

Well-Informed  
for safe & healthy living

Spring 2015

## Well Beyond 60! – May is Older Americans Month

Did you know that what you do to and for yourself throughout your lifespan has a greater impact on your well-being than genetics? You may think that you are too old to make meaningful changes to your health, but there is *always* something you can do to be healthier, avoid injury, keep chronic conditions in check, and live "Well Beyond 60!"

Each year, in Ohio and around the nation, we recognize May as Older Americans Month to celebrate our senior citizens as vital members of society who continue to grow, thrive, and contribute.

DODD state agency partner, the Ohio Department of Aging, has chosen the theme "Well Beyond 60!" for this year's celebration to raise awareness of the many ways older adults can and are living longer, healthier, and more active lives.

Did you know that three out of four adults over the age of 60 have some type of chronic health condition, such as diabetes, arthritis, high blood pressure, or lung disease? In fact, the National Council on Aging says that the odds of having two or more of these conditions increases significantly with age.



### May also is National Family Caregivers Month

Many senior citizens are parents who are the primary caregivers for their adult children with developmental disabilities.

DODD salutes these senior family members!

Evidence shows that adults who take an active role in managing their health and health care report better health outcomes, and more satisfaction with life.

**Falls are a big issue for older Ohioans.** Data shows that one in three Ohio senior citizens will fall this year. For some, a single fall could result in a life-altering injury. However, falls are not a normal part of aging, and most falls can be prevented with minor changes to your home, health, and habits.

(continued on p. 2)

### Well-Informed for safe and healthy living

A quarterly newsletter published by the Ohio Department of Developmental Disabilities MUI Registry Unit. More resources are available online at [www.dodd.ohio.gov](http://www.dodd.ohio.gov)

MUI Main number 614-995-3810  
MUI Fax number 614-995-3822  
MUI Hotline 866-313-6733

### In This Issue...

Health & Welfare for Older Americans	1-2
The Fatal Five	3
First Aid; Transportation Safety	4
5 Great Health & Welfare Tips; True Story	5
Calling 911	6
Road Safety	7
News & Notes	8

### May is Older Americans Month

(continued from cover)

**Did you know that there are more than 2.3 million Ohioans over the age of 60, and another two million Baby Boomers living in our state today?** Comprising more than 40 percent of our state's population, they have much to contribute by sharing their knowledge and experiences, mentoring younger generations, learning new skills, and remaining in or returning to the workforce. Plus, older adults who stay active through volunteering and other activities see improved physical and mental health, according to the Corporation for National and Community Service.

**Since 1963, local communities across the country have celebrated Older Americans Month each May. Many honor local senior citizens who have made a difference in their communities.** Older adults have made numerous contributions and sacrifices to ensure a better life for future generations. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

Visit the Ohio Department of Aging website ([www.aging.ohio.gov](http://www.aging.ohio.gov)) for more resources to help you or a loved one live "Well Beyond 60!" including STEADY U Ohio, HEALTHY U Ohio, and related programs.

### He's Plugging In to Good Health

*Well-Informed* readers at the Open Door Art Studio in Columbus sent along some information about studio artist, Rex Lynch. It seems he is taking good care of his health now, long before he becomes a senior citizen, so that he can enjoy many years of creating art. They



wrote, "When you first hear Rex Lynch's deep voice you might think him a bit gruff, but that myth is dispelled the first time you hear one of his belly laughs. His artistic style is bright and cheerful, and his drawings usually depict houses or robots. His interest in science fiction explains his love of designing robots with futuristic technology.

### Outdoor advertising campaign draws attention to elder abuse

Attorney General (AG) Mike DeWine and the Outdoor Advertising Association of Ohio have joined forces in donating space on more than 200 traditional and digital billboards across the state to urge those who suspect a friend or loved one is being abused to report their suspicions to local authorities or to the AG's office. The billboards are posted throughout May in recognition of Older Americans Month. DeWine stated,

"Elder abuse is a very serious, and often unreported issue, and we all must work together to protect Ohio's older adults. They are among the most vulnerable citizens in our communities."

He added, "I am hopeful that this billboard campaign will encourage residents to look for signs of elder abuse and report them to authorities so that those who take advantage of the elderly in Ohio can be held accountable."

The DODD MUI Unit wholeheartedly supports these efforts to improve reporting of suspected abuse to senior citizens, and individuals with DD.



A proud uncle and devoted to his family, Rex has lived in central Ohio most of his life. He loves to share his art with people, and has aspirations to be a famous (and healthy!) artist. His patience and diligence when creating should serve him well in attaining that goal. *Learn more about Open Door Studio at [www.opendoorartstudio.org/](http://www.opendoorartstudio.org/)*

# Health & Welfare Tips - The Fatal Five

## What Are 'The Fatal Five'?

*Reprinted in its entirety with permission from the author.*

*Source: HRST (Health Risk Screening Tool) Newsletter, July 2013; Health Risk Screening, Inc.; Karen Green McGowan, RN, CDDN; Founder of Health Risk Screening, Inc.*

The Fatal Five refers to the top five disorders linked to preventable deaths of individuals in congregate care settings, or in community-based residential settings. While the issues can differ in order of frequency depending on the population represented, the five conditions most likely to result in death or health deterioration for persons with intellectual and developmental disabilities are (1) bowel obstruction, (2) gastroesophageal reflux disease (GERD), (3) aspiration, (4) dehydration, and (5) seizures.

### (1) Bowel Obstruction

This is the most common cause of preventable death in community settings. The most important root cause of bowel obstruction is the use of multiple drugs with constipating side effects. Add to this the affect of dietary habits that contribute to the problem, such as diets that are low in fiber and fluids. Ironically, medications intended to improve elimination can place the individual at higher risk for impaired bowel function. Adequate active movement or exercise is also important. Controlling these factors, and training caretakers to recognize the signs and symptoms of bowel problems at the earliest moment, can greatly reduce occurrence of death from bowel obstruction.

### (2) Gastroesophageal Reflux Disease (GERD)

GERD is the backing-up of stomach contents, including acid, into the esophagus. It often goes undiagnosed in an individual, including those without disabilities, until major harm has been done to the bottom of the esophagus. Medications that cause constipation also contribute to GERD. Individuals who are overweight -- particularly when they carry excess weight around the abdomen or wear clothing that is too tight -- have a higher risk of GERD. Ill-advised dietary choices, immobility, and improper positioning also contribute greatly to the incidence. As the disorder continues without treatment, the occurrence of discreet or frank aspiration, life-threatening GI bleeding, and esophageal cancer become more common.

### (3) Aspiration

Aspiration is the most common cause of death in institutional settings, including nursing homes and large group care settings for persons with intellectual and developmental disabilities (IDD). Aspiration often begins subtly and damages increasing areas of the lungs. Aspiration pneumonia is a common discharge diagnosis following hospitalization. As a person's respiratory status becomes compromised, feeding tubes -- which carry their own increased risks -- often are used. Other factors which may lead to aspiration are poor body positioning, particularly in individuals who cannot control their own movements well, and behavioral issues related to eating.

### (4) Dehydration

Individuals who do not swallow well are especially likely to refuse fluids or indicate fear when they get them, often resulting in dehydration. Dehydration is also likely when staff or family try to restrict fluids to prevent incontinence, not realizing that lack of fluids can contribute to constipation and increase seizure frequency, not to mention drug toxicity and other health problems.

### (5) Seizures

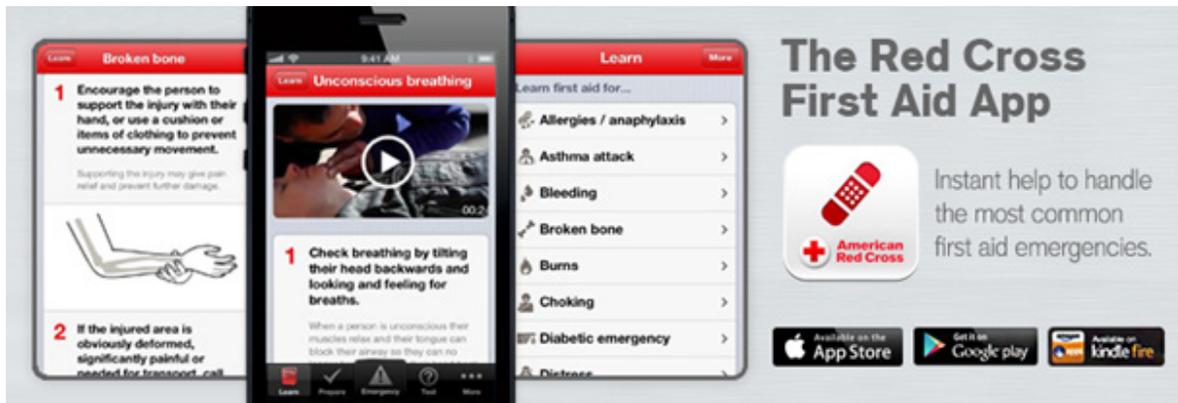
Seizure deaths can occur from drug toxicity or from uncontrolled seizure. Sudden, unexplained death in epilepsy (SUDEP), occurs on a fairly regular basis and for reasons that medical science has yet to explain. Life expectancy for persons with active seizure disorders has shown to be up to 10 years less than those without the condition.

These Fatal Five causes account for 103, or 12 percent of the reported deaths last year in Ohio's DD service system. Aspiration deaths were the most-reported of those listed as cause of death (57), followed by seizures (35), bowel obstruction (10), GERD (1) and Dehydration (none).

**851 deaths were reported in 2014 out of 91,074 people served, for a rate of 9.34 per thousand.**

# New Red Cross First Aid App

Put the New Red Cross First Aid App to Work!



Go to: [www.redcross.org/mobile-apps/first-aid-app](http://www.redcross.org/mobile-apps/first-aid-app)

The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hands.

Available for iPhone and Android devices, the app gives you instant access to information you need to know in order to handle the most common First Aid emergencies. It includes videos, interactive quizzes, and simple step-by-step advice -- it's never been easier to know First Aid! Features include:

- Simple step-by-step instructions guide you through everyday first aid scenarios.
- Fully integrated with 911 so you can call EMS from the app at any time.
- Videos and animations make learning First Aid fun and easy.
- Safety tips for everything, from severe winter weather to hurricanes, earthquakes, and tornadoes help you prepare for emergencies.
- Preloaded content means you have instant access to all safety information at anytime, even without reception or an Internet connection.
- Interactive quizzes allow you to earn badges that you can share with your friends.

## Keeping Safe ~ Transportation Safety

Did you know that more than 3,000 providers are certified to provide transportation services in our statewide developmental disabilities service system?

**In 2014, there were 841 MUIs in which the incident occurred in a car, van, bus or other form of transportation. These MUIs included significant injuries, allegations of abuse and neglect, peer to peer, etc.**



In an effort to protect individuals' safety during transport, please follow these tips:

- Ensure all drivers have appropriate background and safety checks.
- Make sure vehicles and adaptive equipment are in good working order.
- Ensure staff are well-trained on individual needs, and know how to respond in emergency situations.

# Health & Welfare Tips

## 5 Great Health & Welfare Tips ~

Consider these tips for your own health, as well as for anyone in your care.

### 1. Drink More Water

If you normally drink a lot of sodas and sugary beverages, you may wish to consider cutting back, and drinking more water. Water helps control your calorie intake because it helps to reduce the amount of calories you consume by curbing your appetite, and may increase your metabolism. *Experts say that switching from soda to water, without making any other lifestyle changes, will result in immediate weight loss.*

### 2. See Your Doctor for a Physical Every Year

The best way to prevent illness is to be proactive and see your doctor at least annually. By getting a regular exam, you can nip health problems in the bud. If your doctor spots an odd-looking mole, it can be removed before you have problems with skin cancer. If your blood pressure is too high, your doctor can suggest a diet and fitness plan to help reduce it before you have a heart attack.

Think about it! Most people won't let their car go 5000 miles without an oil change...yet they don't think it's important to see a doctor once a year. *Make an appointment today!*

### 3. Quit Smoking

Smoking is one of the most dangerous and unhealthy habits you can have. It offers no health benefits, and greatly increases your risk of lung cancer, heart disease, and autoimmune diseases. Smoking is one of the most difficult habits to break, but it is worth it. You will protect your health, and build your bank account. *Quit today!*

### 4. Walk 30 Minutes Every Day

Many people make a New Year resolution to join a gym. That's why gyms are packed in January, and thin-out by March. However, you *can* get in better shape without even going to the gym. Walking helps control your weight, lower blood pressure, reduce the risk of heart disease, and reduce stress. If it's too cold outside, walk at a mall, an indoor recreation facility, or go up and down stairs in your home. *Any exercise is good exercise.*

### 5. Get Plenty of Sleep Every Night

Instead of skimping on sleep to add more hours to your day, get more sleep to add more years to your life. Sleep is one of the most important functions that our body uses to regulate and heal cells. The minimum amount of sleep people should get is about six hours. *Experts believe that eight hours is ideal.*

**And here's a bonus tip: Spend your time with people who make you happy, and who you care about!**

Your body will produce less stress chemicals (cortisol, epinephrine) in your bloodstream, and you'll feel better.



## More Resources Health & Safety Toolkit

*Look for the toolkit artwork at  
[www.dodd.ohio.gov](http://www.dodd.ohio.gov)*

## Safety Highlights ~ Lessons Learned, True Story



This time of year is beautiful -- with blooming flowers, green grass, and blue skies. Bees and other insects also arrive on the scene!

Just last month, an individual served by the Seneca County Board of DD was walking toward the bus when he was stung by a bee. This young person is allergic to bee stings, and let someone know right away. Anne Reitter,

RN, quickly administered his EpiPen and called 911. She also stayed with him until EMS arrived, making sure his breathing was not affected. He was checked again at a local Emergency Room and was doing fine due to Anne's quick actions. *Thank you Anne!*

### Lessons Learned

This is a good reminder to check EpiPens to ensure they are not expired, and are available quickly, when needed.

# Emergency Assistance, 911

Calling 911 could be the most important call you ever make

**KEEP  
CALM  
AND  
CALL 911  
NOW!**

**Best Practice: Review this information at staff meetings and at CPR/First Aid Classes.**

*This listing may not be all-inclusive, and should be updated to meet the needs of the individuals you serve.*



## What to say when you call

When you call the 911 Operator, they will most likely have your location based on the phone number. You will need to be prepared to verify this information and provide the following:

- The location/address where help is needed. Be specific! Include street name, number, and apartment
- The phone number you're calling from
- Describe the problem and indicate if it has just happened or is still in progress
- Give your name and any information on who is involved
- Answer all other questions as quickly and accurately as possible
- Follow all of the directions given to you by the 911 operator
- Stay on the phone as long as it is safe to do so
- Speaking in a loud and clear voice is paramount! If you are difficult to understand, care could be delayed to the person who needs it.

## When to call 911 for Emergency Assistance

- The person appears very ill; sweating, skin looks blue or gray
- Severe, constant abdominal pain
- Bleeding heavily, despite direct pressure
- Blood pressure of 220 or above for upper number and/or 120 or above for lower number
- Blood pressure below 90 for upper number, when normally above 90
- Pulse (heart rate) is less than 40 or greater than 140
- Difficulty breathing and/or severe wheezing
- Chest pain
- Fainting or loss of consciousness
- Change in responsiveness
- Fall with severe head injury (fall on face, bleeding, change in level of consciousness). Do not move; keep warm
- First time seizure; roll to side, protect head, and move obstacles that may pose a threat
- Seizure lasting 5 + minutes; one seizure right after another; person does not wake up after the seizure; person does not start breathing within one minute after seizure stops (is CPR needed?)
- Repeated vomiting/diarrhea for less than 12 hours, but not responding normally
- Any bloody or 'coffee grounds appearance' vomit/diarrhea
- Sudden loss of vision
- Person appears not to be breathing

## Practice a script of what to say!

For example: "Hello my name is John Smith - I am calling from 3455 Peaceful Acres. Please send help right now. Tim Brown is not breathing..." The 911 personnel can ask more detailed questions but that gives them the problem and the address immediately.

*Always remember:* If the person is unconscious and unresponsive, call 911 (unless someone else can make the call), and then begin CPR.

**Do NOT leave the person alone except to call for help.  
Do NOT wait to see if the symptoms go away.**

## Immediate Medical Care

CPR attempts always should be started immediately, unless a Do Not Resuscitate (DNR) order is in place, and should continue until effective, or until death has been determined by a medical professional, as explained in O.A.C. 4731-14.

## More Information

To download a printable pamphlet regarding when to call 911, visit the Health and Welfare Toolkit online at <http://dodd.ohio.gov/HealthandSafety/Pages/Tool-Kits.aspx>

# Road Safety

## Keeping Safe on Ohio's Roads

One of the many services offered by providers is transportation. Transportation is necessary so that we can get to work, participate in our community, go on appointments, visit friends and family and enjoy our lives. However, traveling from one place to another, can present many risks. All drivers and passengers should be aware of these risks and take every precaution to travel safely.

**According to the Ohio Department of Public Safety 2013\* Traffic Accident Report, there were 269,082 total traffic accidents. Traffic accidents claimed 990 lives in 918 different traffic crashes.**

*\* Most recent report for which this information has been compiled.*

### Other facts:

- Approximately 2.5 fatal crashes occur each day
- Approximately 2.7 persons were killed each day
- One person was killed every 8.8 hours
- There were 274.4 persons injured every day
- One person was injured every 5.2 minutes
- Alcohol-impaired drivers were involved in 4.47 percent of all crashes
- Alcohol-impaired drivers were involved in 30.30 percent of all fatalities.
- 64.9 percent of all crashes occurred in daylight.

### Distracted Driving

Research shows that driver distractions play a big factor in auto collisions. Some common distractions include: The actions of passengers in the car; texting while driving; talking on a cell-phone; driving while impaired; aggressive driving, falling asleep; and, external distractions (things happening outside the vehicle).

**The National Highway Traffic Safety Administration reported that, in 2012, driver distraction was the cause of 18 percent of all fatal crashes – with 3,328 people killed – and crashes resulting in an injury – with 421,000 people injured.**

Research also indicates that 40 percent of all American teens say they have been in a car when the driver used a cell phone in a way that put people in danger.

And, the Virginia Tech Transportation Institute found that text messaging creates a crash risk 23 times worse than driving while not distracted!

## Think about it!

What can YOU do to keep yourself and the individuals you serve SAFE on the road?

One more thing -- if a family member or provider arrives to pick up an individual to transport them, and appears impaired/under the influence of drugs or alcohol, it is critical to immediately take steps to ensure the individual's safety. Try speaking with the driver in a non-confrontational way, and offer to call a cab or some alternate way to get home. Contact your supervisor for assistance. Do not assume the driver is OK if you have any suspicions to the contrary.

**For more information on Transportation Safety, see the DODD Health and Welfare Alert 58-05-14, online at**

<http://dodd.ohio.gov/HealthandSafety/Pages/Health-and-Safety-Alerts.aspx>

## Stay Updated!

Review the latest

**Health and Safety Alerts...**

subscribe by sending an email to:

[join-info.notice@list.dodd.ohio.gov](mailto:join-info.notice@list.dodd.ohio.gov)

## Crime Victims with Disabilities to Get More Help from the State

*Excerpted from an article in the Columbus Dispatch, May 5, 2015: 'Disabled crime victims (sic) to get more help from the state.' 'Person First' language is not used consistently in the article, and we quote it directly here.*

People who are disabled are three times as likely to be victims of serious crimes such as rape and assault, but the state now may be getting at least three times as much money to help them. The *Columbus Dispatch* reports:

"Ohio is expected to get a big boost in federal crime victims funds this year and programs for disabled crime victims are likely to get a significant chunk of it, Attorney General Mike DeWine said on Monday during the annual '2 Days in May' crime victims conference.

"DeWine said at the event that the state has been getting about \$15 million in federal crime victims money. However, the allocation is expected jump to as much as \$60 million, making room for more victim assistance in Ohio.

"He said some additional money will go for education, prevention and enforcement programs for crimes against the disabled, which are "undoubtedly underreported."

"Nancy Smith, an Ohioan who now directs the Center on Victimization and Safety at the Vera Institute of Justice, stunned the conference audience of 1,000. She reported:

**"People with disabilities are three times as likely to be victims of violent crime, such as rape and assault. Federal statistics show nearly 1.4 million disabled individuals (sic) were crime victims in 2012."**

"People who victimize a disabled person are typically not strangers, but a paid provider of services such as nursing, transportation or occupational therapy," Smith said.

See the complete article at [www.dispatch.com/content/stories/local/2015/05/04/disabled-victims.html](http://www.dispatch.com/content/stories/local/2015/05/04/disabled-victims.html).



## What's New? 2015 MUI Training Schedule

This year's Major Unusual Incident Unit (MUI) Training schedule, along with registration information, now is available online at the MUI Training page.\* Based on feedback from DODD agency partners, the MUI Unit has expanded the number of health and welfare webinars offered, and added new training topics including new webinar series on Choking, and Falls Prevention.

These programs are presented by experts in the field, and highlight multiple aspects of issues that specifically impact people with developmental disabilities. In addition, the 2015 Training Schedule includes basic MUI Rule training, Unusual Incident investigations, and other often-requested topics.

Contact the MUI Unit at 614-995-3810 with any questions, or with suggestions for future training topics.

\*To register for Health and Safety trainings, use this link:

[www.planetreg.com/E115103240130929](http://www.planetreg.com/E115103240130929)



**Ohio** | Department of  
Developmental Disabilities

### Well-Informed for safe and healthy living

A quarterly newsletter published by the  
Ohio Department of Developmental Disabilities MUI Registry Unit.  
1800 Sullivant Ave., Columbus, OH 43222

Resources are available online at [www.dodd.ohio.gov](http://www.dodd.ohio.gov).

Contact the MUI Registry Unit:  
MUI Main Number 614-995-3810  
MUI Fax Number 614-995-3822  
MUI Hotline 866-313-6733

Well-Informed  
for safe & healthy living