



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

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**October 7, 2008**

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**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 and AIM Administrators, Area Agencies on Aging

**FROM:** Deb Loving, Information Systems Specialist

**DATE:** October 7, 2008

**SUBJECT: FY 2008 NAPIS Report**

Area Agencies on Aging are reminded that it is time to complete and submit the NAPIS Summary report for Federal Fiscal Year 2008. Executive directors are required to certify (by signing) the completed NAPIS report. Please forward your agency's report to VDA by **Friday, November 14, 2008**.

Submit the first six (6) pages of the signed report to my attention via postal mail, or by fax at 804-662-9354, or by e-mail in scanned PDF format. In addition, email the final Excel file to [aging\\_aimamr@vda.virginia.gov](mailto:aging_aimamr@vda.virginia.gov).

After you close out your AIM or GetCare client data for FY 2008, download the report in Excel format from <http://www.vda.virginia.gov/reportsandinstructions.asp>. You will find the report listed in the "Programmatic Reports" section as **NAPIS Annual Summary Report FY08**. After updating the downloaded file with your data, please rename the file by replacing the "XX" characters in the filename with your PSA number, and email this file to VDA at [aging\\_aimamr@vda.virginia.gov](mailto:aging_aimamr@vda.virginia.gov).

For **AAA's using the AIM System**, end-of-year AIM replications are also due by close of business on November 14<sup>th</sup>. Please upload your final replication and send me an e-mail to let me know that you have submitted your final FY08 replication. If your September replication is finalized end-of-year data, please inform me of that via email when you upload in October. Fax (804-662-9354) a copy of your VA36 and VA95 reports to my attention as supporting documentation.

**AAA's using the GetCare System** should fax (804-662-9354) to my attention a copy of the "Service and Units Summary Report" (VA95 equivalent) and the "VDA Title III-E Program Group Listing" (VA36 equivalent) report no later than November 14<sup>th</sup>.

If you have questions, please feel free to contact me. Thanks!



09-02

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Finance Directors  
Area Agencies on Aging

**FROM:** Marica B. Monroe

**DATE:** October 7, 2008

**SUBJECT:** September remittance reconciliation

Hello everyone. If you have not received yours already, the remittance advice for the month of September will be issued soon.

The reason for this correspondence is to implement a proactive approach at closing out the federal fiscal year. As many of you already reconcile the monthly remittance to your agency's financial records, I believe it would be a good idea for each AAA to do this, especially at year-end. It helps to ensure on a monthly basis that monies paid to AAAs by VDA were actually received by the individual agencies. It will also help to make the financial statement process at year-end smoother by ensuring that VDA records and AAA records are the same prior to financial statement preparation which should decrease the amount of audit adjustments and financial statement resubmissions.

With that, please reconcile your financial records to the monthly remittance. This is especially important at year-end using the remittance advice received for the month of September. Please report all differences remaining at September of each year to either me or Charlotte Peterson. We have made a few changes to the monthly remittance to aid each AAA in their reconciliation. As you may have already noticed, a grant period to date column has been added. This column reflects all payments paid to your agency during the grant period for each grant type. **Note: Subtracting the Grant-To-Date Payment Column from the Paid Prior 10/1/2007 column for each grant should provide you with the amount received by your agency for federal fiscal year 2008**

September remittance reconciliation  
October 7, 2008  
Page 2 of 2

**considering timing issues. Please tie these amounts to your Schedule ABC (due November 14, 2008) and audited financial statements (due December 15, 2008) each year prior to submission to VDA.**

Also, please be reminded that accrued costs should **not** exceed the funds available.

Thank you for your time and attention. Please let me know if you have questions or need assistance. HAPPY NEW YEAR!!!

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** October 7, 2008

**SUBJECT:** **Universal Design Conference – 11/5/08**

The Virginia Housing Development Authority (VHDA) is offering a one-day seminar on *Universal Design: What's New* on November 5, 2008 at the VHDA Housing center located at 4224 Cox Road in Glen Allen, VA. See the attached announcement.

Attachment



**November 5, 2008**

Virginia Housing Development Authority  
Housing Center  
4224 Cox Road  
Glen Allen, VA 23060

The Virginia Housing Development Authority is offering a one-day seminar on Universal Design.

We invite you to attend this seminar titled **Universal Design "What's New"**. The 1-day event should be especially valuable to design professionals, developers, builders, planning, zoning and building officials, bankers, loan officers, engineers, rehab specialists, homeowners and others involved in the built environment process.

Creating universally designed living spaces is an investment that benefits everyone— both personally and professionally. This event is designed to provide you with information and resources that will assist you in making a professional investment in these environments.

"VHDA is a Registered Provider with The American Institute of Architects Continuing Education Systems. Credit earned on completion of this program will be reported to CES Records for AIA members. Certificates of Completion for non-AIA members are available on request".

This program is registered with the AIA/CES for continuing professional education. As such, it does not include content that may be deemed or construed to be an approval or endorsement by the AIA of any material of construction or any method or manner of handling, using, distributing, or dealing in any material or product. Questions related to specific materials, methods, and services will be addressed at the conclusion of this presentation.

**To qualify for points associated with units meeting VHDA's Universal Design standards, the Architect of Record must have attended a VHDA sponsored UD training.**

**Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.**

**Ron Mace**

## Universal Design “What’s New”

**Ray Pentecost III, DrPH., Vice President, Director of Healthcare Architecture with Clark Nexsen Architecture & Engineering.** Dr. Pentecost will deliver a presentation on **Design for the Aging and People with Disabilities**. Dr. Pentecost has a longstanding interest in and commitment to design for the aging and people with disabilities. This presentation is not a design cookbook or a discussion of a way of thinking, but an empowerment opportunity providing participants with resources to assess the home for aging and people with disabilities.

**Dick Duncan, Universal Design Institute.** Mr. Duncan will discuss the latest innovations in universal design and the built environment. He will emphasize how universal design benefits entire families and share information on livable communities. Mr. Duncan will also provide a comprehensive review of the VHDA UD Checklist for use in LIHT projects.

**A total of 4.0 AIA/CES HSW Learning Units will be issued to architects attending the November 5, 2008 Universal Design seminar.**

Up to 15 points may be available to LIHTC projects that use UD features as outlined in the UD checklist (available at the seminar). Architects of record must attend a VHDA seminar in order for the project to qualify for the available points.

- 9:00 - 9:30 a.m. Registration and Continental Breakfast
- 9:30 - 9:35 a.m. Welcome
- 9:35 - 10:35 a.m. **Design for the Aging and People with Disabilities**  
**Ray Pentecost III, DrPH.,**  
Vice President, Director of Healthcare  
Architecture with Clark Nexsen Architecture & Engineering
- 10:35 -10:50 a.m. Morning Break
- 10:50 -12:00p.m. **Design for the Aging and People with Disabilities (Continued)**
- 12:00 - 1:00 p.m. Lunch
- 1:00 - 2:15 p.m. **Universal Design**  
**Dick Duncan,** Universal Design Institute
- 2:15 - 2:30 p.m. Afternoon Break
- 2:30 - 4:00 p.m. **Universal Design (Continued)**
- 3:15 - 3:30 p.m. Evaluation and Wrap-up

**The registration deadline is Wednesday October 29, 2008.**

*Due to limited seating, we suggest that you register early.*

You can access the electronic registration form online at [www.accessva.org](http://www.accessva.org) or [vhda.com](http://vhda.com). While we are only able to offer registration through the mail, you may reserve a space at one or both seminars by email or fax.

See the registration form for details.

Should you have questions regarding **Universal Design “What’s New”** after looking at the program, you may contact

Gail Braham at 804-343-5512 or at [gail.braham@vhda.com](mailto:gail.braham@vhda.com)



09-04

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Jackie Taggart

**DATE:** October 7, 2008

**SUBJECT:** Aging and Diversity Conference

Marilyn Pace Maxwell, Executive Director, Mountain Empire Older Citizens (MEOC), asked me to share the attached information with you. If you are interested in attending, please contact Debbie Sanders at MEOC, 276-523-4202 or by e-mail at [dsanders@meoc.org](mailto:dsanders@meoc.org).

# Diversity and Aging In The 21<sup>st</sup> Century



## A Community Conversation

Thursday, October 9, 2008

9:00 a.m. – 1:30 p.m.

Goodloe Center, Phillips-Taylor Hall  
Mountain Empire Community College  
Big Stone Gap, Virginia

The aging of the population of Virginia and the rest of the United States is sending shockwaves through both the public and private sectors. Join us in Big Stone Gap for a community conversation on aging and diversity in southwest Virginia. The conference will address issues such as population health, access to care, livable communities and universal housing design.

The program is free and lunch will be served. RSVP by contacting Debbie Sanders at 276-523-4202 or [dsanders@meoc.org](mailto:dsanders@meoc.org).

Sponsored by:

**AARP Virginia & Mountain Empire Older Citizens, Inc.**

# Diversity and Aging in the 21<sup>st</sup> Century: A Community Conversation

## Tentative Agenda

- 9:00 a.m. - 9:30 a.m.    Registration and Music
- 9:30 a.m. - 9:40 a.m.    Welcome and Introductions  
*Lavern Chatman, Chair, AARP Virginia Aging and Diversity Committee*  
*Marilyn Maxwell, Executive Director, Mountain Empire Older Citizens, Inc.*
- 9:40 a.m. - 10:50 a.m.    Health and Housing Issues and Solutions in Southwest Virginia
- 9:40 a.m. - 10:00 a.m.    Health Status and Hope in the Highlands  
*David Cattell-Gordon, University of Virginia*
- 10:00 a.m. - 10:10 a.m.    Southwest Virginia Graduate Medical Education Consortium,  
Healthy Appalachia and the Southwest Virginia Health  
Facilities Authority  
*Gary Crum, Southwest Virginia GMEC*
- 10:10 a.m. – 10:20 a.m.    Program of All-Inclusive Care for the Elderly (PACE)  
*Tony Lawson, Mountain Empire Older Citizens, Inc.*
- 10:20 a.m. - 10:30 a.m.    CareSpark – Electronic Information and Health Status  
*Bruce Behringer, East Tennessee State University*
- 10:30 a.m. - 10:40 a.m.    Universal Housing Design  
*Dennis Horton, Mountain Empire Older Citizens, Inc.*
- 10:40 a.m. - 10:50 a.m.    Co-Housing and Aging in Community  
*Dene Peterson, ElderSpirit Community*
- 10:50 a.m. - 11:15 a.m.    Question and Answer Session with Panel of Presenters
- 11:15 a.m. - 11:25 a.m.    Introduction to Cancer Issues in Southwest Virginia  
*Bruce Behringer, East Tennessee State University*
- 11:25 a.m. - 12:00 noon    “Forty Days”: Stories about Cancer in Southwest Virginia  
*Kim Mays, Ben Mays and Charlie Engle*
- 12:00 noon - 12:30 p.m.    Lunch
- 12:30 p.m. - 1:00 p.m.    Keynote – Healthcare and Economic Development in Southwest Virginia  
*The Honorable Clarence E. “Bud” Phillips, Virginia General Assembly*
- 1:30 p.m.                      Door Prizes and Adjournment

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** October 7, 2008

**SUBJECT:** **Virginia Coalition for the Aging Fall Meeting & Legislative Forum**

Attached is a copy of the Virginia Coalition or the Aging's information for their Fall meeting and their Legislative Forum. See attached.

The Fall meeting and Legislative Forum will be held on Friday, November 21, 2008 at the *Crowne Plaza Hotel* in Richmond. The attached information has additional details as well as directions.

Attachment

# Changes in Washington How will it Affect You?

Friday, November 21, 2008  
Crowne Plaza, 6531 West Broad  
Richmond, Virginia

## Virginia Coalition for the Aging Fall Meeting and Elder Rights Coalition Legislative Forum

### Agenda Highlights

8:30-8:40 a.m. **Welcome**

- **Welcome and Overview of Summit 2007** – *VCA Chairman Carter Harrison*

8:40-9:40 a.m. **Plenary Session: Older Dominion Project**

- *Matt Thornhill, Southeastern Institute of Research, founder and President of the Boomer Project*
- *What did the 2008 National Elections Tell Us about Aging Issues - David Certner, AARP National Office*

9:50–10:55 **Breakout Sessions - I**

- ♦ *The Changing Face of Long-Term Care – Panel Discussion*
- ♦ *The Future of Medicare, Addressing the Shortage of Providers*

11:15–12:15 **Breakout Sessions –II**

- ♦ *The Status of the Medicaid Partnership Program and its Impact on Financial Planning - Molly Huffstetler, M.S.W., Virginia Department of Medical Assistance Services; Shawn Majette, Esquire ThompsonMcMullan, P.C.*
- ♦ *Project 2025 – Janet James, Virginia Department for the Aging*

12:30-1:45 **Luncheon**

- ♦ *What the Outcome of the Elections Will Mean for Aging and Disability Issues – Dr. Robert Holsworth, College of Humanities and Sciences, Virginia Commonwealth University*

1:45-2:00 **Looking Ahead to the 2009 General Assembly**

2:00-4:00 **Virginia Elder Rights Coalition Legislative Forum – *Bring your organization's legislative platform to share***

### Target Audiences

Older adults \* Caregivers \* Concerned citizens \* Service providers \* Policy makers \* Human resources directors and staff \* Health and human services agency directors and staff

For more information, contact:

Carter Harrison, VCA President, at (804) 967-2594 or  
[carter.harrison@alz.org](mailto:carter.harrison@alz.org)

**Changes in Washington How will it Effect You?**  
**Friday, November 21, 2008**  
**Crowne Plaza, 6531 West Broad**  
**Richmond, Virginia**

**Virginia Coalition for the Aging Fall Meeting  
and  
Elder Rights Coalition Legislative Forum**

Use the TAB button to advance through this form. You may type requested information in the entry fields, or print out and complete manually. If you are applying by email and mailing your payment separately, **save this file using your organization's name as the filename**, and attach the file to an email addressed to [carter.harrison@alz.org](mailto:carter.harrison@alz.org)

**Name:**

**Organization:**

**Address:**

**City:**

**State:**

**Zip:**

**E-mail:**

**Special Needs:**

**Pre-Registration Nov. 21<sup>st</sup> (BEST VALUE - click on box to select):**

1 Pre-Registration \$48.00

*On-Site Registration will be \$58.00*

**Payment of Fee (click on box to select):**

Enclosed

Will send payment later

**Checks should be made payable to the Virginia Coalition for the Aging.  
Payment (plus application form if it was not sent by email or fax) should be mailed to:**

Virginia Coalition for the Aging  
c/o Carter Harrison  
Alzheimer's Association  
4600 Cox Rd., STE 130  
Glen Allen, VA 23060  
(804)967-2594 voice; (804)967-2588 fax  
E-MAIL: [carter.harrison@alz.org](mailto:carter.harrison@alz.org)

*For Sponsorship and Display Information Call or Email Carter Harrison*

**DIRECTIONS TO THE CROWNE PLAZA  
6531 WEST BROAD ST  
RICHMOND, VA**

**FROM NORTH:** I-95 South to EXIT 79 TO I-64 West to take the Broad Street East Exit (183B). Hotel will be on your right.

**FROM SOUTH:** I-95 North to EXIT 79 TO I-64 West to take the Broad Street East Exit (183B). Hotel will be on your right.

**FROM EAST:** I-64 West To I-95 North to EXIT 79 Toward Charlottesville I-64 West to take the Broad Street East Exit (183B). Hotel will be on your right.

**FROM WEST:** I-64 East To EXIT 183B, Broad Street East. Hotel will be on your right.



09-06

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen M. Nau

**DATE:** October 7, 2008

**SUBJECT:** Caregiving

**November is National Family Caregiver Month**

***Caring Connections*** Caregiver Conference and Resource Fair will be held on November 1, 2008 at the Rooker/Martin Hall at New River Community College and hosted by the New River Valley Agency on Aging. Presenters include Teepa Snow, a nationally known dementia education specialist, the Montgomery County (VA) Department of Social Services, the Southwest Virginia Legal Aid Society and Dr. Lauren Scott-Jones, a chiropractic doctor who has developed a gentle exercise program called *Stretch & Strengthen*. More information on the agenda and registration is attached.

***State of the Science: Professional Partners Supporting Family Caregiving***, a report of the AARP Foundation, The American Journal of Nursing, the Council on Social Work Education, Family Caregiver Alliance and Rutgers Center for State Health Policy (New Jersey) is available in the American Journal of Nursing September, 2008 issue. A summation of the report issued by the Family Caregiver Alliance, San Francisco, California is attached. The report notes the necessity of improving the working relationships among nurses, social worker, patients and caregivers as the elderly population of the U.S. increases and more family members assume caregiving duties.

## **CMS/NAC Coalition Network Conference Call: Advocacy for Caregivers: Coalition Building and Sustainability**

Please join us for the fourth quarterly CMS/NAC Coalition Network conference call on Wednesday, October 15 from 1-2 PM EST. We are honored to have Tom Wolff, President of Tom Wolff and Associates and Founder of Healthy Communities Massachusetts, join us to speak about how coalitions can identify and monitor their successes and key points that coalitions should work towards in terms of sustainability.

Dr. Wolff is a nationally recognized consultant on coalition building and community development, who has over 30 years experience training and consulting with individuals, organizations and communities across North America. His writings on coalition building include the popular book *From the Ground Up: A Workbook on Coalition Building and Community Development* (1997 with Gillian Kaye), and *The Spirit of the Coalition* (2000 with Bill Berkowitz), published by the American Public Health Association. He co-authored *Outreach Works: Strategies for Expanding Health Access in Communities* in 2001.

### **Call-in Information**

Date: October 15, 2008

Time: 1 to 2 p.m. (Eastern Time)

Toll-free phone number: 1-888-322-3914

Passcode: Network

Call Leader: Spencer Schron, Center for Medicare and Medicaid Services (CMS)

### **Agenda:**

Welcome to the Call: Spencer Schron and Gail Gibson Hunt, National Alliance for Caregiving (NAC) (5 minutes)

Update from the NAC: Gail Gibson Hunt (10 minutes)

CMS Caregiver Initiative Update: Susie Butler, Office of External Affairs, CMS (10 minutes)

Medicare Open Enrollment Session: Patty Helphenstine, Office of External Affairs, CMS (5-10 minutes)

Caregiving Coalitions Sustainability: Tom Wolff, President, Tom Wolff and Associates, Founder, Healthy Communities Massachusetts. (20-25 minutes)

## Veterans Issues

Over 40 pieces of legislation have been introduced in Congress related to family caregiving. Below you will find highlights of legislation that has been *introduced* at the end of the 110<sup>th</sup> Congress for military veterans. This summary was supplied by the National Alliance for Caregiving.

On January 28, 2008, President Bush **signed into law H.R. 4986, the “National Defense Authorization Act for FY 2008”** (P.L. 110-181). The provisions of interest to family caregivers are similar to provisions contained in an earlier version of the National Defense Authorization Act for 2008 (H.R. 1585), which was passed by Congress and later vetoed by the President Bush because of language in the bill that would allow plaintiffs in lawsuits against Iraq’s former regime to freeze assets needed for the current Iraqi government. When H.R. 1585 was vetoed, the offending language was removed, and the new bill, **H.R. 4986 became law.**

P.L. 110-181 contains a number of provisions aimed to augment services, and provide additional protections for wounded veterans, their families and caregivers. It also contains a requirement for the Department of Defense (DOD) in consultation with the Social Security Administration to develop a comprehensive handbook on benefits and protections available to seriously injured service members. Specifically, section 1401 of the act:

- establishes the Wounded Warrior Resource Center to serve as a single point of contact for service members, their families, and primary caregivers to report issues with facilities, obtain health care, and receive benefits information;
- orders semi-annual inspections of housing facilities for recovering service members;
- establishes a comprehensive policy (between the VA and DOD) on the health care and management of members of the armed forces, including the development of fully interoperable electronic health records;
- requires new DOD-wide standards for processing disability evaluations to reduce discrepancies between DOD assessments and those conducted by the VA;

- creates new DOD-wide standards for processing medical evaluations, better training for those performing the evaluations, and assigning independent medical advisors to assist recovering service members and families;
- establishes a comprehensive policy to address traumatic brain injury (TBI), posts-traumatic stress disorder (PTSD), and other mental health conditions, and military eye injuries;
- funds a new study on support services needed for families of recovering service members; and
- directs the National Academy of Science to report on the physical and mental health needs of those deployed in Iraq and Afghanistan and their families.

P.L. 110-181 also includes provisions of S. 1975, Support for Injured Service Members Act, introduced by Senator Chris Dodd (D-CT) and Senator Hillary Clinton (D-NY). The provisions allow the families of wounded military personnel to take up to 26 weeks of unpaid leave. The legislation follows key recommendations of the Commission on the Care of Wounded Warriors, led by former Senator Bob Dole and former Secretary of Health and Human Services (HHS) Donna Shalala.

In addition, section 583 of P.L. 110-181 contains a number of key provisions included in H.R. 1541, legislation entitled, "Coming Together for Guard and Reserve Families" first introduced by Rep. Bruce Braley. The provisions establish a DOD Military Readiness Council to provide and enhance services to DOD families before, during, and post-deployment. In addition, the provisions:

- directs the Secretary to provide specified information, programs, activities, training, and other support services for the parents, children, infants, and toddlers of members undergoing deployment;
- requires DOD to study and report to Congress on the feasibility and advisability of establishing a pilot program on family-to-family support for families of deployed members of the active and reserve components;
- directs the Secretary to carry out a pilot program for a comprehensive soldier and family preparedness and reintegration outreach programs for members and their families; and

- creates a National Military Family Readiness and Service Reintegration Outreach Pilot Program to provide: (1) marriage counseling; (2) services for children; (3) suicide prevention; (4) substance abuse awareness and treatment; (5) mental health awareness and treatment; (6) financial counseling; (7) anger management counseling; (8) domestic violence awareness and prevention; (9) employment assistance; (10) assistance in living with a member with post-traumatic stress disorder (PTSD) or traumatic brain injury.

**S. 2921 -- Caring for Wounded Warriors Act of 2008**, introduced by Senator Hillary Clinton (D-NY) on April 28, 2008. The bill directs the VA to create three pilot programs to assess the feasibility and advisability of providing training and certification for family caregivers of veterans and members of the Armed Forces with traumatic brain injury (TBI). Once family caregivers have received their certification, they are eligible for compensation from the VA for the care provided. The measure also creates a pilot program for graduate students enrolled in mental health or rehabilitation-related fields to receive course credit to become respite care workers for family caregivers.

**H.R. 3070 -- Disabled Veterans Caregiver Compensation Act**, introduced by Rep. Collin Peterson (D-MN) on July 21, 2007. The legislation would require the Veterans Administration to pay disabled veterans \$234 a month throughout the time they are in need of regular care and if they are receiving the care from a family member who is depending on the veteran for support.

**S. 1649 -- Military Family Support Act of 2008**, introduced by Senator Russ Feingold (D-WI) on June 19, 2008. The bill establishes two programs to provide additional leave options for persons who have been designated as caregivers for dependents of those deployed for military service. The bill requires the Office of Personnel Management (OPM) to create a program under which federal employees are designated caregivers could use accrued annual or sick leave, leave bank benefits, and other leave available to them under the law to retain their job status. For private sector employees, the Department of Labor (DOL) would create a voluntary program, allowing private sector companies to create similar leave programs for their employees. The bill specifically exempts the provisions of the Family and Medical Leave Act from the types of leave that can be used by designated caregivers. Companion legislation has been introduced in the House, H.R. 6326, by Representative Lynn Woosley on June 19, 2008.

**H.R. 3458 – Veterans Affairs Pilot Program on Traumatic Brain Injury Care in Rural Areas**, introduced by Representative Shelly Moore Capito (D-WV), introduced on August 4, 2007. Key provisions of this legislation were incorporated in H.R. 1585, the Department of Defense (DOD) reauthorization bill. The bill directs the VA to carry out a five-year pilot program, in five rural states, under which the Secretary trains and then assigns a specific VA case manager to each veteran diagnosed with traumatic brain injury who is receiving care in a VA facility in that state.

### **HHS Announces \$36 Million to Help Older Americans and Veterans Remain Independent**

Grants include first-time collaboration with VA to support America's veterans

On Monday, September 29, 2008, HHS Deputy Secretary Tevi D. Troy joined Assistant Secretary for Aging Josefina G. Carbonell to announce \$36 million in new grant programs to 28 states to help older Americans and veterans remain independent and to support people with Alzheimer's disease to remain in their homes and communities. Just over \$19 million of this funding involves a new collaboration with the U.S. Department of Veterans Affairs (VA). The joint effort, announced at the 24th Annual Home and Community-Based Services Conference in Boston, Massachusetts, will provide essential consumer-directed home and community-based services to older Americans and veterans of all ages, as part of a Nursing Home Diversion (NHD) grants program. The new initiative builds on the similar missions of HHS and the VA with regard to caring for the populations they serve. In addition, Deputy Secretary Troy announced a \$17 million investment to improve the delivery of home and community-based services to people with Alzheimer's disease and their family caregivers. For more information, visit:

[http://www.aoa.gov/press/For\\_the\\_press/pr/archive/2008/September/9\\_29\\_08.aspx](http://www.aoa.gov/press/For_the_press/pr/archive/2008/September/9_29_08.aspx)

# Caregiver Facts

- Working caregivers often suffer many work-related difficulties due to their dual caregiving roles. Two-thirds of working caregivers report having to rearrange their work schedule, decrease their hours, or take an unpaid leave in order to meet their caregiving responsibilities. Difficulties due to work and caregiving are even higher among those caring for someone with dementia.
- The typical family caregiver is a married and employed 46 year old woman caring for her widowed mother who does not live with her. Approximately 60% of family caregivers are women.
- The Internet is the place caregivers turn to most for information, followed by doctors.
- Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves.
- More than 50 million people provide care for a chronically ill, disabled or aged family member or friend during any given year.
- The most frequently reported unmet needs of caregivers are finding time for one's self, managing emotional and physical stress, and balancing work and family responsibilities.
- 1.4 million children, ages 8 to 18, provide care for an adult relative; 72% are caring for a parent or grandparent.
- Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a family caregiver's life.

## Caregiver Conference and Resource Fair

Are you a caregiver? You are if you provide care to an older adult or person with disabilities. Whether you are a spouse, child relative or friend, you will not want to miss this important event.

"Caring Connections", the New River Valley Agency on Aging's Caregiver Conference and Resource Fair, will be held on November 1, 2008 from 9 a.m. until 2 p.m. in Rooker and Martin Halls at New River Community College, Dublin, Virginia.

Visit with exhibitors to learn more about products and services available to assist caregivers.

Attend expert presentations throughout the day on a variety of topics.

Featured presenter: **Teepa Snow**, Dementia Care & Dementia Education Specialist.

"Ask the Expert" and receive answers to questions on Medicare, Medicaid, prescription assistance, and long term care insurance.

Discuss one-on-one with Information and Assistance Specialists.

Flu-Shot clinic available on site.

Enjoy free morning refreshments and lunch. Afternoon snacks also available.

Door prizes & giveaways !

# Caring Connections

## Caregiver Conference and Resource Fair



**November 1, 2008**

**9:00 a.m. – 2:00 p.m.**

**Rooker / Martin Hall**

**New River Community College**

*Conference Hosted by:*

***New River Valley Agency on Aging***

Serving the Counties of Floyd, Giles, Montgomery, and Pulaski; the City of Radford; and the towns of Blacksburg, Christiansburg, and Pulaski.

# About the Presenters

**Teepa Snow** is an occupational therapist currently serving as a dementia care and dementia education specialist. She has an independent practice as well as working part-time for the Eastern North Carolina Chapter of the Alzheimer's Association. She is also a Counseling Associate for Duke University's School of Nursing and has over 26 years of experience in geriatrics. Teepa is a Fellow of the American Occupational Therapy Association, has received local, statewide, and national recognition for her expertise in geriatrics, dementia care and programming, functional abilities and individual care. This past year she has presented over 350 programs throughout the US, developed two training videos, and published many articles.

**Montgomery Co. Department of Social Services** assists families and individuals in becoming socially and economically self-sufficient and independent. The Department encourages and provides for participation in their programs, as a means to empower families and individuals to attain self-sufficiency and independence.

The **Southwest Virginia Legal Aid Society** champions equal justice for low-income Virginians and strives to provide high quality and effective legal services to individuals facing serious threats to their personal, economic, or family stability. The **Southwest Virginia Legal Aid Society** provides free, high quality civil legal services to low-income residents of 17 counties and 4 cities in southwestern Virginia.

**Dr. Lauren Scott-Jones** received her Bachelor degree in biology and human physiology from Rutgers University and graduated cum laude from Life Chiropractic College in Atlanta, GA in 1989 with her Doctor of Chiropractic. She has developed a gentle exercise regimen called *Stretch & Strengthen* which combines yoga, Pilates, and common-sense calisthenics.

# Agenda

**8:15-9:00** : Registration / Exhibitors

**9:00-9:15**: Welcome / Opening Session

**9:15-10:30**: "*Managing Behavior: Start with Yourself*", **Teepa Snow** : Review of key symptoms of dementia and their relationship to problems in communication with caregivers; Present techniques that are helpful in promoting interactions and desired activity or conversations.

**10:30-10:45**: Break

**10:45-12:00**: Breakout Sessions

**Session A**: "*Making Moments of Joy*", **Teepa Snow** : Helping caregivers recognize and appreciate their role in creating days that are filled with moments of joy and meaningful activities.

**Session B**: "*Accessing Caregiver Support Services*", **Montgomery County Dept. of Social Services / Adult Services**: An overview of adult services and programs to support individuals in the care-giving roles.

**Session C**: "*Legal Issues in Care-Giving*", **Daronda Combs, Southwest Virginia Legal Aid Society**: A session oriented towards advanced planning on legal issues such as powers of attorney, advanced directives, living wills, medical directives, etc.

**Session D**: "*Giving Care to Oneself*": **Dr. Lauren Scott -Jones** : An experiential learning session on stress management which will include self-massage/trigger point therapy, stretches for the workplace, easy breathing techniques, and laughter yoga.

**12:00-1:00**: Lunch/ Visit Exhibitors

**1:00-1:50**: "*How to Enjoy Holidays or Other Major Events When Dementia is Part of the Picture*", **Teepa Snow**

**1:50-2:00**: Door Prizes

# Conference Registration

Please register only one person per registration form. **Registration deadline is Oct. 15, 2008.**

Name \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Phone : \_\_\_\_\_

Email: \_\_\_\_\_

What county/ city do you live in? \_\_\_\_\_

**Please indicate the breakout session you wish to attend (choose one) :**

**Session A** : Making Moments of Joy

**Session B** : Accessing Caregiver Support Services

**Session C** : Legal Issues in Care-Giving

**Session D**: Dr. Jones

**Please indicate your care-giving role:**

Family Caregiver

Volunteer Caregiver

Adult Family Home Provider

Private Sitter/Companion

Home Health Aide

Chore or Personal Care Aide

Respite Worker

Assisted Living, Nursing Home staff

Adult Day Care staff

Other social services/ health professional

Hospice Worker

Other \_\_\_\_\_

Do you require special adaptations or accommodations ? yes no

Describe: \_\_\_\_\_

Do you require a vegetarian lunch ?



## **Family Caregivers Need Help to Handle Heavy Care Demands - Lack Information, Training**

### ***Patient Care Must Be Redefined To Include Family Members; Professionals and Advocates Pledge To Help Educate Family Caregivers***

In a first of its kind collaboration, national organizations representing nurses, social workers, family caregivers and people age 50+ have released a report calling for a re- definition of good patient care to include those family members and friends who provide ongoing, often daily, care. Family members are very often not prepared to take on the task of caregiving-especially as many family caregivers are providing services typically reserved for registered nurses and doctors.

The report, "State of the Science: Professional Partners Supporting Family Caregiving," ([www.NursingCenter.com/AJNfamilycaregivers](http://www.NursingCenter.com/AJNfamilycaregivers)) is a joint endeavor of the AARP Foundation, the *American Journal of Nursing*, the Council on Social Work Education and its *Journal of Social Work Education*, Family Caregiver Alliance, and Rutgers Center for State Health Policy (New Jersey).

Family and other informal caregivers provide the vast majority of the long-term care provided in this country. Yet the 44 million caregivers assisting those 18+ years of age tend to have limited preparation for the job and receive limited ongoing support even as their contributions to the economy have been estimated at \$350 billion annually.

The report argues that the relationships between and among nurses, social workers, patients and the friends and family who care for them must change as Americans live longer and need more long-term care at the same time that the nation faces workforce shortages among healthcare professionals, and earlier discharge from hospitals require more sophisticated care to be provided by family caregivers.

"Family caregivers are often asked to do things that would make nursing students tremble," said Susan Reinhard, RN, PhD, AARP's Senior Vice President for Public Policy.

"At the same time, America's healthcare system has yet to take into adequate account both the risks and responsibilities carried by family and other informal caregivers and the potential to improve patient care if they are given more support and treated like partners with healthcare professionals," said Kathleen Kelly, Executive Director, Family Caregiver Alliance.

To that end, the report redefines best practices in the fields of nursing and social work as they concern caregiving for older adults and the partner organizations have pledged to spread those practices to reach more caregivers. As an initial step, a database of tools and resources for both family caregivers and professionals is available on the Family Caregiver Alliance website at [www.caregiver.org](http://www.caregiver.org).

"Our ultimate goals are to change the everyday practices, standards and protocols of the healthcare delivery system to treat both patient and caregiver as clients and to

educate the next generation of nursing and social work professionals to serve caregivers in new and beneficial ways," said Diana J. Mason, RN, PhD, editor-in-chief of the *American Journal of Nursing*. "We also hope to be able to raise family caregivers' own expectations about the support they should receive from professionals."

The report also argues for eliminating the barriers to engaging caregivers that nurses, discharge planners and social workers currently face, such as lack of time due to heavy workloads.

"Enhancing the working relationships between nurses, social workers, patients and caregivers is essential," said Nancy Hooyma, PhD, Co-principal Investigator of the CSWE Gero-Ed Center and Hooyma Gerontology Professor at the University of Washington, Seattle. "Assessing the needs of family caregivers can assist nurses and social workers in offering the most effective support available."

The parties to the report pledged to partner with families in new ways to:

- Improve families' ability to better manage their everyday care responsibilities, reduce their own burdens and health risks, and promote a better quality of life for both the older adults receiving care and the family members providing it
- Improve professionals' ability to assess the needs of family, friend, and neighbor caregivers; provide caregivers with the information and skills needed to deliver care; and lead in the development of family-friendly policies, practices and environments across healthcare settings.

The report both outlines the knowledge and skills needed by the caregiving professionals and suggests ways to develop them. It also lays out an agenda for future research on family caregiving. This month a special issue of the Council on Social Work Education's *Journal of Social Work Education* (JSWE) also will be devoted to how the social work and nursing professions can prepare to serve caregivers. This first-ever endeavor will feature resources on developing the nursing-social work partnership, issues in caregiving assessments, and the knowledge and skills that nurses and social workers need. This JSWE issue also proposes a comprehensive research agenda for the profession to consider, including evidenced-based intervention design and testing and technology integration.

"The unified voices of the professionals and loved ones who have the closest relationships with patients make this a particularly powerful statement of goals," concluded AARP's Reinhard. "With this unanimity of purpose, we will be able to begin to change the course of healthcare in America."

The State of the Science report was made possible by funding from the John A. Hartford Foundation and the Jacob and Valeria Langeloth Foundation. It was released to coincide with a new initiative from the Centers for Medicare and Medicaid Services' offering enhanced information on caregiving at [www.medicare.gov](http://www.medicare.gov) and from other sources.

*AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. AARP does not endorse candidates for public office or make contributions to either political campaigns or candidates. We produce*

*AARP The Magazine, the definitive voice for 50+ Americans and the world's largest-circulation magazine with over 33 million readers; AARP Bulletin, the go-to news source for AARP's 40 million members and Americans 50+; AARP Segunda Juventud, the only bilingual U.S. publication dedicated exclusively to the 50+ Hispanic community; and our website, AARP.org. AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.*

*Founded in 1900, the **American Journal of Nursing (AJN)** is the largest and most established nursing journal in the world. It is published by Lippincott Williams & Wilkins ([www.LWW.com](http://www.LWW.com)) a leading international publisher for healthcare professionals and students with nearly 300 periodicals and 1,500 books in more than 100 disciplines publishing under the LWW brand, as well as content-based sites and online corporate and customer services. LWW is part of Wolters Kluwer Health, a leading multinational publisher and information services company.*

***The Council on Social Work Education (CSWE)** is a nonprofit national association representing more than 3,000 individual members, as well as graduate and undergraduate programs of professional social work education. One of its many services to the profession is the *Journal of Social Work Education (JSWE)*, which is published 3 times annually. This year, there will be an additional fall JSWE issue featuring resources on developing the nursing-social work partnership, issues in caregiving assessments, and the knowledge and skills that nurses and social workers need. This JSWE issue also proposes a comprehensive research agenda for the profession to consider, including evidenced-based intervention design and testing and technology integration.*

*For more than 30 years, **Family Caregiver Alliance** has offered programs to support and sustain the important work of families and friends caring for loved ones with chronic, disabling health conditions. FCA offers programs at national, state and local levels. The National Center on Caregiving was established at FCA in 2001 to advance the development of high-quality, cost-effective services and policies nationwide. A wealth of caregiving advice, resource listings, newsletters, fact sheets, research reports, policy updates and discussion groups are available free on the FCA website. Visit [www.caregiver.org](http://www.caregiver.org) or call (800) 445-8106 for more information.*