



April 2018 Newsletter

Helping Seniors Stay in Their Own Homes

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Life Expectancy Drops as a Result of Pain Killers — For Seniors Too!

It has become expected that Americans will live a long life. Becoming a centenarian isn't as unusual as it once was. In fact, it is expected that there are over 70,000 people in the US that are 100 years old or more! While the number of those living to 100 is still low, this number has been on the rise since 2000. Adults are taking better care of themselves by improving their health habits such as smoking cessation, getting and staying more active and eating better. Why then is the overall life expectancy rate dropping?

Life Expectancy News

In 1900 you were considered lucky to live to be 50 years old. In 2015 that number has increased dramatically. The average life expectancy then was 78.8 years. Our life expectancy has actually increased by about three months a year during the 20th century – until now. It is interesting – perhaps not surprising – that if you live in Hawaii, your life expectancy is 80 years which is the longest of all states. The shortest life expectancy is found in people living in Washington, DC at 72 years. Americans' life expectancy has been on the increase since 1970 but we have seen a change in these numbers recently. Average life expectancy is now 78.6 years. Many experts are linking this change to the opioid crisis.

Opioid Crisis Overdosing Deaths

The news is full of the tales of the current crisis involving pain killing opioids, especially fentanyl and heroin. In 2016, drug overdoses became the number one killer of people under 50. Recently, the National Center for Health Statistics for the Centers for Disease Control and Prevention Dangers released their report that the average life expectancy has actually dropped to 78.6 years showing the second straight drop in two years. In 2016, they found that more than 63,000 people died of causes linked to drug use, which is contributing to a drop in our average life expectancy. While the numbers are largely people between the age of 25-44, older adults are also falling victim to drug overdoses. It is true that older adults still die more often from chronic diseases such as heart disease and cancer, but there are many elderly who rely on pain killers to relieve their chronic pain. In fact, drug use rose in all age groups, not just among the young. It's alarming to learn that the rate of hepatitis C is also on the rise related to the increasing frequency of drug injections of heroin.

Risks of Opioids in Our Senior Loved Ones

Seniors are at greater risk from opioids themselves than from an opioid addiction, which could cause accidental deaths. More often seniors will fall victim to other health risks when taking opioids including breathing complications, confusion, drug interaction problems and increased risk of falls. The benefits from taking opioid pain relievers for our senior loved ones may outweigh the risks, however.

Benefits of Opioid Use for Senior Loved Ones

More than half of our seniors have chronic pain that worsens as they age. As a result, many rely on prescription pain relievers to allow them to be independent and complete their daily tasks. Many couldn't continue to age in place without the help of their pain medication which improves their physical function. However, older adults aren't immune to abuse of opioids or combining this with alcohol abuse.

Tips to Reduce Pain Without Drugs

Family caregivers can help their senior loved ones reduce and potentially avoid substance abuse issues from taking opioids to help with pain relief by using some of these other options.

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| 1. Non-opioid pain relievers, including NSAIDs like aspirin, ibuprofen, acetaminophen and naproxen. | 8. Biofeedback |
| 2. Steroids can relieve pain from inflammation | 9. Chiropractic care and treatment |
| 3. Exercise – muscle strengthening, core building | 10. Relaxation training and meditation |
| 4. Physical therapy | 11. Warmth and/or ice to affected area |
| 5. Yoga | 12. Warm bath — soothing/relaxing or water therapy |
| 6. Acupuncture | 13. Weight loss to relieve stress on joints |
| 7. Anti-inflammatory diet | 14. Talk to doctor about the latest alternate therapies for particular conditions |

Our seniors have a right to lead an independent life if that is their choice, free of pain without the pitfall of becoming a victim to pain killer abuse.

Trying alternative ways to treat chronic pain instead of relying on another pill may not be easy for some seniors but could be worth the effort.



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Helping Seniors Stay in Their Own Homes

Home Care Pulse | March 2018

Vantage Report Scores—March 2018

Each month, 10% of our client and 10% of our employees are called and surveyed by Home Care Pulse, a division of Home Care Association of America. Client responses to the Home Care Pulse survey have earned us Best of Home Care awards every year since 2012. We receive these awards from answers given when they were called about Adelmo's performance in areas such as, compassion, work ethic, communication and training. This year, Adelmo Family Care has been awarded Provider of Choice and Employer of Choice. Check out some of our client feedback from our 2018 first quarter surveys.

"[The caregivers] show compassion by being sympathetic... they are willing to do even more than what I expect. I actually almost think a family is helping me. They help me well and I feel like I am friends with them. The girls are nice and sweet. They cook for me and clean for me. They visit with me. They wash and fold clothes and put them away for me. They do everything they are supposed to do and beyond."

-M.A. Client Since May 2017

"[The caregiver] does very well and she is patient with my husband. He thinks a lot of her and I appreciate that. [The caregiver] gives my husband a bath and does his workouts with him and also walks with him faithfully.] She also tries to be thorough and she an honest person who loves the Lord. She shows that she cares by her actions, greeting him when she comes in, and always saying good-bye when she leaves. She leaves encouraging words with him as well. The office is great because [they] are always there and tries to give us little hints of good things [to try]. [They] are always really sweet and good people. I always smile when I come in to get papers from [the office]."

-K. S. Client Since July 2017

A very special thank you to our caregivers that work so diligently to provide personalized and compassionate care to our clients. The Adelmo Family Care Administrative Team is extremely proud of the work you do and the impact you make in the lives of our clients and their families!

Our Staff



*John Good
Owner*



*Kelsey
Ramsey
Marketing*



*Summer
Bettes
Supervisor*



*Kristy
Brownfield
Supervisor*



*Vicky
Cleveland
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