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America is getting older. Currently, about 8,000 baby boomers will be 65 every day — and the fastest growing population group is adults aged 85 and over. With this growth comes increased demand for health care, housing for the elderly, sleeping care and other key areas. Improving the clinical skills of geriatric providers and supporting the information needs of family caregivers of the elderly are the top priorities of UPMC Senior Services. Its wide range of programs has made UPMC Senior Services a leading regional provider of ageing-related education and training. Including: Education and training of best practices for professionals currently working with older adults Support the learning needs of people interested in entering the geriatric field Introductory and educational programs for older adults, caregivers and the general public We offer training for: Caregivers Professionals Students As people get older, their bodies and minds respond differently, from how they eat and sleep, to how they are affected by medication or recover from an injury. To recognize and respond to these differences, healthcare professionals and care providers need to better understand the unique needs of older adults. The Aging Institute offers educational and training programs for professionals working in hospitals, clinics, long-term care facilities, home health, and a variety of other contexts. These programs are designed to: Promote greater sensitivity and awareness of the general issues and needs related to aging Improve the direct clinical capabilities of professionals Address special issues regarding older adults, such as sexuality and gender, directives on long-term care and dementia In addition, through its partnership with the Division of Geriatric Medicine at the University of Pittsburgh, we provide connections to other support resources for professional growth. Current education and training programs offered to professionals For more information about one of the following additional education and training offers or requests, call us at 866-430-8742 or email us at [aging@upmc.edu](mailto:aging@upmc.edu). Geriatric Resource Nurse Aide and Nurse Trainings The Aging Institute has developed a certification program to improve nurses' expertise in aging and train nurse and nurse assistants to appropriately care for older adults. The program is designed to increase knowledge and understanding of the basic principles of gerontology and geriatrics by focusing on aspects of aging, including: Biological psychological sociological students receive practical advice on managing normal and abnormal changes during the aging process. The program is offered in two separate tracks: Nurse Aide Track (Geriatric Nurse Aide Training) Seniors require a special type of caregiver, provided by professional caregivers with an understanding of the normal and abnormal anomalous Changes in: Sensory and function Common mental health problems How aging affects the 12 body systems Nursing assistants and patient care technicians spend most of their time with older adults in most healthcare environments and need to have a solid knowledge base in common geriatric syndromes. This conference will provide practical interventions that translate from changes in bedside care delivery. Following the conference, nursing assistants and patient care technicians can take an exam that covers the content of the course. Upon passing the exam, the participant will be issued with a certificate from the Aging Institute that designates them as geriatric nursing assistant or geriatric patient care technician. Nursing Track (Geriatric Resource Nurse Training) This conference focuses on evaluating older adults and practical interventions to improve patient outcomes along the continuum. This content covered in the Nurse Aide Track is also covered in the nursing track along with additional topics of delirium, drug safety, and critical thinking skills. Following the event, at no additional cost, nurses can support themselves for an exam that covers the content of the course. After passing the exam, the Aging Institute issues a certificate of geriatric resource nurses. EC credits are available for RN, social worker and general certificate of attendance. Critical thinking skills in care of the elderly This course is designed to address the complexity of caring for older adults. The nurse will review the history, medications and current atypical presentation of the disease. The nurse will distinguish between normal aging and abnormal changes in aging and anticipate potential adverse responses to treatment. Learn more about this course. Registration for this program is handled through WISER. Call 412-648-6073 or send an email [wiserhelp@upmc.edu](mailto:wiserhelp@upmc.edu). Geriatric syndromes This two-hour course may include an audience of a clinical or non-clinical background. Training covers twelve of the most common geriatric syndromes. The course aims to help healthcare professionals distinguish between normal and abnormal aging and discuss methods of treatment and prevention. Ageless Wisdom™ Ageless Wisdom is available in two different formats: a two-hour course and a six-hour train for the coach. Both can be offered to a clinical and non-clinical audience. The trainer's training course is for those who wish to teach the program. Find out more about Ageless Wisdom. Lost: Wandering Turns Dangerous This two-hour lesson focuses on older adults with dementia who can wander and potentially get lost. Prevention, safety precautions and search and rescue strategies are discussed. The Me in DeMeNtia Care This is a six-hour interactive workout where teams are busy getting a better understanding of dementia. Employees work together to develop in solving specific behavioral problems. Pennsylvania is a pro-elderly state: All retirement income for residents over the age of 60 is exempt from state taxes, and the 6% sales tax rate is below average. According to the United States Census Bureau, 21.8% of the state's population is elderly. Many elderly people in the state live on fixed and limited incomes and need assistance to pay for and locate affordable assisted living facilities. When you start searching for a quality assisted living facility for you or an elderly loved one, it's important to compare each facility service, the type of care services they offer, and what financial assistance is available to help pay for the services you or your loved one provides. The following list provides details and in-depth information about more than 150 facilities in the state of Pennsylvania. The average monthly cost of assisted living in Pennsylvania is \$3,750, which is cheaper than the national average of \$4,000. According to Genworth's 2018 Cost of Care Survey, assisted living in Pennsylvania is also less expensive than median in everything but a neighboring state, West Virginia. While the cost of assisted living is fairly consistent across the state, Scranton is the only exception that comes in at \$1,600 below the state average. The Philadelphia area is the most expensive region in the state with \$1,318 above the national average of \$4,000. While nursing home care is relatively cheap in Pennsylvania compared to the rest of the nation, it is still considerably more expensive than assisted living. In addition to independent living that does not provide care with daily life activities, assisted living communities are the cheapest solution for long-term care in the state. While nursing home care is relatively cheap in Pennsylvania compared to the rest of the nation, it is still considerably more expensive than assisted living. In addition to independent living that does not provide care with daily life activities, assisted living communities are the cheapest solution for long-term care in the state. The Aging Waiver is the division of the Pennsylvania Department of Aging that fragile elderly services that are entitled to care at home but prefer to live and receive care in their home or community. There are no ceilings, but some counties may have a waiting list. Assisted residents interested in giving up ageing must complete an in-person assessment to determine eligibility. If eligible, the resident, along with his representatives, will create a care plan with an area agency on the aging manager. It's important the support plan includes all the services that the resident will need, as well as how often they will need them. If the necessary services are not included in the care plan, they will not be covered by the renunciation of aging. Who is eligible? Suitable? need to qualify for Pennsylvania Medicaid and meet certain income, capital limits, and functionality requirements. If you're 60 or older and you'll be the only one in your home, Medicaid qualifications include: Must meet the level of care needs for a nursing facility Be a U.S. legal resident living in Pennsylvania Annual income must not exceed \$2,250 (in 2018) and your estate must be \$8,000 or less How to apply To get more details on eligibility requirements and start an application , contact your local agency in the aging office. You can also call (918) 933-4900 or (800) 435-4711. Some additional ways to fund assisted living costs include: Veterans Benefits: Veterans can take advantage of several retirement programs to help cover the cost of assisted living. For more information, see the article on benefits.va.gov. Life insurance policies: Even if a spouse or loved one has not died, some types of life insurance policies can be used to pay for assisted living. Further information is available at [longtermcare.acl.gov](http://longtermcare.acl.gov). Long-term care insurance: Long-term care insurance is a type of insurance policy that pays for long-term care when it becomes necessary, including the cost of assisted living. For more information about the advantages and disadvantages of this method of financing, [longtermcare.acl.gov](http://longtermcare.acl.gov). Reverse mortgages: Reverse mortgages allow older people to access net worth from a home they own, and these funds can be used to pay for assisted living. The U.S. Department of Housing and Urban Development offers a federally insured reverse mortgage program. Seniors over the age of 55 who are eligible or already able to receive Medicaid or Medicare can find help with health and home care services through the Life (Living Independence for the Elderly) program. For Pennsylvania seniors living in an assisted living community, LIFE pays for prescription drugs, home modifications, home medical equipment, and supplies, plus more. It does not cover room and pension expenses. LIFE is not available in all communities in Pennsylvania. Click here to search for communities where LIFE is available. Long-term care ombudsman program Like many states, Pennsylvania maintains a free and confidential long-term care ombudsman program. The Ombudsman is responsible for: Educating residents, facility staff and the community on residents' rights Providing assistance Residents exercising their rights Address billing and expenses issues, including Medicaid and Medicare Handling service change, transfer, discharge, or cancellation appeals Make referrals to long-term care programs and related services Investigate and resolve complaints about long-term care facilities and possible long-term care services by residents or their family and friends area agencies about ageing area agencies . AAAA is a network of hundreds of nonprofits across America providing federally funded services to adults over the age of 60 in their local areas. Pennsylvania has many aging area agencies that offer comprehensive information about various types of programs and community support for the elderly. Pennsylvania has VA centers to help veterans and their spouses with funding options for various types of care. These offices can provide guidance on your eligibility and direct you to the best support options for you. Pennsylvania's Social Security offices offer another great resource for seniors and caregivers looking for care. By contacting or visiting a Social Security office, you can better understand the social security benefits of your person or loved one and the types of assistance available to help pay for assisted living expenses. Below is a list of Social Security offices in Pennsylvania. Documents required prior to admission to an assisted living facility in Pennsylvania include a medical assessment and an initial assessment and support plan. Assessments can be completed 15 days after hospitalization if the resident: he is hospitalized directly from an acute care hospital He is escaping an abusive situation He does not have an alternative life agreement Requirements for admission to assisted living Unless the assisted living facilities have the approval of the Pennsylvania Department of Human Services, they cannot accept residents who : depend on a ventilator Have stage 3 and 4 bedding and vascular ulcers that are not in a healing phase Require continuous IV fluids Have an infectious disease that require isolation or special precautions NG tubes require physical restrictions You need continuous qualified nursing care 24 hours a day To define the scope of the services it provides to residents in writing you need assisted living facilities. Communities of assisted living in Pennsylvania generally offer the following services: Assistance with instrumental activities of daily life (e.g. preparation of meals, household work, laundry, shopping, etc.) Assistance in daily life activities (e.g. eating, bathing, dressing, grooming, etc.) Personal care Hospice care and services Nutritious meals and snacks Daily social and recreational activities Basic cognitive support Supervision, monitoring and emergency response 24 hours a day Help with self-administration of medicine or administration of qualified nursing services Professional and physical health services Assisted Living Medicaid Medicaid Policy does not directly cover the cost of living However, seniors who qualify for nursing home coverage from Medicaid can opt for assisted living and use the medicaid home and community-based services (HCBS) aging waiver. Although the waiver does not cover the cost of the room and the board of directors, it will cover home and support services. Rules for the requirements of assisted living facilities Assisted housing facilities in Pennsylvania include: they must provide physical housing and safety equipment for residents with disabilities. Unless the resident agrees to share their housing unit with another resident, they must have their own unit and the property cannot require residents to share a unit. Accessible or adaptable doors must be available for wheelchair use. Lockable doors must be provided. Housing units and bathrooms must have an emergency notification system unless the resident has an alarm device. Safety bars in non-slip bathrooms and surfaces must be installed in bathtubs and showers. Drug Management Regulation In order for staff to supervise their medications to residents, it must be a registered nurse, an authorized medical assistant, a certified registered nurse, an authorized practical nurse, or a graduate of an approved nursing program under the supervision of a professional nurse or staff who has completed training on drug administration. Staffing requirements Pennsylvania assisted living facilities should provide sufficient staff to meet the services identified in the residents' assessment and support plans. In addition, an authorized nurse must be available at the facility or on call at all times. The responsibilities of an administrator in an assisted living facility include the management and management, provision of assisted living services or, if the administrator is unable to provide the services, can direct qualified personnel to perform the services and supervise them. The administrator is also responsible for maintaining or supervising the maintenance of financial and other records. Staff training requirements Before an assisted living facility hires an administrator, the administrator is required to complete the following training: An orientation program approved and administered by the Pennsylvania Department of Human Services A standardized 100-hour administrator training course approved by the department A department-approved skills-based training test with an overshoot score The requirements for working as direct care personnel in an assisted living facility are : Must be at least 18 years old Must have a high school diploma, GED or be an adjuncting nurse currently active in the Pennsylvania registry He cannot have a drug or alcohol addiction He must not have a medical condition that would prevent him from providing the necessary assisted living services with reasonable skill and safety He must have the ability to communicate in a or a way in which the resident may understand background checks for assisted living in accordance with the Older Adults Protective Services Act (OAPSA), applicants with prohibitive offenses (see § 10225.503 in the OAPSA) are not allowed to work in Pennsylvania-assisted living facilities. The assisted living facility is required to document all background checks Pennsylvania State Police request for criminal background check form or through e-patch program. Pennsylvania Assisted Living Facilities abuse reporting requirements must follow state and federal laws and regulations to ensure the safety and well-being of all residents. If you suspect that the facility does not comply with laws and regulations, you can file a complaint through the Pennsylvania Long-Term Assistance Ombudsman by calling (717) 783-8975. If you suspect that your loved one is being abused or abused, you should report any form of abuse (physical, mental, sexual, neglect, neglect or exploitation) by calling the 24-hour senior hotline at (800) 490-8505. 490-8505.

