- 1 in 3 Medicare Part D Beneficiaries received a prescription opioid in 2016 (U.S Office of Inspector General)
- Significant Increase since 2003 (NSDUH, 2003/2013)



# Increased Risk and Vulnerability: Aging, Opioid Use, Chronic Pain

WEB SEMINAR THURSDAY, NOV. 1 AT 10 AM PST

## The **Hidden Storm**: Aging, Chronic Pain and Opioid Addiction

Chronic pain, coupled with alcohol and/or opioid addiction among older adults threatens life and quality of life. Through a bio-psychosocial context, this web seminar will explore how solutions may become the problem. Multi-dimensional, non-opioid treatment is the future of humane and authentic recovery. This web seminar will present new insight and effective tools for aging care, to help Aging Life Care professionals to evaluate the presence of opioid and-or alcohol addiction, and support addiction recovery and humane pain management for holistic, meaningful life with healthy function for older adults. **Presented by ASA's Healthcare and Aging Network (HAN), registration for this web seminar is available for no charge to ASA members and includes complimentary CE credits.**



[Learn more and register.](#)



# Increased Vulnerability and Risk: Biological

## ✧ Biological

- Comorbidities
- Polypharmacy
- Chronic Pain & Prescription Drugs
- Physiological Changes in Aging
  - Metabolism, Sedation, Respiratory Depression, Visual Impairment, Coordination, Attention, Fall Risk
- Increased Risk of Mortality (Larney et al., 2015)



# Increased Vulnerability and Risk: Psychosocial

## ✧ Psychological

- Death, Mortality, Loss, Grief, Depression-related to Health, Role Loss

## ✧ Social

- Isolation, Loneliness, Marginalization
- Generational Patterns
  - Stigma and addiction as Moral Issue (Silent and Greatest Generation)
  - Increased Usage (Boomer Generation)

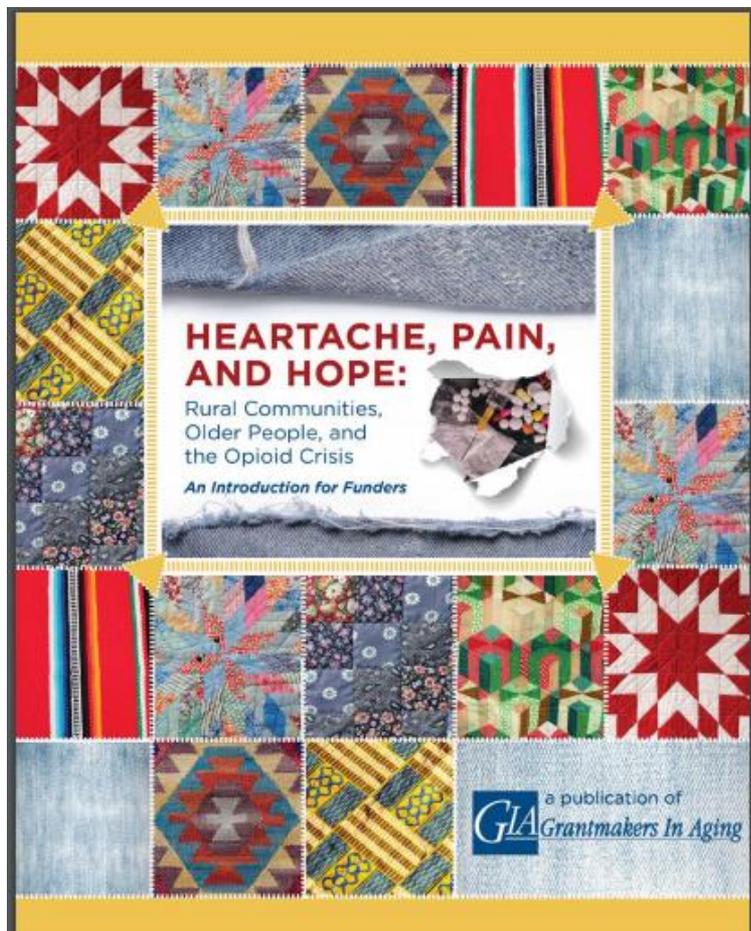


# Treatment Considerations

- ✧ Longer Detoxification
- ✧ More Medical Science Application
- ✧ Community Health Promotion Programs (w/ Bx) & Integrated Care
- ✧ Age-Specific Psychosocial Interventions and Treatment



# Vulnerable Population: Rural Older Adults

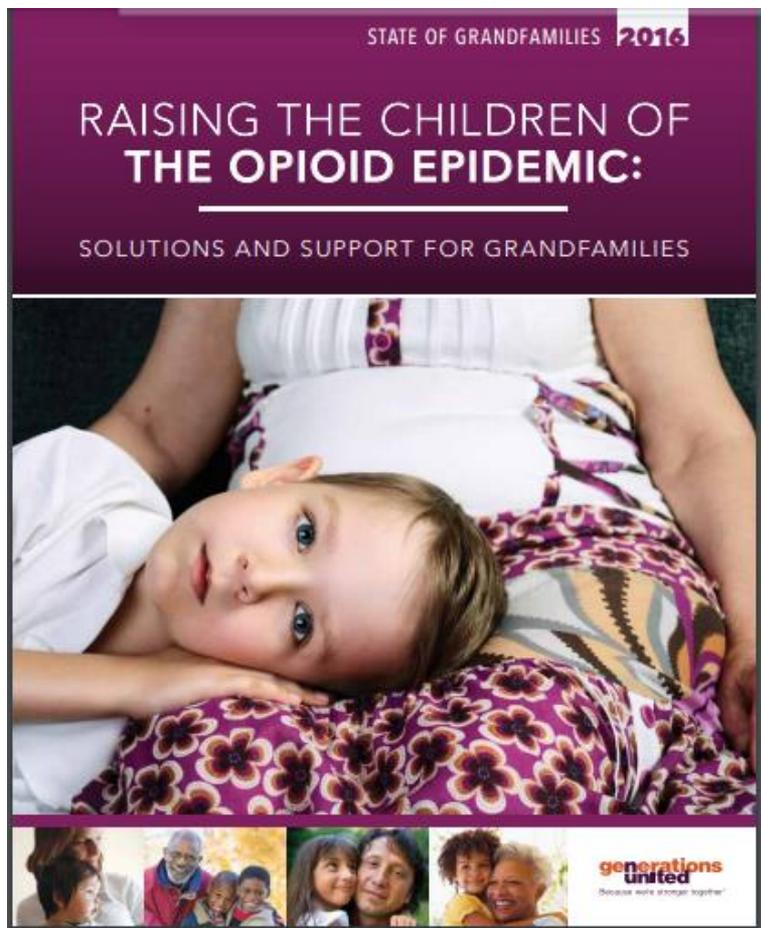


## Solutions

- ✧ Project Lazarus (NC)
- ✧ Senior Hope Counseling (Albany, NY)
- ✧ Recovery@50 Plus (Hazelden Betty Ford Foundation)
- ✧ **Intergenerational/Cultural Solutions- Comanche Nation's I Am Native Drug Free Nation (IAMNDN) ECHO® (Lawton, OK)**



# Intergenerational Perspectives: Grandparents Raising Grandchildren



## Findings & Solutions

- ✧ 2.5 million children
- ✧ S.1091 (Supporting Grandparents Raising Grandchildren Act) Signed into Law 07/2018
- ✧ GenerationsUnited
- ✧ [www.Grandfamilies.org](http://www.Grandfamilies.org)
- ✧ GrandFacts, AARP

