



## VDA WEEKLY E-MAILING

January 9, 2019

Table of Contents

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

[ACL: New Issue Brief from the Evaluation of the Nutrition Services Program](#)

[ACL: CMS Highlights Opportunities for States to Better Serve Dually Eligible](#)

[ACL: National Center on Advancing Person-Centered Practices and Systems](#)

[ACL: Webinar: Measuring Outcomes to Evaluate Dementia Programs](#)

[ACL: New Oral Health & Aging Caregiver Materials & Oral Health America Webinar](#)

[DARS Independent Living Newsletter](#)

1610 Forest Avenue • Suite 100 • Henrico, VA 23229

Office 804.662.9333 • Toll free 800.552.3402 • TTY users dial 711 • Fax 804.662.9354



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

## **Virginia Center on Aging Age in Action Newsletter**

*Cecily Slasor on behalf of Dr. Edward F. Ansello, Ph.D.*

Dear Friends,

I am pleased to send you the newest issue of our quarterly, *Age in Action*. It begins with a case study describing the Senior Mentoring program at the VCU School of Medicine that pairs medical students and community older adults. There are also editorials on loneliness in later life and on using microlearning training modules to help practitioners communicate the emotional diagnosis of dementia to patients and their families. There are pieces on the recent Hack for Caregiver Health where students from seven colleges competed to create workable apps in 24 hours to help caregivers; the MIND diet; Age Wave updates; the Joyful Voices choir movement for people with dementia; the relocated annual meeting of the Southern Gerontological Society; and much more.

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 Winter 2019**

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



December 31, 2018

***New Issue Brief from the Evaluation of the Nutrition Services Program: An Examination of Social Activities at Congregate Meals Sites and Their Role in Improving Socialization Outcomes of Participants***

The Administration for Community Living (ACL) conducted a three-part evaluation of its Title III-C [Nutrition Services Program](#) (NSP). The [Process Evaluation](#), [Cost Study](#), and [two reports](#) from the [Outcome Evaluation](#) have previously been released.

ACL is now releasing an issue brief based on surveys of local service providers and participants at congregate meal sites: [\*An Examination of Social Activities at Congregate Meal Sites and Their Role in Improving Socialization Outcomes of Participants\*](#).

This issue brief examines the types of congregate meal sites that offer social activities and whether the effect of congregate meal participation on socialization outcomes differs for participants who attend meal sites that offer social activities and those who attend meal sites that do not offer these activities. For example:

- Congregate meals sites that provided a variety of nutrition and non-nutrition services were much more likely than those that did not provide such services to offer social activities:
  - 81% of sites that provided nutrition counseling also offered social activities
  - 76% of sites that provided transportation also offered social activities



- 76% of sites that provided case management also offered social activities
- 73% of sites that provided nutrition education also offered social activities
- The percentage of participants who were *very satisfied* with their opportunities for socialization was greater at sites that offered social activities than at sites that did not (71% vs. 59%).

\*\*\*

Visit [Nutrition Services](#) for more information about this program. Learn more about ACL's [Program Evaluations and Reports](#).

---

[Back](#)



January 7, 2019

### **CMS Highlights Opportunities for States to Better Serve Individuals Dually Eligible for Medicare and Medicaid**

In a letter to state Medicaid directors, the Centers for Medicare & Medicaid Services (CMS) has outlined 10 new and existing opportunities – none of which require complex demonstrations or Medicare waivers – to serve individuals dually eligible for Medicare and Medicaid.

One in five Medicare recipients, more than 12 million people, are also concurrently enrolled in Medicaid and about half of this population use long-term services and supports.

The opportunities touch on new developments in managed care, using Medicare data to inform care coordination and program integrity initiatives, and reducing administrative burden for dually eligible individuals and the providers who serve them.

[Read the letter \(PDF\).](#)



January 7, 2019

## **Announcing the National Center on Advancing Person-Centered Practices and Systems**

The [Administration for Community Living](#) and the [Centers for Medicare & Medicaid Services](#) announce the launch of the National Center on Advancing Person-Centered Practices and Systems (NCAPPS).

During the past 30 years, systems for people with disabilities and older adults with long-term service and support needs have generally shifted to embrace person-centered principles, premised on the belief that people should have the authority to define and pursue their own vision of a good life. Yet, the degree to which these systems have *fully adopted* person-centered practices varies, and many continue to grapple with how to effectively implement them.

**The goal of NCAPPS is to promote systems change that makes person-centered principles not just an aspiration, but a reality in the lives of people who require services and supports across the lifespan.** NCAPPS will assist states, tribes, and territories to transform their long-term care service and support systems to implement U.S. Department of Health and Human Services policy on person-centered thinking, planning, and practices. It will support a range of person-centered thinking, planning, and practices, regardless of funding source. Activities will include providing technical assistance to states, tribes, and territories; establishing communities of practice to promote best practices; hosting educational webinars; and creating a national clearinghouse of resources to support person-centered practice.

NCAPPS is funded by the Administration for Community Living and the Centers for Medicare & Medicaid Services, and administered by the Human Services Research Institute (HSRI). Engagement of people with lived experience will be at the heart of all NCAPPS activities. A Person-Centered Advisory and Leadership Group composed of national experts with lived experience receiving



long-term services and supports will oversee and contribute to all aspects of NCAPPS. HSRI will be partnering with national organizations to ensure the work is relevant and effective, including:

- National Association of State Head Injury Administrators (NASHIA)
- National Association of States United for Aging and Disabilities (NASUAD)
- National Association of State Directors of Developmental Disability Services (NASDDDS)
- National Association of State Mental Health Program Directors (NASMHPD)
- National Association of County Behavioral Health and Developmental Disabilities Directors (NACBHDD)
- National Association of Medicaid Directors (NAMD)

**Technical assistance applications are available now.**

States, tribes, and territories can apply for technical assistance through an [application available online](#).

The deadline for technical assistance applications is February 12, 2019. Completed applications should be submitted to [NCAPPS@acl.hhs.gov](mailto:NCAPPS@acl.hhs.gov).

**For more information:**

Additional information about NCAPPS is in this [NCAPPS overview document](#).

**Join the NCAPPS launch webinar on January 29 at 3:00 - 4:30 pm EST** to learn more about NCAPPS and to have your questions answered regarding technical assistance opportunities. [Register for the webinar](#).

To learn more, contact [NCAPPS@acl.hhs.gov](mailto:NCAPPS@acl.hhs.gov).



January 8, 2019

**NADRC Webinar: Measuring Outcomes to Evaluate Dementia Programs and Interventions: Strategies, Challenges, and Benefits**

**Wednesday, January 30, 2019, 2:00-3:00 PM ET**

[Register for the Webinar](#)

Presented by the National Alzheimer's and Dementia Resource Center, this webinar will review strategies, challenges, and benefits of measuring outcomes to evaluate dementia programs and interventions. The webinar will discuss:

- Rationale for outcome measurement and the value of different measurement strategies
- Strategies for selecting outcome measures, including considerations of measurement burden and the frequency and scheduling of data collection
- Past experience in using measured outcomes during program implementation and expansion

**Presenters**

- *Stephanie Hughes* is a research public health analyst at NADRC and has 13 years of Alzheimer's and dementia services experience. She provides technical assistance to ACL's Alzheimer's grants and is a lead on evaluation and reporting for grantees.
- *Michael Lepore* is a senior health policy and health services researcher with RTI International and an adjunct assistant professor of health services, policy, and practice at Brown University. Michael has worked with NADRC for nearly five years.



- *Elizabeth Blount* is the Care Consultation Program Manager at the Rosalynn Carter Institute for Caregiving. She assists with licensing, training, and technical assistance to select organizations offering “BRI Care Consultation,” an evidence-based coaching and support program developed by the Benjamin Rose Institute on Aging.

### **Registration**

Registration is required to receive the webinar information. Visit the [webinar information webpage](#) to sign up and learn more.

---

Closed captioning is available for all NADRC webinars.

---



## **New Oral Health & Aging Caregiver Materials and Oral Health America (OHA) Webinar**

Research shows that oral health is an integral part of an older person's overall systemic health status. Yet, national and state data reflect that many older adults have poor oral health which impacts their ability to chew or speak, causes undue pain and poor nutrition, is linked to multiple chronic conditions (cardiovascular, pulmonary, osteoarthritis, cancer, others) and can lead to social isolation and depression. The Administration for Community Living (ACL) has continued to collaborate in bringing awareness to these oral health issue affecting older adults with the resources highlighted below.

### **Oral Health and Aging - Information for Caregivers**

The number of older adults who are keeping their teeth has increased steadily during the past several decades. Today, less than 20 percent of those age 65 and older have lost all their natural teeth, compared to the early 1960s when almost half of older adults had complete tooth loss. As a result, aging adults who need assistance with other activities of daily living also may need help taking care of their teeth. To help caregivers learn about oral health and how to provide care, the U.S. Department of Health and Human Services created a new series of fact sheets titled [Oral Health & Aging: Information for Caregivers](#). The materials were produced by a partnership between the National Institute of Dental and Craniofacial Research and National Institute on Aging at the National Institutes of Health, the Health Resources & Services Administration, the Administration for Community Living/ Administration on Aging, and the HHS Office on Women's Health. The target audience for these materials is caregivers (both family members and paid caregivers), and managers/administrators of programs, who assist older adults. There are four fact sheets in the series: Brushing, Flossing, Dry Mouth, and Finding Low-Cost Dental Care.



The fact sheets are available online or in print (free of charge). Feel free to share with your colleagues the [link to the fact sheets](#).

### **Oral Health America Webinar Series**

Filling the Gap in Oral Health for Older Adults: A Community Guide to Program Implementation on Wednesday, January 23, 2019, at 2:00 PM Central.

ACL will share information on resources the Office of Women's Health (OWH) and ACL collaborated on to create publicly available tools for communities which would enable them to start or enhance oral health programs for older adults, including a searchable database of vetted, low-cost, community-based oral health services and a step by step guide on how to develop and operate cost-effective, sustainable oral health programs for older adults.

[Register for the webinar](#).

\*\*\*

Visit [Help Your Community Smile](#) for more information about ACL's Oral Health resources.



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 available on the DARS Intranet:

**<https://intranet/docrepo/DARSCILDocViewer.html>**