

## Health Care Alert

A QUARTERLY PUBLICATION PROVIDING HEALTH CARE TIPS FOR PEOPLE WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES AND THEIR SUPPORT TEAMS



National Task Group on Intellectual  
Disabilities and Dementia Practices

## *Dementia Capable Care of Adults with ID and Dementia*

Hosted by Philadelphia Coordinated Health Care (PCHC) and Philadelphia County's Department of Behavioral Health and Intellectual disAbility Services (DBHIDS).

*Basic Workshop: May 23<sup>rd</sup> and 24<sup>th</sup>, 2017*  
*Train-the-Trainer Workshop: May 23, 24, and 25, 2017*  
8:30 am – 4:30 pm  
Willow Grove Giant, Community Center, 2<sup>nd</sup> floor  
315 Old York Rd  
Willow Grove, PA 19090

REGISTRATION FOR THIS WORKSHOP IS BEING OFFERED AT A REDUCED PRICE DUE TO THE GENEROUS SUPPORT FROM Philadelphia County's Department of Behavioral Health and Intellectual disAbility Services (DBHIDS).

To register for this event, go to <http://aadmd.org/ntg/schedule>

### 2 Day Basic Workshop: Days 1 and 2 Only \$150

#### Description:

This highly interactive and evidence-informed workshop covers the basic concepts of care of an adult with ID and dementia. A wide range of topics are covered that directly relate to the unique challenges facing adults with intellectual disabilities who are at risk of or who have developed dementia. Staff will be able to incorporate and apply this knowledge to their professional roles immediately.

### Full 3 Day Train-the-Trainer Workshop: \$250

#### Description:

The first two days of the workshop cover the topics outlined in the 2 Day Basic Workshop. A third day is added and is devoted to understanding and delivering the full NTG Dementia Capable Care Curriculum. Affiliated trainers have access to greatly expanded topic modules, trainer manual, NTG continuing education webinars, and are mentored by NTG Master Trainers. NTG Affiliated Trainers are authorized to use NTG branded and copyrighted training materials to train within their own organization or to conduct training for outside agencies and organizations on a fee for service basis.

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## Welcome to La Salle Neighborhood Nursing Center

La Salle Neighborhood Nursing Center is 25 years old. There have been many changes over the years, but the commitment to the community remains intact. As part of La Salle University School of Nursing and Health Sciences, we are a nationally recognized provider of community-centered public health nursing, public health, and social services to populations in Southeast Pennsylvania.

The **clinic** is open to community members from Monday to Thursday in the mornings and community members are invited to call the center for additional hours. The center is located at the corner of Chew and Wister Streets in Northwest Philadelphia. Call us at 267-975-6262 or email us [maturehealthconnections@gmail.com](mailto:maturehealthconnections@gmail.com).

Do you or a family member need to discuss sleep apnea, hypertension or heart health? Do you need a **flu shot**? We provide **health screenings and individual health counseling**. We administer flu vaccine and can offer tetanus, if the community requests.

The clinic offers **foot care**. This is an old nursing practice that reminds the participants to care for their feet and their whole body. Foot care is a preventive measure for reducing and treating complications of the foot from diabetes. Longstanding high blood sugar can damage the nerves and the blood vessels in the foot. These services are available during open clinic hours or call for an appointment.

Diabetes is a major health issue affecting 29.1 million Americans in 2012. Diabetes remains undiagnosed in 8 million Americans. Diabetes remains the 7th leading cause of death in the United States in 2010. Remember, we also can screen community members for their fasting blood sugar.

Here is what we offer:

- Short foot soak in warm, soapy water
- Trim nails
- Remove debris from nails
- Massage feet with moisturizer.
- Additionally, you will receive foot care instruction by the public health nurse. Bring your family member, and we will teach them, as well.

The **education** room is open for scheduled educational sessions on various days. One of educational groups is called the Diabetes Conversation Map. Are you taking care of yourself or someone else who has diabetes? Many times, you know what to do, but haven't been able to put all of the parts of care into practice. Come to this award winning conversation based group to talk about how to better manage the daily needs of diabetes. The first session will focus on concepts needed to managing diabetes. Next, we will discuss diabetes and healthy eating. Later, we will describe ways to monitor blood glucose, highs and lows, and get to goal. Last, we will talk about medications and problem solving.

Do you know your heart healthy numbers? Heart disease is the leading cause of death for both men and women in the United States. **Healthy numbers mean a healthy heart.** If you follow a healthy lifestyle -- eat a balanced diet, get regular exercise, and avoid smoking -- you can even turn bad numbers around. Here are some numbers that we can help you focus on.

- **Blood Pressure:** The normal is < 130 and < 80. If you are higher, please check your pressure more often. If you have high blood pressure, it is important to take your medication every day.
- **Cholesterol:** This is fat that is unable to be dissolved in the blood stream and clogs the blood vessels. Normal is less than 200 mg/dl.
- **Weight and waist size:** Higher weight and waist size indicates a higher risk for heart disease, diabetes, hypertension, and cholesterol. What is your BMI (Basal metabolic index)?
- **Blood Sugar:** Normal is 70-100 mg/dl. Higher blood sugars lead to stickiness in your blood vessels causing the heart to pump harder and blood pressure to increase.

**Come in to the nursing center and we can help you plan for improving your numbers and your heart health.**

## South Philadelphia Community Health and Literacy Center



The **Community Health and Literacy Center** in South Philadelphia has been open for almost a year and is located at the corner of Broad and Morris St. The center offers an **array of services and classes** that anyone can benefit from, including individuals with intellectual disabilities. The facility houses a clinic with primary care physicians and specialists, as well as an onsite pharmacy to pick up medications. Programming provided ranges from *nutrition, literacy, computer classes, caregiver support and bilingual program* options. On-site staff provide interpretation services for *Spanish, Indonesian, Vietnamese, Cambodian, and Chinese* speakers and use a phone interpretation service for additional languages.

For more information on the South Philadelphia Community Health and Literacy Center go to: <http://www.freelibrary.org/>

## Special Needs Unit (SNU) Meeting Update

The Special Needs Unit Meeting will be taking place on **April 19<sup>th</sup>** at the East Falls Medical Center located at 3300 Henry Ave, Philadelphia, PA. The meeting will take place from 10:00am- 12:00pm. The remaining meetings in 2017 will take place at the East Falls Medical Center for the year. The dates for the upcoming SNU Meetings are as follows:

July 19, 2017  
October 18, 2017

If you have any questions or concerns, please feel free to contact Briana Downs at [bdowns@pmhcc.org](mailto:bdowns@pmhcc.org) for SNU related inquiries.

## Education Department Update

The DDX Curriculum Training dates are now available. If you are interested, please register as soon as possible. Also, please be sure to check training locations as the trainings below are located across the SE region. Registration is through PCHC and on-line registration is available at [www.pchc.org](http://www.pchc.org)

### Older Adults & Dual Diagnosis

5/17/17  
10:00 AM—12:00 PM

Giant Super Market  
(Willow Grove)  
315 York Road  
Willow Grove, PA 19090

### Communication with the PCP and other Medical Specialists

5/17/17  
1:00 PM—3:00 PM

Giant Super Market  
(Willow Grove)  
315 York Road  
Willow Grove, PA 19090

### Functional Behavior Assessment & Behavior Support Plans

6/16/17  
10:00 AM—12:00 PM

Montgomery County  
Intermediate Unit (MCIU)  
2 W. Lafayette Street  
Norristown, PA 19401  
**\*\*Park in adjacent lot\*\***

### Stress Management for Direct Supporter

6/16/17  
1:00 PM—3:00 PM

Montgomery County  
Intermediate Unit (MCIU)  
2 W. Lafayette Street  
Norristown, PA 19401  
**\*\*Park in adjacent lot\*\***

## Announcements

### Regional Nurse Network Meetings

An opportunity for developmental disabilities nursing education and discussion.

*\*\*If you are not on our e-mail list, or have changed e-mails, please contact Patty Graves at [pgraves@pmhcc.org](mailto:pgraves@pmhcc.org).*

### Special Needs Unit (SNU) Meetings

Please contact Briana Downs at [bdowns@pmhcc.org](mailto:bdowns@pmhcc.org) for more information about the SNU Meetings or to be added to the SNU Meeting list.

### Regional Nurse Network Meetings

June 2, 2017  
October 6, 2017



### Special Needs Unit Meetings

July 19 2017  
October 18, 2017



Learn more at [www.pchc.org](http://www.pchc.org)



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