



COMMONWEALTH of VIRGINIA
Department for the Aging

[Click here to go to the Virginia Department for the Aging Home Page](#)

TABLE OF CONTENTS
AAA TUESDAY E-MAILING
August 19, 2008

SUBJECT	VDA ID NUMBER
<u>Home and Community Based Services Conference</u> (Ellen Nau)	08-151
<u>Fall Prevention web cast</u> (Elaine Smith)	08-152
<u>Money Follows the Person</u> (Ellen Nau)	08-153
<u>Chronic Disease Self-Management Program (CDSMP) Training</u> (Elaine Smith)	08-154

Note: The web addresses (links) in this document may change over time. The Department for the Aging 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.



COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 19, 2008

SUBJECT: Home and Community Based Care

24th National Home and Community Based Services Conference

“The Spirit of Independence”, the 24th Annual National Home and Community Based Services Conference, will convene in Boston, Massachusetts on September 28th through October 1st at the Westin Waterfront Hotel. Sponsored by the National Association of State Units on Aging and the Massachusetts Executive Office of Elder Affairs, the conference will bring together leaders in the field of home and community based services. A tentative schedule for the event is available at:
http://www.nasua.org/pdf/tentative_agenda.pdf.

Registration information is located at:
https://www.letsmeet.net/forms/nasua_reg/nasua_reg1.htm.



08-152

COMMONWEALTH of VIRGINIA

Department for the Aging

Linda L. Nablo, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Disease Prevention-Health Promotion Coordinators

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: August 19, 2008

SUBJECT: Fall Prevention web cast

A link follows for a free web cast program on fall prevention co-produced by the UNC School of Public Health and the Centers for Disease Control and Prevention

Registration is open for the next Public Health Grand Rounds: "Help Older Adults Live Better, Longer: Prevent Falls and Traumatic Brain Injuries", to be presented on September 25, 2008 from 2:00 to 3:00 pm E.T. The case study features two innovative, evidence-based programs, "Stepping On" and "Sure Step" in Wisconsin, designed to prevent falls that can result in serious injuries, such as TBI.

The program is **free** and can be viewed only via web cast. For program details, faculty, and to register, go to www.publichealthgrandrounds.unc.edu. Or use the "register now" link below.

[Register Now](#)



08-153

COMMONWEALTH of VIRGINIA
Department for the Aging

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 18, 2008

SUBJECT: Money Follows the Person

MFP is available to persons who reside in a nursing facility, intermediate care facility for persons with mental retardation/intellectual disability, or long-stay hospitals for 6 months and continue to require long-term care benefits from Medicaid upon discharge. It is anticipated that more than 1,000 individuals will transition out of institutions during the 4-year demonstration period. A variety of services are available to aid in the transition process.

There are two new MFP Services:

Transition Coordination is the management and coordination of the transition of a participant from the institution to the community through the Elderly or Disabled with Consumer Direction (EDCD) Waiver both before and after they move to the community. This service is only available in the ED CD Waiver.

Transition Services/Funding is a one-time lifetime limit per recipient of \$5,000 to assist in procuring essential goods and services to transition into home and community living.

General Questions Regarding MFP:

The MFP phone number is 804-225-2984. On the DMAS website go to: www.dmas.virginia.gov and click on the Long-Term Care and Waiver Services from the

SUBJECT: **Money Follows the Person**
Page 2 of 2

home page. For additional information, please visit the Virginia Olmstead website at: <http://www.olmsteadva.com/mfp/> .

DMAS will receive general inquires on the MFP project at mfp@dmas.virginia.gov. Please enter "MFP Inquiries" in the subject line.

Five Area Agencies on Aging are among the initial eleven transition provider coordinators: Appalachian Agency for Senior Services, Inc.; District III Senior Services; Mountain Empire Older Citizens, Inc.; Eastern Shore Area Agency on Aging, and Jefferson Area Board on Aging. A complete list is attached.



COMMONWEALTH of VIRGINIA

Department for the Aging

Linda L. Nablo, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors
Disease Prevention-Health Promotion Coordinators

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: August 19, 2008

SUBJECT: Chronic Disease Self-Management Program (CDSMP) Training

Any interested AAA staff members are encouraged to become trainers for the evidence-based Chronic Disease Self-Management Program (CDSMP). You will then be able to offer the program in your communities and through agency programs.

The Virginia Department of Health (VDH) is pleased to provide the training FREE of charge. Normally there is a \$1500+ per person cost for the training and materials. The registration deadline is August 31.

Here are a few facts about CDSMP:

- CDSMP is an evidence based program created by researchers at Stanford University to enable people who live with a chronic disease to achieve and maintain optimal health.
- It is designed to assist people living with a chronic disease in: managing all aspects of their condition and self-care; preventing the onset of other illnesses; and promoting the adoption of healthy lifestyle behaviors to

reduce the risk factors associated with many of the leading chronic diseases (lack of physical activity).

- The program gives participants techniques to deal with fatigue and pain. It also teaches participants how to effectively communicate with their family, friends and doctors. The program also stresses the importance using medications appropriately.
- The program is a great tool to help participants build confidence in their ability to manage their chronic diseases

There are a couple of things you need to know if you are interested in attending the training:

1. The training is being held September 29 - October 3, 2008 at the Glen Allen Cultural Arts Center in Glen Allen, VA. Attendance is required each day to be certified in the program.
2. Space is limited to 26 people.
3. Once you are trained, the course must be co-taught by two people who are both certified in CDSMP.
4. The training is **FREE!!!** All materials will be provided to participants. Books will be provided for use in conducting first community-based class.

What you need to know before attending the training:

Your agency will need to sign a Memorandum of Agreement which:

- 1) Assures participants will teach at least two CDSMP courses,
- 2) Assures participants will provide at least one leaders training, and
- 3) Assures program evaluations will be submitted to the CDSMP Coordinator.

These assurances will assist in the management and expansion of the program.

The VDH is pleased to provide this training to interested organizations. In doing so, VDH asks that the above conditions are met for attending the training. Continental breakfast and lunch will be provided. The training costs do not include travel or lodging expenses. Due to the costs of offering this class should you become unable to attend please notify Catherine Fields immediately at 804.864.7886. A class waiting list will be maintained should last minute cancellations occur.

If you have any questions or are interested in having your organization participate, please contact Catherine Fields, CDSMP Coordinator at 804.864.7886.

Following is a flyer and registration form.

You Can! Live Well ,Virginia!

Master Training Fact Sheet

The Virginia Department of Health is pleased to provide free training for the evidence-based Chronic Disease Self- Management Program (CDSMP). There are a couple of things you need to know if you are interested in attending the training:

1. Training is 4.5 consecutive days. Attendance is required each day to be certified in the program. The training will be held in the Richmond area.
2. Space is limited to 26 people.
3. The course must be co-taught by two people who are both certified as leaders in CDSMP.
4. The training is **FREE!!!** All materials will be provided to participants. Books will be provided for use in conducting first community-based class.
5. Hotel reservations are the responsibility of the participant.

What you need to know before attending the training.

Your agency will need to sign a Memorandum of Agreement which:

- 1) Assures participants will teach at least two *Live Well* courses,
- 2) Assures participants will provide at least one leaders training, and
- 3) Assures program evaluation submittal to VDH *Live Well* Coordinator.

The Virginia Department of Health (VDH) is pleased to provide this training free of registration charge to interested organizations. In doing so, VDH asks that the above conditions are met for attending the training. Continental breakfast and lunch will be provided. Mileage, lodging or other travel expenses must be assumed by your agency.

Due to the costs of offering this class should you become unable to attend please notify Catherine Fields immediately at 804.864.7886. A class waiting list will be maintained should last minute cancellations occur.

For more information:

Catherine Fields, CHES
CDSMP Coordinator
804.864.7886

Catherine.Fields@vdh.virginia.gov

<http://patienteducation.stanford.edu/programs/cdsmp.html>

Live Well Virginia

Master Training Registration Form

September 29, 2008— October 3, 2008

The Cultural Arts Center, 2880 Mountain Road, Glen Allen, VA 23060

Name

Title

Organization

Address

City, State, Zip

Phone

Email

Lunch:

Vegetarian meal required _____

Other Dietary Needs _____

Mail or Fax completed form by August 31, 2008 to:

Catherine Fields, CHES

Division of Chronic Disease Prevention & Control

109 Governor Street, 10th Floor

Richmond, VA 23219

(804) 864-7886 Phone

(804) 864-7880 Fax

Catherine.Fields@vdh.virginia.gov

Due to the costs of offering this class should you become unable to attend please notify Catherine Fields immediately at 804.864.7886