



WEEKLY E-MAILING

August 14, 2018

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ACL News & Information

Here is a link to news & information from the Administration for Community Living (ACL):

<https://acl.gov/>

NASUAD Information

Here is a link to news and press releases from NASUAD:

<http://www.nasuad.org/newsroom/nasuad-news>

Note: The web links in this document may change over time. DARS does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.



DARS Announces New Dementia Services Coordinator

Kathy B. Miller, Director of Aging Programs

I am very pleased to announce that George Worthington will be joining DARS, Division for Community Living, Office for Aging Services on August 27 as the new Dementia Services Coordinator. Currently, George is the Manager of Community Resources at the Jefferson Area Board for Aging (JABA). In this capacity, he is responsible for the training and supervision of JABA's Dementia Care Coordinators, Options Counselors and Resource Counselor. He also has responsibility for implementation and monitoring of the Dementia Care Coordination and Effective Strategies Programs, funded by the Virginia Dementia Specialized Supportive Services Project grant awarded to DARS by the Administration for Community Living. Prior to this position, George served as the Dementia Care Coordinator and the Volunteer Long-Term Care Ombudsman/Caregiver Support Group Facilitator at JABA. George was also instrumental in implementing an innovative Dementia Friendly Visitor volunteer pilot program working closely with the Alzheimer's Association, and he led the steering committee to implement the Dementia Friendly Community Initiative in the Charlottesville area.

Prior to receiving a Bachelor's of Science in Psychology and a Master's of Science in Clinical Psychology in Australia, George had an impressive career as a Chief Economist in Southeast Asia and Sydney, Australia. He also holds a Bachelor's of Science in Foreign Service, with a minor in International Finance and Commerce, and a Master's of Science in Economics.

We feel very fortunate to have George as the newest member of our team. Please join me in welcoming him to DARS.



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Virginia Family Caregiver Stakeholder Workgroup

Amy Marschean, Senior Policy Analyst

Virginia Family Caregiver Vision

Recognize Support Transform

Last summer, the Department for Aging and Rehabilitative Services (DARS) convened the Virginia Family Caregiver Stakeholder Workgroup to study the issue of family caregiving and to formulate recommendations for improving family caregiving supports and services in the Commonwealth. This call to action responds to two critical data sets on family caregiving in Virginia. In 2015, the Virginia Department of Health's [Behavioral Risk Factor Surveillance System](#) (BRFSS) survey revealed *one in five* Virginians (20.7%) provided care or assistance in the past month to a friend or family member who was living with a health problem or disability. On June 14, 2017, AARP released *The Long-Term Services and Supports (LTSS) State Scorecard* (www.longtermscorecard.org). Although ranked 22nd overall on this scorecard, Virginia ranked an abysmal 47th in Support for Family Caregivers.

The Workgroup concluded that the Commonwealth can no longer relegate family caregivers to a personal or private role without providing more systemic approaches to their education and supports. The following final report outlines ten goals and fifteen recommendations to support and grow the capacity of family caregivers to perform critical caregiving tasks.

DARS wishes to thank the Workgroup members for their invaluable assistance in researching and crafting the report. The final report is also available on Virginia Navigator:
<https://seniornavigator.org/article/68433/virginia-family-caregiver-stakeholder-workgroup-final-report>



Information on Flooding and Power Outages

On behalf of Chip Stratton, ECO, Safety and Risk Management

Flooding can occur anywhere, but water and electricity don't mix. Because electrical hazards may linger after flood waters recede, it's important to take precautions before, during, and after flooding takes place.

Reduce the Risk: Follow any directives to turn off utilities. If you're advised to switch off the main power source to your home, flip each breaker and THEN turn off the main breaker. You may also need to shut off the main valve for your home's gas and water DO NOT go near any downed power lines especially if there is standing water nearby. If your home experienced flooding, keep the power off until an electrician has inspected your system for safety. Have an electrician inspect electrical appliances that have been wet, and do not turn on or plug in appliances unless an electrician tells you it is safe. A trained professional may be able to recondition some devices while others will require replacement. Do not touch a circuit breaker or replace a fuse with wet hands or while standing on a wet surface. Before you use a generator, make sure you know the potential dangers, such as their production of carbon monoxide (CO). CO is an odorless, colorless, and tasteless poisonous gas that is called the "silent killer" because it is virtually undetectable without the use of technology like CO alarms. Follow these tips to generate power AND safety when using a generator.

Tips for the Proper Installation and use of Generators:

NEVER operate a generator INSIDE your home or in other enclosed or partially-enclosed spaces, including GARAGES. A generator is a TEMPORARY power source and should never be used as a permanent solution. NEVER connect generators directly to household wiring without first installing a TRANSFER SWITCH. This prevents backfeeding which could electrocute utility workers making repairs. Make sure your generator is properly grounded and used with a Ground Fault Circuit Interrupter (GFCI). Use only extension cords that have a THREE-PRONGED plug and are rated for the intended load. Your home generator should be installed by a QUALIFIED ELECTRICIAN and bear the mark of a nationally recognized testing laboratory, such as UL, Intertek, or CSA. Install battery-operated CO ALARMS or plug-in CO alarms with a battery backup install the home. Do NOT OVERLOAD the generator.

The Consumer Product Safety Commission recommends generators be positioned at least 20 FEET from doors, windows, and vents to prevent CO from entering the home.

Check the [National Weather Service](#) site and your local news for the most current weather forecast, and also for [Severe Thunderstorm](#) and [Flood Safety](#) information.

Source: US Fire Administration



UPDATES

August 10, 2018

Centers for Independent Living Make Community Living Possible

At ACL, our goal is to make community living possible for everyone. We believe community living should always be the expectation, and that older adults and people with disabilities should be able to live alongside people of all ages, with and without disabilities, with the same opportunities to learn, work, and play. One of the ways we are working to make that principle a reality is by funding services, support, and training to help older adults and people with disabilities achieve and maintain independence. These programs are primarily provided by community-based organizations, such as centers for independent living (CILs).

On Wednesday, Deputy Secretary Eric Hargan and I had the pleasure of visiting with staff and consumers from three D.C.-area CILs: the [Endeppence Center of Northern Virginia \(ECNV\)](#), [Independence Now \(MD\)](#), and the [DC Center for Independent Living \(DC CIL\)](#).

Centers for Independent Living are community-based, cross-disability nonprofit agencies that provide services and opportunities that enable people with disabilities live independently. The defining feature that makes CILs effective is that they are consumer-controlled, meaning they



are run by and for people with disabilities. Several people mentioned how meaningful it was to them that the people offering services, training, and support have faced and addressed similar barriers. They share similar hopes and aspirations. For CIL consumers, CIL staff become trusted peers, mentors, and role models.

As ECNV Executive Director James Garrett put it, “the beauty of CILs is that it is a very holistic approach.”

Here are a few of the people we met:

- Tyree is a talented young artist who experienced a spinal cord injury while in college. She was told to expect to spend the rest of her life in a nursing home. Independence Now helped her transition out of a nursing home, ride a bus for the first time since her accident, find accessible housing, and get tuition assistance and accommodations to complete her degree at the Corcoran School of Art. Though she primarily drew with her right hand before her accident, she learned to draw with her left hand and she shared with us two beautiful portraits she recently completed.
- Josephine’s mother had been her primary caregiver since she had a childhood stroke. When her mother became ill, Josephine decided it was time to become more independent. ECNV helped her move into a room of her own in a group home, learn to use public transit, and get six hours of personal care assistance a week through a [Medicaid waiver](#). The combination of skills and support are helping her experience a new level of independence and work towards her goal of getting a job in the community,
- Lynn worked with the DC CIL after losing her vision. The CIL connected her with [orientation and mobility training](#) and peer counseling to help her move around



her community with ease and end her homelessness, securing a place that she moved into just this week. Lynn is now a disability advocate and facilitates a peer group for other people with disabilities.

- Cali sustained a severe TBI and other injuries in a car accident when she was in middle school. Initially undiagnosed, the TBI caused cognitive processing and memory gaps. A straight-A student who had participated in her school's gifted and talented program and won awards for writing, art and photography before her accident, Cali's began to struggle, and her school system recommended she be moved to another school. ECVN helped Cali's mother fight for the accommodations she needed to succeed, and continue to support Cali and her mother as they advocated for her to be able to participate in honors courses and school activities. Cali told us, "I had people put in my life, through grace, that helped me learn how to be myself but also how to tell people what I needed." Cali graduated high school at the top of her class and now organizes trainings on supporting students with disabilities for professors at her college.
- Dianna spent years in a nursing home after an accident. "I never thought I was going to be able to get into the community again because I didn't know how," she said. With support from "the angels" at ECVN, she was able to find the housing and supports she needed to live in the community. "They helped me so much...I feel very blessed." Dianna is an artist and a musician; painting was an important part of her life before her accident. Before her accident, she painted on large canvases hung on the wall, using a ladder. With the help of ECVN, she has adapted her technique to accommodate her disability, painting with the canvas on the floor.



All of these people are living their lives on their own terms, because of their hard work and thanks to the help of their CILs. We're proud of the work that CILs do to make it possible for people with disabilities to live independently, in their communities, alongside people without disabilities.
[Watch a video of our visit.](#)

Learn more about [Centers for Independent Living](#) or [find a local CIL](#). Download [a graphic about how Centers for Independent Living make community living possible](#).

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Link to DARS Independent Living Monthly Newsletter

Rhonda Jeter, MS, CRC, Director of Independent Living

Past issues of IL News Notes are posted on the DARS IL Public Forms Cabinet:
<https://www.vadars.org/formscabinet/Formscabinet.asp?pass=etl&tl=CIL&pg=>