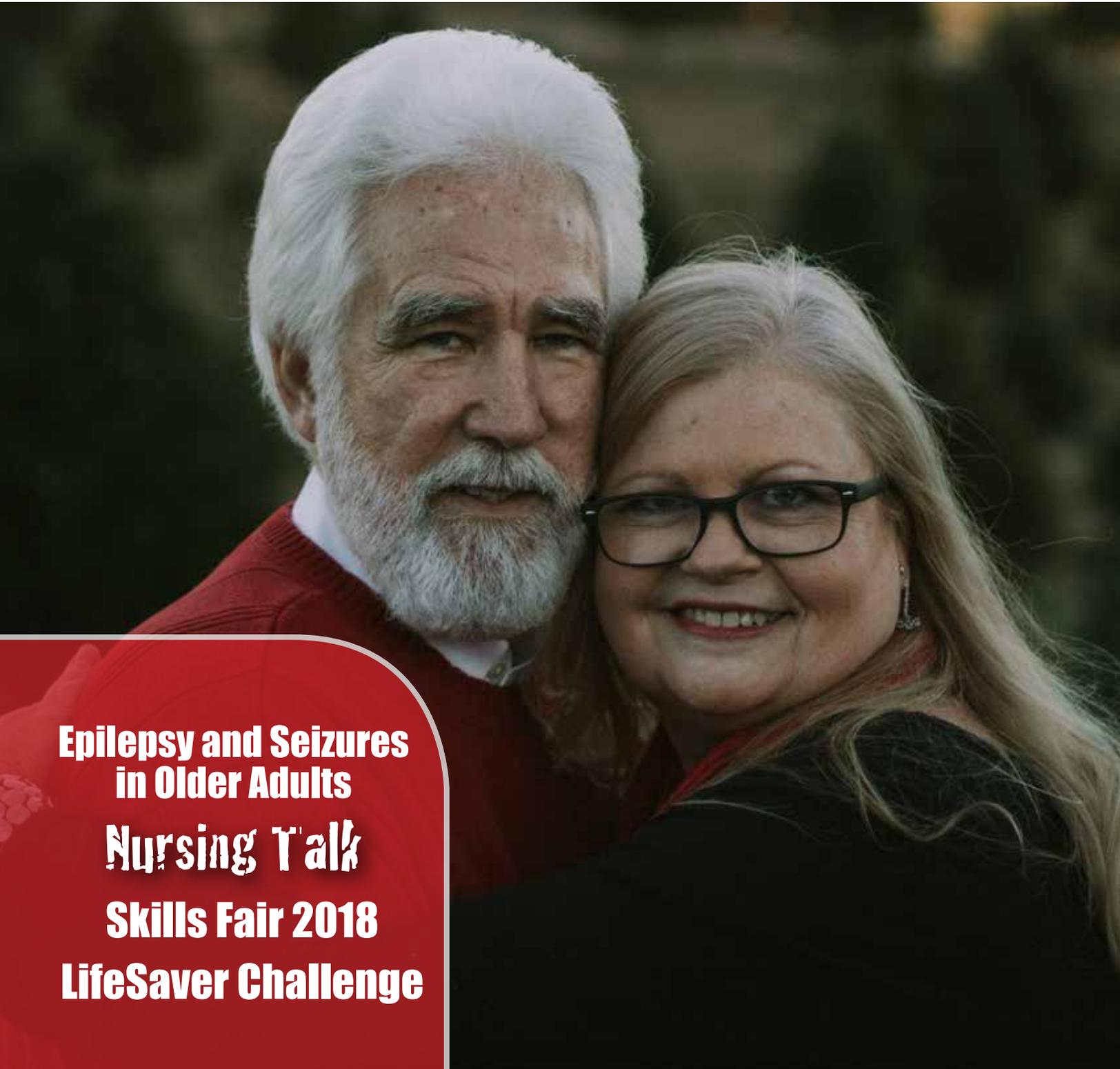




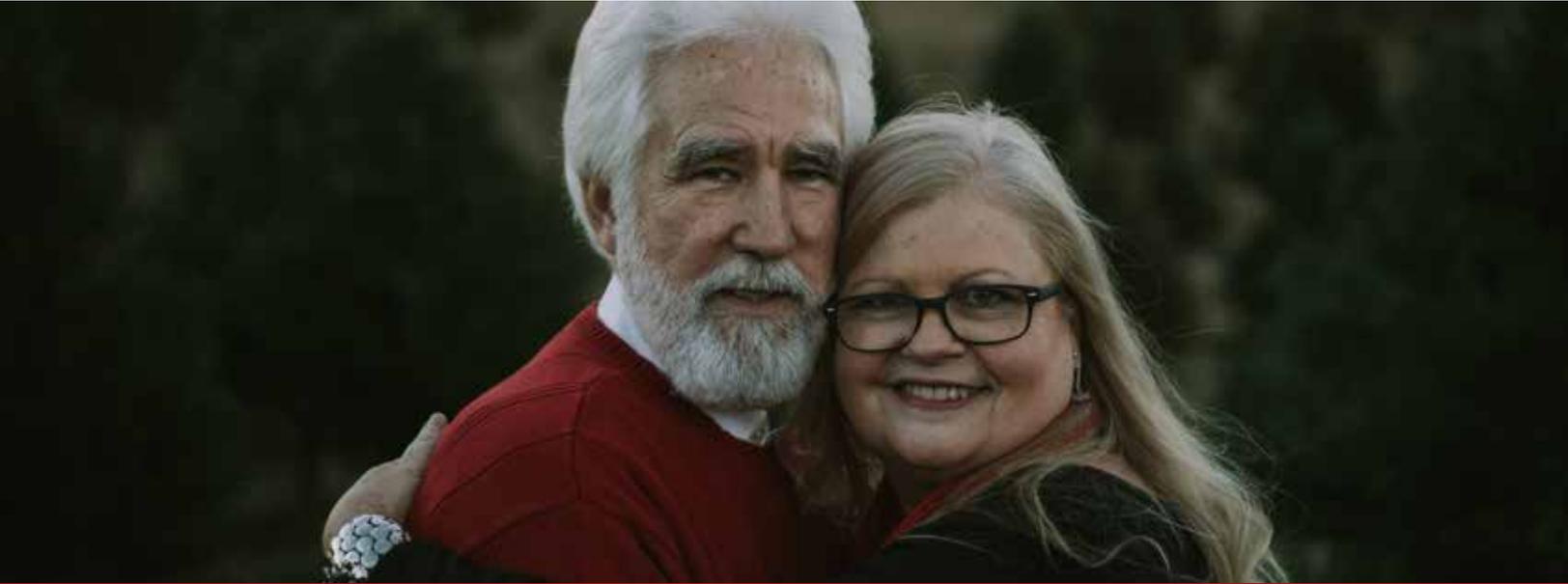
Newsletter

May 2018
Issue 24, Vol. 1



**Epilepsy and Seizures
in Older Adults**
Nursing Talk
Skills Fair 2018
LifeSaver Challenge

Epilepsy and Seizures in Older Adults



Did you know that epilepsy is more likely to develop in older adults? Seizures can be easy to miss. Learn how to recognize the signs and how you can help.

Epilepsy is a brain disorder that causes repeated seizures. About 3 million US adults aged 18 years or older have active epilepsy.¹ Nearly 1 million of those adults are aged 55 or older.¹ As our population ages, there will be even more older people with epilepsy in the coming years.

Epilepsy is more likely to develop in older adults because risk factors for epilepsy are more common as people age:

- Strokes.
- Head injuries.
- Neurodegenerative disorders (such as Alzheimer's disease).
- Alcoholism and other substance abuse.
- Brain tumors.

About half of older adults who are told they have epilepsy do not know the cause.²

How Do I Know If It's Epilepsy?

It isn't always easy to tell when you or someone you care for develops epilepsy later in life. That's because seizures may be hard to recognize in older adults and may go unnoticed. For example, memory problems, confusion, falls, dizziness, or sensory changes like numbness are often blamed on "getting older."^{2,3} However, these can actually be signs of seizures.^{2,3}

There are many different signs of seizures because there are many types of seizures. In the movies and on TV, a person is often shown

falling to the ground, shaking, and becoming unaware of what's going on around them. That's one kind of seizure, but it's not the most common. More often, a person having a seizure may seem confused, stare into space, wander, make unusual movements, or can't answer questions or talk. When these signs occur more than once and often in the same pattern, they could be signs of seizures.

If an older adult is showing these signs, it is important for them to talk to a health care provider. Most adults with epilepsy have good seizure control with medicines.² Epilepsy specialists can help older adults find the right treatment. Find an epilepsy specialist near you at the Epilepsy Foundation website.

How Is Epilepsy Challenging for Older Adults?

Adults who develop epilepsy later in life may have a hard time managing the disorder. Eight in 10 adults aged 65 or older have more than one chronic health condition.⁴ It can be hard to balance epilepsy treatment when taking medicines for other health problems. Many epilepsy medicines also have side effects such as bone loss or dizziness, which can make someone more likely to fall and become injured.²

Epilepsy can also affect a person's daily life if seizures limit their ability to drive or if they live alone. After a lifetime of being independent, losing the ability to drive or take care of themselves can be especially hard for older adults. Read more about this in an Epilepsy Foundation article about living independently.

Epilepsy and Seizures in Older Adults

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How Can You Help?

Seizure first aid is easy to give and involves keeping the person safe until the seizure stops on its own and knowing when to call 911 for emergency help.

If you work at an adult day care center, senior center, long-term care facility, nursing home, in home health care, or another senior-serving organization, there is special training available. Seniors & Seizures is a free online or in-person course offered by the Epilepsy Foundation. You can get free continuing education credits for participating.

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Source: <https://www.cdc.gov/features/epilepsy-older-adults/>

Nursing Talk

WATCH FOR NEW MEDICARE CARDS

Dear Cassandra,

I've heard that new Medicare cards are going to be mailed to all 58 million beneficiaries this year. Why is Medicare issuing new cards? How are the new Medicare cards different from the old cards? When will the new cards be mailed?

Needs to Know in Chicago

Dear Needs to Know,

Starting this month, Medicare will begin mailing new Medicare cards to all 58 million beneficiaries. The cards will be randomly shipped over the next twelve months. That means even husbands and wives may receive their cards at different times during the year.

Your new Medicare card will no longer have your Social Security number on the card. Instead, the card will have a randomly generated eleven-character Medicare beneficiary identifier (MBI). For example, the MBI will look something like this: 1EG4-TE5-MK72.

Medicare is removing the Social Security number from the card to help prevent fraud. Scammers used the Social Security numbers to open fraudulent financial accounts and to file for bogus tax refunds. They used the numbers to steal the individual's identity and his money.

Crooks are going to want this new Medicare beneficiary identifier (MBI), just as they wanted your Social Security number. If they have your MBI, they can bill thousands of dollars in medical claims. Using your MBI, a crook could get bogus prescriptions. It is very important that you guard this MBI just as you guarded your Social Security number.

What can you do to fight back against Medicare fraud? The April 2018 issue of **AARP BULLETIN** lists the following ways: **REVIEW** your Medicare Explanation of

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Skills Fair 2018



Nursing Talk

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Benefits statements. Verify that each of the items on your statement was provided on the date listed and from the provider indicated.

CALL the Medicare hotline at 800-633-4227 if you have questions about your statement or think an adjustment is in order.

REPORT it to authorities if you spot a charge that does not look legitimate, or if you become aware of what appears to be fraudulent Medicare activity. The contact is the hotline at the HHS Office of Inspector General, 800-447-8477. All calls are handled confidentially. If you suspect there is a fraudulent charge to your prescription plan (Medicare Part D), the tollfree number to call is 877-772-3379.

WRITE a letter with any complaints to: U.S. Department of Health and Human Services Office of Inspector General, Attention: OIG Hotline Operations, P.O. Box 23489, Washington, D.C. 20026.

ALERT the government: Health care providers who know of fraud or waste should report it by calling 800-447-8477.

When you do receive your new Medicare card, be sure that you destroy your old card by shredding it.

Cassandra

We invite you to submit questions for this column. E-mail hr@ahhc-1.com.

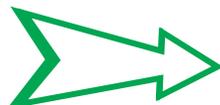


Enter the Challenge

13 WEEK LIFE SAVER CHALLENGE

See program description and entry forms @
www.ahhc-1.com/lifesaver.php



 **1ST** 
PRIZE
\$380

 **2nd** 
PRIZE
\$150

 **3rd** 
PRIZE
\$50

WANTED 464 PEOPLE

TO READ THE BLOG EACH WEEK

MUST BE CURIOUS, INTELLIGENT,
THOUGHTFUL INDIVIDUALS WHO ARE OPEN TO
NEW IDEAS. LEARN NEW NURSING PROCE-
DURES, COLLECT RECIPES, READ
MONEY-SAVING TIPS, WATCH VIDEOS, ENJOY
RERUNS OF LETTERS TO CASSANDRA,
AND MORE.

JOIN the hundreds of nurses, office staff,
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Home Health blog at www.ahhc-1.com.

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CALL 1-630-236-3501.

AHHC Newsletter

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