



## WEEKLY E-MAILING

October 17, 2018

Table of Contents

[ACL News & Information Link](#)

[NASUAD Information](#)

[Commonwealth Council on Aging 2018 Listening Sessions](#)

[Virginia Center on Aging \*Age in Action\* Newsletter](#)

[New Study at GMU on Alzheimer's Disease and Wandering](#)

[Alzheimer's Association 17th Annual Roanoke Education Conference 11/15](#)

[ACL Announces New Grant Focused on Peer Support](#)

[New Grants Help States Evaluate ROI, Business Case for](#)

[No Wrong Door Systems](#)

[ACL Seeks Nominations for Advisory Councils on Family Caregiving and](#)

[Grandparents Raising Children](#)

[New Grants Address Involuntary Discharge, Opioids in LTC Facilities](#)

[Link to DARS Independent Living Monthly Newsletter](#)

### 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>



VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

## **Commonwealth Council on Aging 2018 Listening Sessions with Co-Hosts**

### **September 26: Senior Connections, the Capital Area Agency on Aging**

Eastern Henrico Recreation Center 10:00am-12:00pm

### **October 22: Alexandria Commission on Aging**

City Hall Council Chambers, 301 King Street, Alexandria 10:00am-12:00pm

### **October 29: Peninsula Agency on Aging**

Brittingham-Midtown Community Center, 570 McLawhorne Drive, Newport News 10:00am-12:00pm

### **November 14: Local Office on Aging**

4932 Frontage Road NW, Roanoke 10:00am-12:00pm

### **November 15: Mountain Empire Older Citizens**

1501 Third Avenue East, Big Stone Gap 10:30am-12:30pm

## **COMMONWEALTH'S FOUR-YEAR PLAN FOR AGING SERVICES 2019-2023**

The listening sessions will help the Commonwealth identify the needs of Virginia's adults age 60+, adults with disabilities and their caregivers, as identified by the community. The purpose of the hearings is to receive comments on the following focus topics for the Commonwealth's Plan:

- Older Americans Act Core Programs including Supportive Services, Nutrition, Disease Prevention/Health Promotion and Caregiver, Native American, and the Elder Rights Programs.
- Discretionary Programs including Alzheimer's Disease Supportive Services, Evidence-Based Disease and Disability Prevention Programs; Senior Medicare Patrol, Community Based Care Transition, Chronic Disease and Self Management, No Wrong Door, and programs that support community living.
- Participant Directed/Person Centered Planning for Older Adults and their Caregivers across the spectrum of long-term care services, including home, community and institutional settings.
- Elder Justice activities, including multi-disciplinary responses, to prevent, detect, assess, intervene, and/or investigate elder abuse, neglect, and financial exploitation involving adult protective services, Long Term Care Ombudsman programs, legal assistance programs, law enforcement, health care professionals, and other essential partners across the state.
- Virginia's Funding Formula and funding allocation to the Area Agencies on Aging.

Persons unable to attend may comment in writing by November 30, 2018 to:

Amy Marschean, Senior Policy Analyst  
Department for Aging and Rehabilitative Services  
1610 Forest Avenue, Suite 100  
Henrico, Virginia 23229  
(804) 662-9155  
[Amy.Marschean@dars.virginia.gov](mailto:Amy.Marschean@dars.virginia.gov)

*Interpreters for hearing impaired persons may be requested by contacting the phone number or email above no later than one week before the listening session.*

The current Aging Plan is available at <https://www.vda.virginia.gov/stateplans.htm>



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

**Virginia Center on Aging Newsletter: *Age in Action* Fall 2018**  
*Cecily Slasor on behalf of Dr. Edward Ansello*

Dear Friends,

I am pleased to send you the newest issue of our quarterly, *Age in Action*. It begins with a innovative case study describing the use of horsemanship to reach individuals with dementia. There are also editorials on the Mediterranean Diet's impact on frailty, respite for family caregivers, articles on whether or not to transfer home ownership to our children, brief summaries of research funded by our Alzheimer's and Related Diseases Research Award Program (ARDRAF), and other short pieces.

I hope you'll find it informative and even fun to read. As always, please share this issue and invite friends and colleagues to join our mailing list by signing up [here](#).

With best wishes,  
Ed

Age in Action Fall 2018

---

Edward F. Ansello, Ph.D.  
Director, Virginia Center on Aging  
Director, Virginia Geriatric Education Center  
School of Allied Health Professions  
Virginia Commonwealth University  
Richmond, VA 23298-0229  
(804) 828-1525



## **New Study at GMU on Alzheimer's Disease and Wandering**

*Cecily Slasor on behalf of Kim Tarantino, SeniorNavigator*

VirginiaNavigator staff asked that we share this information on an upcoming study at George Mason University (GMU).

George Mason University (GMU) is looking for people with Alzheimer's Disease (AD) and caregivers to participate in a study around wandering.

Benefits for participants:

Participants will receive free SmartSole devices and monitoring for one year and training to set them up. In addition to helping other individuals with AD and their families, a benefit may be additional protection for your loved one against getting lost and peace of mind for families and caregivers.

Why study wandering?

A significant number of people with dementia are at risk of wandering. These individuals may get hurt, cause distress to families and caregivers, and require costly search parties.

The goal is to study wandering among people with Alzheimer's Disease (AD) in order to better understand if technology can help in locating them, preventing harm, and lowering distress to the families.

What is needed of participants?

Participants and caregivers will be asked to:

1. Complete an initial survey (10-15 minutes)
2. Use provided GPS devices to record movement of person with Alzheimer's Disease, by charging the devices and insert in shoes.
3. Complete very short follow-up survey every 3 months/quarterly during the year.
4. Report all incidents in which the participants were lost during the study.

Please follow these links to learn about the [Wandering Study](#) and the requirements and to sign the [consent form](#).



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

---

**Alzheimer's Association 17<sup>th</sup> Roanoke Education Conference**

*Cecily Slasor on behalf of Sue Friedman, M.S., President/CEO Central & Western VA Chapter*

On November 15, 2018 the Alzheimer's Association will sponsor an excellent professional development event for health care professionals. The event is also very valuable for family caregivers. See attached flyer.

# ENHANCING QUALITY OF LIFE IN DEMENTIA CARE - NOV. 15

**\$95 person**

**\$85 person group of 5+**

**\$35 family caregiver**

**\$20 CEU (purchase day of the conference)**

**7:30 – DOORS OPEN - REGISTRATION**

the various options for properly compensating caregivers, including payment structures for family members, such as bequests, inheritances and care agreements.

**8:45 – WELCOME – Sue Friedman, President & CEO  
Alzheimer's Association Central and Western VA**

**9:00 – BEING MY MOM'S MOM - Loretta Veney,  
Author and Speaker**

This session is based on the book that chronicles the bond between Loretta and her mom. As Loretta says, "...She was my dedicated Mom. Through the progression of her dementia, I slowly became her mom. Our journey has been faithful, funny, heartbreaking and hopeful."

**12:00 – LUNCH and Networking**

**1:15 - WHY I BECAME AN ADVOCATE - Karen Garner,  
Virginia Advocacy Manager, Alzheimer's Association**  
Karen was in her late 30's when her husband, Jim, was diagnosed with Younger Onset Alzheimer's. With two children under the age of 10, they decided to become voices to educate and fight for help versus becoming isolated and bitter. In this session, Karen will share their story.

**10:00 – BREAK**

**10:15 – Break Out Sessions (3) - CHOOSE ONE**

**1. DEMENTIA CARE PRACTICE RECOMMENDATIONS –  
Monica Moreno, Senior Director, Care and Support,  
Alzheimer's Association** will discuss each of the topic areas for the updated Dementia Care Practice Recommendations and how they can be utilized by healthcare professionals across the continuum of long-term services and supports.

**2:00 –PROGRESS and STRIDES in ALZHEIMER'S  
RESEARCH – Keith Fargo, PhD, Director of  
Scientific Programs & Outreach, Alzheimer's  
Association** will discuss current research findings from the Alzheimer's Association International Conference, the world's largest Alzheimer's and dementia research forum.

**3:15– BREAK**

**2. UNDERSTANDING BEHAVIORS –  
Ann-Ashby McKissick, RPh, CGP, FASCP; Consultant  
Pharmacist Specializing in Geriatric Pharmacy Care  
Services; Certified Dementia Educator/Trainer**

This session will address strategies to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**3:30 –MUSIC as MEDICINE - Dr. Kate Tamarkin, Program  
Coordinator, Music by the Bedside, Hospice of the  
Piedmont** will explore the association between music and healing and offer practical applications of music as a healing modality. Includes a demonstration of therapeutic music on the Celtic harp.

**3. LEGAL AND FINANCIAL: Avoiding Fistfights at  
Thanksgiving Dinner: How Both Family and Non-  
Family Caregivers Should Be Properly Compensated to  
Minimize Friction.** Attorney Christopher Desimone,  
President, Anderson, Desimone & Green, PC will discuss

**4:00 –CLOSING REMARKS  
Ellen Phipps, CTRS, MSG, Vice President Programs  
& Services, Alzheimer's Association Central  
and Western Virginia**

## Pre-Conference Workshop for Healthcare Professionals Wednesday, November 14 - \$45 per person

**1:00pm - 4:00pm**

### DEMENTIA PRACTICE RECOMMENDATIONS – A DEEP DIVE!

The 2018 Dementia Care Practice Recommendations were developed to better define quality care across all care settings and throughout the disease course. They are intended for professional care providers who work with individuals living with dementia and their families in residential and community based care settings. The Practice Recommendations were published as a February 2018 supplement to *The Gerontologist*.

**REGISTER ONLINE TODAY!**

Visit [alz.org/crf](http://alz.org/crf)

**1) Search Alzheimer's Association Programs and Events**

**2) Click Education Program and add Roanoke, VA**

**3) Register yourself or group for the Roanoke Conference and/or Professionals Pre-Conference.**

**Or call 1-800-272-3900 to register and pay by phone.**

# ENHANCING QUALITY OF LIFE IN DEMENTIA CARE

*A conference that brings together health professionals and families to understand a person-directed approach to caring for those living with Alzheimer's and other forms of dementia*

Thursday, November 15, 2018

Holiday Inn Valley View

3315 Ordway Dr. NW

Roanoke, VA 24017

## Featuring:



Keith Fargo, PhD,  
Director of  
Scientific Programs  
& Outreach,  
Alzheimer's  
Association



Loretta Veney,  
Author & Speaker



Monica Moreno,  
Senior Director,  
Care and Support,  
Alzheimer's  
Association



Chris Desimone,  
Attorney, Anderson  
Desimone & Green  
PC



Karen Garner,  
Virginia Advocacy  
Manager  
Alzheimer's  
Association



Kate Tamarkin, Ph.D.  
Program  
Coordinator, Hospice  
of the Piedmont



Ann Ashby McKissick,  
RPh, CGP, FASP,  
Consultant Pharmacist



Attorneys at Law

ANDERSON, DESIMONE & GREEN, PC

## Sponsors

## Register Today!

Roanoke, VA  
Healthcare Professionals - Nov. 14  
Pre-Conference Workshop for  
November 15, 2018 AND  
in Dementia Care  
Enhancing Quality of Life

alzheimer's  association®  
355 Rio Rd West, Ste. 102  
Charlottesville, VA 22901

Nonprofit Org.  
U.S. Postage  
Paid  
Permit No. 460  
Charlottesville, VA



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES



UPDATES

Having trouble viewing this email? [View it as a Web page.](#)

October 9, 2018

## ACL Announces New Grant Focused on Peer Support

ACL is pleased to highlight a new grantee in its 2018 Chronic Disease Self-Management Education cohort focused on peer support using the evidence-based intervention [Wellness Recovery Action Plan](#), or WRAP®. In addition to the Administration on Aging (AoA), ACL's National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) has also supported the development and implementation of this impactful intervention.

The grant, which began on July 1, 2018, and totals \$838,425 over three years, was awarded to the Center on Mental Health Services Research and Policy at the University of Illinois at Chicago, where Dr. Judith Cook is the Project Director. WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals. It has been implemented nationally and internationally by the Copeland Center for Wellness and Recovery. Peer support is a well-established strategy proven to reduce problematic health behaviors and depression.

[Evidence for WRAP®](#) has demonstrated that it reduces psychiatric symptoms, and increases recovery, self-advocacy skills, self-esteem, and social support. WRAP guides participants through the process of identifying their personal wellness resources and developing an individualized plan to use these resources on a daily basis to manage their behavioral health condition. Information is imparted through lectures, discussions, and individual and group exercises. People with behavioral health



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

conditions, including older adults and people with disabilities, as well as military personnel and veterans, have benefited from WRAP®.

Dr. Cook is also a NIDILRR grantee who leads the [Rehabilitation Research and Training Center on Integrated Health Care and Self-Directed Recovery](#), a national research and resource center to promote recovery, health, and employment for people with serious behavioral health conditions. AoA and NIDILRR are excited to support Dr. Cook and her team's efforts to scale WRAP® to improve the lives of older adults with behavioral health conditions.

Learn more about [ACL's Chronic Disease Self-Management Education grant program](#).

Read about the [2018 Chronic Disease Self-Management grant awards](#).



UPDATES



Having trouble viewing this email? [View it as a Web page.](#)

October 11, 2018

## **New Grants Help States Evaluate ROI, Business Case for No Wrong Door Systems**

ACL has awarded grants to 10 states to quantify the “return on investment” associated with streamlining access to long-term services and supports that allow older adults and people with disabilities to live independently in the community. The nearly \$1.2 million per grantee over two years will help demonstrate the impact of [state No Wrong Door systems](#) and evidence-informed practices, including person-centered counseling. The methods and data generated through this grant will help sustain state and national momentum for system change that increases access to community living and reduces unnecessary healthcare utilization.

We know that most older adults and people with disabilities would rather receive long-term services and supports (LTSS) in their own homes than live in a nursing home or other institutions. We also know that community living is usually the less expensive option. Unfortunately, too many people miss out on this “win-win” because they do not know what services are available to them, face bureaucratic hurdles, or find the services too inflexible to meet their needs.

In No Wrong Door systems, multiple state and community agencies coordinate to ensure that regardless of which agency a person contacts for help, they can get connected to services and supports available in their community. All 56 states and territories are working to build No Wrong Door systems. States are at different stages of implementation, which includes training staff and restructuring access points around person-centered principals, streamlining programs and eligibility, and increasing coordination between agencies and partners. These systems emphasize a person-centered approach in which trained professionals listen to and work one-on-one with individuals to identify and access services and supports personalized around their unique strengths, goals, preferences, needs, and desired outcomes.



This streamlined approach has helped many people delay or avoid costly institutional care. However, hard data on the financial impact of these systems remains sparse.

The new No Wrong Door System Business Case Development Grants fill this gap by allowing states to quantify the benefits of No Wrong Door systems and many of the practices they use to increase access to LTSS. Practices that the grants will help evaluate include person-centered counseling and evidence-informed interventions such as care transitions, nursing home diversion programs, and the Veteran Directed Care program. States will identify core outcome measures that reflect both the impact on the lives of older adults and people with disabilities and the associated return on investment. States will then collect and share outcomes data, ultimately detailing what they learn in business case reports.

This work will begin to illustrate the national impact and opportunities of the No Wrong Door approach, as well as provide methodologies and lessons learned that can be shared with other states to help them evaluate the impact of their systems.

The states receiving grants are Connecticut, Georgia, Indiana, Maryland, New Hampshire, New York, Oregon, **Virginia**, Washington, and Wisconsin.





October 12, 2018

## **ACL Seeks Nominations for Advisory Councils on Family Caregiving and Grandparents Raising Children**

**Deadline: December 3, 2018**

The Administration for Community Living is leading the Department of Health and Human Services' efforts to establish two new advisory councils, one to address the needs of family caregivers and a second to focus on the needs grandparents raising grandchildren and older relatives caring for children.

The [RAISE Family Caregivers Act](#) directed the establishment of the Family Caregiving Advisory Council to provide recommendations to the Secretary of Health and Human Services on effective models of both family caregiving and support to family caregivers, as well as improving coordination across federal government programs.

The Advisory Council will include up to 15 voting members, with at least one from each of the following constituencies: family caregivers; older adults who need long-term services and supports; individuals with disabilities; health care and social service providers; providers of long-term services and supports; employers; paraprofessional workers; state and local officials; accreditation bodies; veterans; and as appropriate, other experts and advocacy organizations engaged in family caregiving.

The [Supporting Grandparents Raising Grandchildren Act](#) requires the establishment of an Advisory Council to Support Grandparents Raising Grandchildren. The Advisory Council will identify, promote, coordinate, and disseminate to the public information, resources, and the best practices available to help grandparents and other older relatives both meet the needs of the children in their care and maintain their own physical and mental health and emotional well-being.

In addition to the participation of federal agencies, the Advisory Council will include at least one grandparent who is raising a grandchild, and at least one older relative caring for children. ACL also welcomes nominations



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

of other individuals who may be able to provide subject matter expertise or technical contributions to the Advisory Council.

More information can be found on [ACL.gov](http://ACL.gov).



UPDATES



October 16, 2018

### **New Grants Address Involuntary Discharge, Opioids in Long-Term Care Facilities**

ACL has awarded a supplemental grant for \$70,000 to the National Ombudsman Resource Center (NORC) to address two critical issues in long-term care facility settings, involuntary discharges and opioids.

First, this supplemental grant will provide technical assistance and training to a group of Long-Term Care Ombudsman programs on individual and systemic approaches to remedy one of the most commonly reported problem nursing facility residents bring to Ombudsman programs – involuntary, facility-initiated discharge. The participating Ombudsman programs will convene in a learning collaborative along with designated legal assistance programs serving the same geographic areas, to engage in peer-to-peer learning, and in-depth training and technical assistance to develop complaint advocacy and legal tools. The strategies and tools developed through this project will serve as a resource for all Ombudsman programs.

The second prong of this grant will fund a short-term project to better understand long-term care facility residents' experiences with pain management. This will include an examination of the use of opioids, causes and results of opioid misuse, and how drug diversion, and other consequences of opioid misuse by others, can impact residents. Obtaining the perspective of people living in nursing homes and residential care communities will be an integral part of this project.

Ombudsman programs play a critical advocacy and complaint resolution role in support of people living in nursing homes and residential care facilities. The programs address residents' rights, care, and services. The NORC has a long history of providing training, technical assistance, and program management expertise to state and local Long-Term Care Ombudsman programs.

[Learn more about the Long-Term Care Ombudsman program.](#)



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

---

**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=>