



VDA WEEKLY E-MAILING

January 15, 2013

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Governor's Volunteerism Awards

Tim Catherman, Director, Aging Operations

The Governor's Volunteerism and Community Service Awards are presented annually by the Governor's Advisory Board on Volunteering and National and Community Service and the Office on Volunteerism and Community Service on behalf of the Office of the Governor. These awards recognize the significant contributions of Virginia citizens to the life and welfare of the Commonwealth and its people.

Nominations for the 2013 Governor's Volunteerism and Community Service Awards will be accepted from Friday, January 4, 2013 until Monday, February 11, 2013 at 5:00 p.m.

- [2013 Nomination Form and Frequently Asked Questions](#) (Word document)
- [Guide to Writing Award Winning Nominations](#) (PDF document-revised for 2013)
- [Online Nomination Form](#)
- [Summary of Award Winners from 1996 - 2012](#) (PDF document)

Selection Criteria. Recipients of the Governor's Community Service and Volunteerism Awards exemplify the following characteristics:

Note: The web links in this document may change over time. DARS-VDA 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.

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- Engage in the creation, organization, and/or mobilization of volunteers, groups and resources that are involved in projects benefiting the greater community.
- Demonstrate sustained commitment to meeting community needs.
- Utilize unique and creative approaches to meeting needs.
- Develop and foster the virtues and skills of civic engagement and social responsibility.

The Center of Excellence on Elder Abuse and Neglect

Kathy Miller, Director, Division of Community Living

The Center of Excellence on Elder Abuse and Neglect at the University of California-Irvine has launched a grassroots elder justice movement called Ageless Alliance, which connects people of all ages nationwide who stand united for the dignity of older adults and for the elimination of elder abuse. The Alliance focuses on building awareness, providing support, and encouraging community involvement. The Alliance would like to get as many people across the country as possible to join (it’s free), spread the word and get involved, especially seniors, family members, college students, service organizations (e.g., Lions Clubs, Girl Scout troops) and community members. Please consider visiting www.agelessalliance.org and joining, as well as spreading the word among colleagues. There are also resources/materials in the “action kit” section that may be of future use. If you use Facebook, please “like” Ageless Alliance as that is a great way to spread the word about the movement online. <https://www.facebook.com/agelessalliance>

New ICAA Checklist Helps Older Adults Selects Age-Friendly Fitness Facilities

Tim Catherman, Director, Aging Operations

ICAA checklist to help mature adults rate compare their local fitness facilities and one that meets their needs.

How to select an age-friendly facility by the International Council on Active Aging
“Does the facility offer an orientation class session to help you become familiar with surroundings?”

How to select an age-friendly fitness facility and choose



or your

Vancouver, BC (PRWEB) January 09, 2013

Although mature adults are joining health and wellness facilities faster than any other age group today, many facilities are not prepared or equipped to serve older members. The International



Council on Active Aging (ICAA), a professional association that leads, connects and defines the active-aging industry, has created a checklist to help mature adults rate and compare their local fitness facilities and choose one that meets their needs. Facility owners and managers can use the ICAA test to evaluate their facilities and take steps to become more age-friendly.

A sample of the ICAA checklist questions appears below. To download the complete checklist, visit the ICAA website at <http://www.icaa.cc/checklist.htm>.

How to select an age-friendly fitness facility Copyright ©2013 by the International Council on Active Aging

1. Is the facility's atmosphere one you feel comfortable in?
2. Are the locker rooms clean, accessible and monitored by staff?
3. Are the membership contracts and marketing materials available in large print?
4. Are signs visible and easy to understand?
5. Is the music acceptable and set at a reasonable level?
6. Does the facility's cardiovascular equipment have the following age-friendly features? A display panel that is easy to read, easy to change and easy to understand
7. Do the facility's treadmills start slowly, 0.5 mph?
8. Do the recumbent bikes or steppers have a wide and comfortable seat with armrest?
9. Does the facility's strength building equipment have instructional placards that have simple diagrams, easy to read text and font, and correct usage information?
10. Does the facility's strength building equipment have a low starting resistance, less than five pounds?
11. Does the facility offer programs designed to meet the needs of those with a variety of chronic conditions? i.e. osteoporosis, cardiovascular disease, diabetes, balance abnormalities, muscular weakness
12. Do the classes have different levels of intensity, duration and size?
13. Is there an extensive screening and assessment process? i.e. balance, functional abilities, osteoporosis
14. Does the facility offer an orientation class or session to help you become familiar with your surroundings?
15. Is the staff knowledge about the impact that medication can have on exercise?

About the International Council on Active Aging (ICAA)

The International Council on Active Aging® is the professional association that leads, connects and defines the active-aging industry. ICAA supports professionals who develop wellness facilities, programs and services for adults over 50. The association is focused on active aging – an approach to aging that helps older adults live as fully as possible within all dimensions of wellness (i.e., physical, social, environmental, vocational, intellectual, emotional and spiritual) – and provides its members with education, information, resources and tools.



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

As an active-aging educator and advocate, ICAA has advised numerous organizations and governmental bodies, including the US Administration on Aging, the National Institute on Aging (one of the US National Institutes of Health), the US Department of Health and Human Services, Canada's Special Senate Committee on Aging, European Commission, and the British Columbia ministries of Health, and Healthy Living and Sport.

VCU Department of Gerontology Training
James A. Rothrock, Commissioner



January 10, 2013

Winter Optimizing Health Outcomes for Healthcare Professionals, Caregivers & Aging Services Providers

5 CONTACT HOURS

When: Tuesday, February 5, 2013

Time: 10:00 am - 3:30 pm

Where: Chambrel at Williamsburg

3800 Treyburn Drive, Williamsburg, Va. 23185

Cost: \$85

Join the VCU Department of Gerontology for an informative training especially for Healthcare Professionals, Caregivers and Aging Services Providers on the following topics: **Dementia: It's Not Just Alzheimer's** and **The Language and Activities of Person-Centered Care.**

This training will be facilitated by Jay White, MSG and Director of Professional and Community Development for the Department of Gerontology at Virginia Commonwealth University

Certificates of Attendance for 5 contact hours are available.

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To get the most up to date information on Improving Eldercare Through Education, "Like" our Facebook page



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TWITTER!



STAY TUNED FOR
THE
DEPARTMENT OF
GERONTOLOGY'S
SPRING
NEWSLETTER

CONSIDER A GIFT
TO THE
DEPARTMENT OF
GERONTOLOGY'S
ENDOWED
PROFESSORSHIP
CAMPAIGN.
[CLICK HERE FOR](#)



[MORE
INFORMATION.](#)

Cost to attend is \$85 with lunch included.

Space is limited and registration/payment must be received by January 31st in order to secure a space.

To receive a registration packet or for more information, please email agingstudies@vcu.edu or call 804-828-1565.

RFP Open: 800K Grant Funding Available

James A. Rothrock, Commissioner

The Virginia Board for People with Disabilities, the state's Developmental Disabilities Council, has identified 6 projects for which it seeks proposals for Fed. FY 2014 competitive grant awards. Any proposals funded must address the specific projects identified and the Board's mandate of system change and/or capacity building.

1. Prevent Institutionalizations (Health)
2. Expand Availability of Dental Services to Adults with Developmental Disabilities (Health)
3. Assist Individuals with Disabilities 55 or Older with "Aging in Place" (Community Supports)
4. Convert a Sheltered Workshop to an Integrated, Competitive Employment Program (Employment)
5. Educate and Train Building Professionals (Housing & Community Development)
6. Educate People with Disabilities about Protecting Themselves from Abuse (Quality Assurance)

The FFY 2014 RFP booklet, forms, and other important documents needed to complete an application, are available on the Board's website at www.vaboard.org

Applying for grant funds is a 2-STEP PROCESS:

- STEP 1: Submission of a Letter of Interest (LOI) by no later than January 31, 2013.
- STEP 2: Submission of a Proposal, if selected, by no later than March 21, 2013.

* No one may submit a proposal without having first submitted a LOI.

The Board has approximately \$800,000 available for 2014 awards, which are 100% funded by the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Intellectual and Developmental Disabilities.



Questions regarding grants management or general guidelines for the RFP process should be directed to Lynne Talley, Grants Manager, at (804) 786-9375 or by email at Lynne.Talley@vbpd.virginia.gov

Aging Network Volunteer Collaborative
James A. Rothrock, Commissioner

From: Aging Network Volunteer Collaborative on behalf of Aging Network Volunteer Collaborative [volunteercollaborative@n4a.org]
Subject: 3 Ways to Plan for Volunteering in 2013

[National Association of Area Agencies on Aging]<<http://agingnetworkvolunteers.us5.list-manage.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=e55c24c2ff&e=85f811364a>>

3 Ideas to Jumpstart Volunteering

Happy New Year! We wish you one that's happy, healthy, and rich with volunteers!

Do your goals for 2013 include making the most of your volunteer program? If so, try these ideas to get started:

* Brainstorm ways to motivate volunteers<<http://agingnetworkvolunteers.us5.list-manage.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=a163abea11&e=85f811364a>> and integrate them as a new, critical component of your services in 2013; Director Tom Endres shares ideas in Engaging Wisdom.

* Plan for January's National Days of Service<<http://agingnetworkvolunteers.us5.list-manage.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=4ba4cf95e6&e=85f811364a>> set for Jan. 19, to kick off President Obama's inaugural weekend, and Jan. 21, to celebrate Martin Luther King Jr.'s birthday. Will your organization participate? Tell us about your event!<<http://agingnetworkvolunteers.us5.list-manage.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=862b4392cb&e=85f811364a>>

* Create a volunteer handbook<<http://agingnetworkvolunteers.us5.list-manage.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=6f2d3bc754&e=85f811364a>> to increase your organization's effectiveness; learn how in Making a Difference.

[Spread the News: These biweekly updates from The Aging Network's Volunteer Collaborative share examples of volunteer programs that work and can help you strengthen your own program. Please forward them and invite your colleagues to sign up for updates<<http://agingnetworkvolunteers.us5.list-manage.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=fe495e3d16&e=85f811364a>>



Spread the News : These biweekly updates from The Aging Network's Volunteer Collaborative<<http://agingnetworkvolunteers.us5.list-manage1.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=5983465404&e=85f811364a>> share examples of volunteer programs that work and can help you strengthen your own program. Please forward them and invite your colleagues to sign up for updates<<http://agingnetworkvolunteers.us5.list-manage.com/track/click?u=8e5a58f0539f4d7433f4faafc&id=aaf2df9ef1&e=85f811364a>>.

forward to a friend<<http://us5.forward-to-friend.com/forward?u=8e5a58f0539f4d7433f4faafc&id=1cf4b38ce9&e=85f811364a>>

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Our mailing address is:
National Association of Area Agencies on Aging
1730 Rhode Island Ave NW
Suite 1200
Washington, DC 20036

CDSME supplemental funding opportunity
April Holmes, Coordinator of Prevention Programs

Attached is an announcement from the Virginia Department of Health about a funding opportunity to build capacity for CDSME delivery. We encourage current PPHF grantees to consider applying for these funds to help in efforts to reach your targeted populations and strengthen and expand local partnerships. Please be aware that these are short-term funds only, but as such they may provide resources to reach your program goals. Please contact me if you have any questions about how this might apply to your program.

Virginia Department of Health

Division of Prevention and Health Promotion

Chronic Disease Self-Management Mini-Grant

Funding Opportunity Name: Chronic Disease Self-Management Program

Funding Agency: Virginia Department of Health, Division of Prevention and Health Promotion

Project Period: Project period will be from February 1, 2013 through June 28, 2013

Award Amount: Up to \$4,999.00



Application Submission: Applications are due **January 25, 2013 by 5:00 p.m.** and are available at www.research.net/s/VDHapplicationCDSMP.

Background Information:

The Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) were developed by Stanford University in 1996. CDSMP and DSMP increase positive self-management behaviors and self-efficacy. Emphasis is on building social supports, sharing experiences, and skill development to increase a participant's health status. CDSMP and DSMP participants have shown, in multiple studies, statistically significant long-term improvements in the areas of cognitive symptom management, exercise, physician partnership and communication, and a decrease in the length of hospital stays, self-reported health indicators, health distress, fatigue, and disability. Implementation of group self-management programs have shown to be at least cost-neutral and often generate significant cost-savings within one year.

CDSMP workshops are facilitated by two (2) Leaders, at least one Leader is required to either personally have a chronic condition or function as a caretaker for an individual with a chronic condition. Leaders fill the role of a peer for program participants; this peer characteristic fosters a culture of social support and encourages personal initiative for development of self-management skills amongst participants. For help identifying trained leaders in your region, contact Nicole.Duchain@vdh.virginia.gov.

Program requirements include: (patienteducation.stanford.edu/programs/cdsmp.html)

- License(s) for CDSMP and/or DSMP
- Two (2) certified Leaders per workshop (At least one (1) Leader either has a chronic condition or is a caretaker for someone with a chronic condition.)
- Provision of a 2 ½ hour workshop conducted once a week for six (6) weeks
- Provision of the textbook *Living a Healthy Life with Chronic Conditions* and the CD *Relaxation for Mind and Body: Pathways to Healing* to all participants.
- An informal workshop setting (CD/DVD playing capabilities are required, all other AV is excluded from implementation activities)

Project Description:

The Division of Prevention and Health Promotion is providing a funding opportunity to assist in Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program



(DSMP) implementation. Funding is now available for local organizations throughout Virginia for implementation of the CDSMP and DSMP to serve Virginia residents. Awardees selected will receive funding of up to \$4,999 which may go towards covering expenses such as (1) the purchase of the required Stanford University license (patienteducation.stanford.edu/licensing/licfees.html), (2) facility meeting space for program implementation, and educational materials. Program implementation must take place between February 1, 2013 and June 28, 2013. All funds must be expended and all invoices must be submitted by June 28, 2013.

Eligibility:

1. Only organizations or agencies operating and serving Virginia residents in the Commonwealth of Virginia are eligible to apply.
2. Only electronic applications will be accepted; entry is available at: www.research.net/s/VDHapplicationCDSMP
3. Applicants must agree to implement at least two (2) workshops, in any combination of CDSMP and DSMP.

Additional Guidance:

1. All applications must be entered at www.research.net/s/VDHapplicationCDSMP
2. The budget should reflect program activities. Funds can be used to purchase required educational materials. Food, incentives, and personnel costs are NOT reimbursable under the terms of this award.
3. This is a reimbursable grant. Grantees will be responsible for paying for approved budget items upfront. To receive reimbursement of any approved budget expenditure, grantees will be required to submit an invoice (form to be supplied by the Division of Prevention and Health Promotion) and supporting documentation (receipts, packing slips). All reimbursement requests must be received within 30 days of program completion.
4. Applications that are received incomplete or committing to less than 2 workshops, in any combination, will automatically be ineligible for funding.
5. Award grantees will be required to use and return anonymous participant evaluation forms to the Division of Prevention and Health Promotion.
6. Grantees will be required to submit a final report (form will be supplied by the Division of Prevention and Health Promotion) within 30 days of the completion of the project. Direct questions to: Nicole Duchein; 804-864-7728; Nicole.Duchein@vdh.virginia.gov .



DIVISION FOR THE AGING
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Virginia Center for Health Innovation News

James A. Rothrock, Commissioner

VCHI News: January 2013



NEWS
JANUARY 2013

[A note from the President & CEO](#)

What a promising and productive first year we've had at the Virginia Center for Health Innovation. Our early success would not have been possible without the support of our founding partners, board of directors, sponsors, and supporters. Thanks to all our partners who have come to the table with such great energy and enthusiasm to help us accelerate the adoption of value-driven models of health care and wellness in the Commonwealth.

2013 holds incredible opportunity, and we look forward to continuing to work with you to achieve our collective mission and vision.

With sincere regards,

Beth A. Bortz
President & CEO

Latest News:



virginia Health innovation network to bring together business and medical communities, patients and government

Less than a year into its existence, the Virginia Center for Health Innovation is already making dramatic progress. Its first success? The impending launch of the Virginia Health Innovation Network, a breakthrough technology platform that will break down barriers and improve education and communication among all the “players” in health care – from insurers to hospitals, physicians to patients, employers to government. [Read more...](#)

A Collaborative Approach to Health Reform in Virginia

Marking a collaborative approach to health reform in Virginia, leaders from every area of health care are joining together to develop the Virginia Health Innovation Plan – a massive multidisciplinary effort launched December 19, 2012 by the Virginia Center for Health Innovation. Top-level leaders from the health care, government, non-profit and business communities have committed to an intense and deep examination of ways to improve results in six key areas. [Read more...](#)



VIRGINIA HEALTH INNOVATION SURVEY



HOME / ABOUT THE SURVEY / SURVEY INSTRUCTIONS / THE NETWORK / PRIVACY POLICY LOGIN HERE

Welcome to the Virginia Health Innovation Survey

Survey collection will continue through January 18th.

VCHI is creating a statewide inventory of innovation projects already under development by Virginia stakeholders in healthcare in each of these six priority areas as it begins the process of helping to enable better understanding and knowledge sharing among them.

[Take The Survey](#)

Improving Early Childhood Outcomes



[Learn more >>](#)

Educating Consumers to Purchase Value



[Learn more >>](#)

Improving Transparency and Availability of Data



[Learn more >>](#)

Improving Care Integration for Physical & Mental Health



[Learn more >>](#)

Improving Chronic Disease Care



[Learn more >>](#)

Improving Effectiveness, Efficiency & Mix of Workforce



[Learn more >>](#)

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Participate in the Virginia Health Innovation Survey through January 18th!

www.innovatevirginia.org



What we're reading:

["Who Knew? Patients' Share of Health Spending is Shrinking"](#) [Kaiser Health News]

["Obesity and Health: Fat Years"](#) [The Economist]

["Findings from the 2012 EBRI/MGA Consumer Engagement in Health Care Survey"](#) [EBRI]



Senator Mark Warner visits VCHI to meet with Board members and staff (12/17)



Our mailing address is:

Virginia Center for Health Innovation

919 E. Main Street, Suite 900 Richmond, VA 23219

Virginia Caregiver Coalition News

Ellen M. Nau, Program Coordinator

An additional site is now confirmed for the January 24 Virginia Caregiver Coalition Meeting. Videoconferencing for this meeting featuring a program on how to establish a volunteer respite worker network is now available at the Norfolk Department of Health. To attend at this site, please contact: Rebecca Irizarry, Respite Coordinator Catholic Charities of Eastern Virginia (757) 456-2366 Ext. 507 Ririzarry@cceva.org

Recruiting and Training Respite Providers

Is your agency recruiting and training respite providers? On Tuesday, January 22, 2013, a free webinar on PCA Training Requirements: Findings from a 50-State Study will be offered by the PAS Center. The 60-minute webinar will begin at 2:00pm Eastern; 1:00pm Central; noon Mountain; 11:00am Pacific; 10:00am Alaska and 9:00am Hawaii. There is no fee and no pre-registration for this webinar, which is open to everyone. An archive of this webinar will be available at a later date.

To join the Webinar on that date, please visit: <http://www.tinyurl.com/PASElluminate>
It is recommended that you visit this link a few minutes beforehand, as the Webinar software (Elluminate) needs to be downloaded to your computer, which can take a few minutes.

Caring.com Announces "Caring Stars of 2013" -- America's Best Assisted Living & Alzheimer's Care Communities This Year

Caring.com has named 383 assisted living and Alzheimer's care communities in 40 states as "Caring Stars of 2013" -- recognizing them for service excellence highlighted in reviews by senior residents, their families, and eldercare experts. To see the complete state-by-state list of winners this year, please visit: <http://www.caring.com/articles/caringstars2013> More information about the program can be found here: <http://www.caring.com/bestseniorcare>

Generations United Free Webinar



DIVISION FOR THE AGING
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AND REHABILITATIVE SERVICES

January 16, 2013 at 3:00 PM Eastern Standard Time

Keys to Successful Intergenerational Programs Reserve your webinar seat today at:

<https://attendee.gotowebinar.com/register/8470990870761299712>

Join Generations United for a free webinar learning about innovative intergenerational program models, key factors to their success and strategies for overcoming common challenges. Practitioners from intergenerational programs that have earned Generations United's Program of Distinction designation will share their tips for building successful programs.

Brain Injury Association of Virginia

Annual One Day Conference

Saturday, March 9, 2013

Westin Hotel, Richmond

The Conference will feature a panel of brain injury caregivers discussing "If I knew Then What I Know Now" and a presentation from Dr. Ayn Welleford of VCU on "Person-Centered Family Caregiving," in addition to many other conference topics with a wide range of applicability to agency professionals and individuals. The Conference Flyer and Registration Form are attached!

Ellen Nau,
DARS, Division for the Aging
Ellen.Nau@dars.virginia.gov



The Brain Injury Association of Virginia

Presents

Opening Doors

Communities, Partnerships, Opportunities

A conference for the brain injury community

Saturday, March 9, 2013

The Westin Richmond

Registration: 7:30 a.m. — 8:30 a.m.

Conference: 8:30 a.m. — 4:30 p.m.

CEUs offered for professionals



Keynote Speaker

Mark Ashley, Sc.D., President/CEO, Centre for Neuro Skills



Mark Ashley is founder and president/CEO of Centre for Neuro Skills® (CNS) which has operated postacute brain injury rehabilitation programs at facilities in California and Texas since 1980. He received his master's degree in speech pathology and a doctorate of science from Southern Illinois University. He is an adjunct professor for the University's Department of Communication Disorders and Sciences in the College of Education, specializing in brain injury and cognitive deficits. Dr. Ashley serves on the board of directors of the Brain Injury Association of America as the emeritus chair. He also serves as the current chair of the board of directors of the California Brain Injury Association. Dr. Ashley is a licensed speech/language pathologist in California and Texas and is a certified case manager.

Invited Speakers

*Cognitive Disorders: Diagnosis and Treatment
in Traumatic Brain Injury*

Mark Ashley, Sc.D.
Centre for Neuro Skills

*State of the Art: TBI Clinical Practice &
Research in Combat Exposed*

Shane McNamee, MD
Hunter Holmes McGuire VA Hospital

The Importance of Self-Reflection & Common Goals

Alison Fedio, Ph.D., Psy.D. & Paul Fedio, Ph.D.
American School of Professional Psychology

Traumatic Brain Injury 101:

Understanding the Basics
Anthony DeMarco, Psy.D.
University of Virginia

Don't "Don't"®: People, Context, and Behavior

Harvey Jacobs, Ph.D.
Private Practice

Person Centered Family Caregiving:

We're All in This Together
Ayn Welleford, Ph.D.

Virginia Commonwealth University

If I Knew Then What I Know Now

Panel of Caregivers/People with Brain Injury

*Concussions: Concepts, Controversies,
and Concerns*

Nathan Zasler, MD
Tree of Life Services, Inc.

*Services to Enhance Employment Success for
People with Brain Injury*

Vocational Services Panel

Registration fees:

Professionals: (CEUs are an additional \$35)

BIAV Member \$75 Non member \$90

Students:

BIAV Member \$25 Non-member \$30

Caregivers/Family Members/Friends:

BIAV Member \$25 Non-member \$30

Persons with a brain injury:

BIAV Member \$25 Non-member \$30

Family Discount: (for 3 or more family members registering together) \$5 discount per person off of the non-member rate

Changes/Cancellations

Any cancellations received before the registration deadline of February 22, 2013 will be refunded minus a 25% processing fee. Cancellations received after the deadline will not be refunded, however, you may send a replacement.

Join BIAV when you register and receive the discounted member registration rates. To become a member, just fill out the membership form on the back of the conference registration and mail it along with your payment (you may pay for your membership and conference registration with the same check).

Registration Information

The conference registration deadline is *Friday, February 22, 2013*. Conference tuition includes continental breakfast, lunch, and all conference notes.

Please submit **one registration form per person**. If you need additional registration forms, please visit our website at www.biav.net or call our office.

Make sure you register early in order to ensure availability. Any registration received after the deadline will automatically be placed on a waiting list and available space will be filled on a first come, first served basis. **No phone registrations will be accepted.**

- Onsite registration: Registration will be permitted the day of the conference if space is available and on a first come, first served basis. There is an **additional fee of \$20** for onsite registrations.
- Scholarships: BIAV is able to offer a limited number of scholarships for those experiencing financial hardship. For an application, please contact our office at 804-355-5748.
- Fees: To pay by check, mail the registration form and full payment to: BIAV, 1506 Willow Lawn Dr., Suite 212, Richmond, VA 23230. To pay by credit card, please register online at www.biav.net.

Hotel Information

The conference will be held at the Westin Richmond Hotel located at 6631 West Broad St., Richmond, VA 23230. The hotel phone number is (804) 282-8444.

- Directions: From Interstate 64, take exit 183 (US 250 E/Broad St.). Take a right at the 1st light which is Forest Ave. The hotel will be on the right.
- Rooms: The hotel has reserved a block of rooms for the conference at a discounted group rate. To receive the group rate, please indicate that you are attending the BIAV conference when you reserve your room. The rate will be available until **February 9, 2013** or until the block is full.
- Dress: Since meeting rooms vary in temperature, we recommend that you dress in layers or bring a sweater or jacket with you.

Other Information

Photo Consent Release: Occasionally BIAV uses photos from our events in promotional materials, educational activities, and exhibits. *If you do not want to have your image used in photos taken at this event, please indicate your preference by checking the "Photo Non-Consent" box on the registration form.*

Professional CEUs: General CEUs are available for an additional \$35 processing fee. Up to 6 hours can be earned. Certificates of attendance are available at no cost. This conference can be used toward CBIS recertification (either CEUs or a certificate of attendance can be used as documentation for CBIS). Any questions regarding CEUs should be directed to Mary Wallace at mary@biav.net.

Exhibitor/Sponsor Opportunities: Our conference is a great opportunity to meet other professionals and give attendees the opportunity to see and learn more about your products and services. For more information and a sponsor/exhibitor registration form, visit our website at www.biav.net.

Online registration available – visit our website at www.biav.net.

Brain Injury Association of Virginia
1506 Willow Lawn Dr., Suite 212
Richmond, VA 23230

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ADDRESS SERVICE REQUESTED



Register Now!
Opening Doors
Communities, Partnerships, Opportunities

March 9, 2013 Richmond, VA

Keynote Speaker: Mark Ashley, Sc.D.



BIAV would like to thank our corporate sponsors for their generous support of our organization.



Supported in part through state general funds (contract # 010-003a) administered by the Virginia Department for Aging and Rehabilitative Services (DARS). Supported in part by HRSA Grant #H21MC06763-04-00 from the U.S. Department of Health and Human Services (HHS), Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB) and state contract #09-251 administered by the Virginia Department for Aging and Rehabilitative Services. The contents are the sole responsibility of the authors and do not necessarily represent the official views of HHS.

REGISTRATION

Opening Doors: Communities, Partnerships, Opportunities
Saturday, March 9, 2013

Registration Deadline: February 22, 2013

Please submit a separate registration form for each attendee.

Name: _____ Daytime Phone: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____ (required for registration confirmation)

Do you require any special accommodations (e.g., diet restrictions)? *Please let us know by **January 25, 2013.***

How did you hear about the conference?

Received Brochure Friend/Family/Co-worker Internet/Website Other _____

Photo Non-Consent: **I DO NOT consent** to the use and reproduction of any photographs or other audio/visual materials taken of me for promotional material, website, newsletters, exhibits, or for any other use.

Please register me as a:	BIAV Member Rate	Non-Member Rate
<input type="checkbox"/> Professional List Profession _____	\$75 per person (BIAV Corporate Members may send up to 4 individuals at the discount rate)	\$90 per person
<input type="checkbox"/> CEUs (NOT included with registration)	\$35 per person	\$35 per person
<input type="checkbox"/> Certificate of Attendance	N/A	N/A
<input type="checkbox"/> Student	\$25 per person	\$30 per person
<input type="checkbox"/> Caregiver/Family Member/Friend	\$25 per person	\$30 per person
<input type="checkbox"/> Person with a brain injury	\$25 per person	\$30 per person
<input type="checkbox"/> Family Discount Rate (for 3 or more family members registering together ONLY)	\$25 per person	\$25 per person
Consider a tax deductible donation to the Scholarship Fund to help those with brain injuries and their families attend the conference.	\$ _____	\$ _____

Total for Registration Fees/Donation \$ _____ \$ _____

Membership Fee (see back of form for membership fees and benefits) \$ _____ N/A

Total due (make check payable to BIAV) \$ _____ \$ _____

Session Choices (Please indicate your session preferences to assist us in our planning process)

- | | | | |
|---|---|---|---|
| Morning Session | Lunch Session | Afternoon Session I | Afternoon Session II |
| <input type="checkbox"/> Cognitive Disorders | <input type="checkbox"/> Concussions... (professionals) | <input type="checkbox"/> Don't "Don't"® (Part 1) | <input type="checkbox"/> Don't "Don't"® (Part 2) |
| <input type="checkbox"/> Traumatic Brain Injury 101 | <input type="checkbox"/> Informal Legislative Update/ Discussion | <input type="checkbox"/> Self Reflection & Common Goals | <input type="checkbox"/> Person Centered Family Caregiving |
| <input type="checkbox"/> If I Knew Then What I Know Now | <input type="checkbox"/> Will not attend a lunch session (lunch still included) | <input type="checkbox"/> Clinical Practice & Research in Combat Exposed | <input type="checkbox"/> Services to Enhance Employment Success |

Register early - space is limited. Phone registrations will not be accepted.

Online registration available at www.biav.net.

MEMBERSHIP FORM

BIAV is a chartered state affiliate of the Brain Injury Association of America and exists to be the voice of brain injury through help, hope and healing for Virginians with brain injury and their families. In addition to providing BIAV with a strong and united voice, your membership makes a difference in the life of someone with brain injury. By joining forces and working together, we can have a major impact on improving services and supports within the brain injury community.

Membership benefits include:

- Subscription to BIAV quarterly newsletter, *Headway*
- Registration discounts for BIAV educational workshops & conferences
- Inclusion on Advocacy list serve
- Subscription to BIAA quarterly magazine, *THE Challenge*
- Advance notice of special events, conferences & workshops
- Educational materials

Membership Type (Check applicable category below.)

Basic Membership: \$35

For individuals with brain injury, family members, friends or caregivers.

**If you are unable to afford the membership fee, please contact the BIAV office for discounts.*

Professional Membership: \$75

For professionals working in a field related to brain injury or other professionals who want to support BIAV.

**Ask your employer if they will pay for or subsidize part of your membership fee.*

Corporate Membership: \$300

For businesses who support people with brain injury/their families or other businesses who want to support BIAV.

I would like a member of BIAV staff to contact me about programs/services for people with brain injury.

Please email me legislative alerts and advocacy volunteer opportunities.

Prefix: _____ Name: _____

Job Title (if applicable): _____ Business Name: _____

Address: _____

Phone: _____ Email: _____

Membership dues: \$ _____
General donation: \$ _____ <input type="checkbox"/> Anonymous donation
Total: \$ _____

Payment Method:

Check enclosed
Make payable to BIAV & mail to address at top of form.

Credit card
Visit us at www.biaav.net and click on Get Involved.

Note: Membership dues are billed annually.

Thank you for your support of BIAV.