



VDA WEEKLY E-MAILING

January 29, 2013

Table of Contents

[CMS Releases Toolkit for Nursing Homes](#)

[News Release: DARS Announces Lifespan Respite Voucher Program](#)

[National Council on Independent Living Announces New Website & Mobile App](#)

[AbleData and National Rehabilitation Information Center \(NARIC\) Resources](#)

[Information on Nutrition Webinars](#)

[AAA Area Plan Services Snapshot](#)

Center for Medicare & Medicaid Services (CMS) Releases Toolkit for Nursing Homes

Tim Catherman, Director, Aging Operations

CMS released the Hand in Hand Toolkit for nursing homes as part of the initiative to reduce antipsychotic use in NH residents with dementia. The link is: <http://www.cms-handinhandtoolkit.info/>. If you click on "Request Materials" and enter your information, it will take you to a page where you can view the videos and see/download the PDF materials. The videos can only be downloaded if they are burned to a DVD; they can't be saved to a computer. The instructor guide is 876 pages.

Virginia Lifespan Respite Voucher Program

Ellen Nau, Program Coordinator



News Release

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.

1610 Forest Avenue • Suite 100 • Henrico, VA 23229
Office 804.662.9333 • Toll free 800.552.3402 • TTY users dial 711 • Fax 804.662.9354



FOR IMMEDIATE RELEASE Jan. 25, 2013

For more information, contact

A.J. Hostetler, Public Relations Director

aj.hostetler@dars.virginia.gov

804-662-7372

**DARS ANNOUNCES TEMPORARY VOUCHER PROGRAM
FOR CAREGIVER RESPITE**

Caregivers can apply for up to \$400 reimbursement

(RICHMOND, Va.) – Virginia families who care for a loved one with disabilities or chronic conditions can apply for up to \$400 reimbursement for respite care under a new, limited voucher program from the Department for Aging and Rehabilitative Services.

Beginning Jan. 29, caregivers may apply to the Lifespan Respite Voucher Program. Those who qualify may receive up to \$400 reimbursement for costs related to respite. The program will distribute vouchers for reimbursement from a federal grant limited to \$179,079, which closes by July 31.

On Jan. 29, DARS Commissioner Jim Rothrock will join Jill Kagan, program director with ARCH National Respite Network and Resource Center, caregivers and representatives from family support organizations and service organizations to describe the grant-funded voucher program and explain the significance of respite for caregivers. Respite is short-term, temporary relief for those who care for family members, which can help reduce the strain on caregivers so they can continue to provide for their loved ones.

“Everyone at some point is a caregiver or care recipient,” said Rothrock. “Those who are responsible for caring for someone, whether young or old, are important in that person’s life. Respite can help provide support so you can continue to care for your loved one as well as for yourself and others in your family.”

An estimated 447 families could be helped by the voucher program, part of the Commonwealth’s efforts to support a statewide network of coordinated caregiver respite services. DARS collaborates on the efforts with the Virginia Caregiver Coalition, which works to improve the experience of care giving through education, advocacy and access to resources.

“Respite care can be for different periods of time, from a few hours to days or weeks. It can be planned or urgent and may be provided in a variety of settings, including home, adult day



carecenters or residential care facilities,” said Mary Ann Johnson, chair of the Virginia Caregivers’ Coalition. “We hope the kickoff event for this voucher program will help Virginians learn about the importance of respite for themselves and for those for whom they provide essential care.”

Johnson and Katie Benghauser, director of community outreach and training for VirginiaNavigator, will also speak at the Jan. 29 event.

Respite could be the help a father with Alzheimer’s receives from someone at church who stays with him for a few hours once a week so that his caregiver, his adult daughter, can attend to her family and her health. It could also be the respite a couple whose young son has cerebral palsy receives when the child attends a week-long overnight summer camp.

Examples of respite services for which families can apply for reimbursement include:

- An in-home program, where services are provided in the family’s home or a care provider’s home
- A center-based program, where family caregivers bring the care recipient (e.g., child, adult, aging individual) to a facility to receive respite care
- A child or adult care center, a summer or weekend camp, or family day care home or adult family home which provides temporary care in addition to regular child or adult care services
- Assisted living or nursing home respite programs

For more information on how to apply, visit DARS at www.vadars.org or VirginiaNavigator at www.virginiannavigator.org for application forms as well as information on respite care and related services available in the Commonwealth.

###

The Virginia Department for Aging and Rehabilitative Services provides and advocates for the highest quality of services to help older Virginians and those with disabilities maximize and secure their employment, independence, and full inclusion into society. For more information, visit www.vadars.org or www.facebook.com/vadars.

NCIL Announces Website and AbleRoad Mobile App

James A. Rothrock, Commissioner



AbleRoad Launches Today!

AbleRoad, a website and mobile app for finding and rating accessible places – restaurants, shops, hotels, medical practices and many other venues – launches today! It's a perfect mobile service for people with disabilities and their friends, family members, and caregivers.

You can access AbleRoad at the website or by using the iPhone and iPad apps. An Android App will be released next month. They are all free, and you can start posting reviews today.

Here are the links to get started:

- AbleRoad.com
- [Download the iPhone or iPad app via iTunes](#)
- [Two-minute video tutorial on Facebook that shows how to use the app and website](#)

Please share this announcement with everyone you know. [Liking AbleRoad on Facebook](#) or sharing the Facebook video are other ways to help spread the word. AbleRoad has the potential to do some great things for people and businesses all over the country.





This email was sent to kmichalski@brilc.org. To ensure that you continue receiving our emails, please add us to your address

AbleData and National Rehabilitation Information Center (NARIC) Resources

James A. Rothrock, Commissioner

Please share the information below with your members. You may reprint the full text without prior permission for your newsletter, blog, or other print or online publication.

For Immediate Release

Contact: Jessica Chaiken, Media and Information Services Manager, NARIC
301-459-5900, x1114, jchaiken@heitechservices.com

Stephen Lowe, Associate Project Manager, AbleData
301-407-6514, stephen.lowe@icfi.com

Information for Independence: A Wealth of Resources Are Just a Click Away

MARYLAND – [AbleData](#) and the [National Rehabilitation Information Center \(NARIC\)](#) offer the most comprehensive collection of information on almost every aspect of disability, including resources, assistive technology, research, and support organizations, and the best part is most people can access this information for **free**. Funded by the National Institute on Disability and Rehabilitation Research (NIDRR), NARIC and AbleData have served the disability and rehabilitation community for more than 35 years by providing information that is key to full participation for the disability community. Both serve people with disabilities, caregivers, researchers, educators, allied health professionals and others who provide support and services for people with disabilities.

“AbleData provides the public with free, objective information on assistive technology products and rehabilitation equipment,” said Katherine Belknap, AbleData Project Director. “We offer one of the most comprehensive listings of assistive products available and provide information on more than 40,000 products and 5,000 manufacturers and distributors.” The AbleData project also provides detailed descriptions of each product’s functions and features, price information (when available), and contact information for the product’s manufacturer and distributors. From reachers and wheelchairs to smartphone apps and modified vehicles, AbleData covers the entire range of assistive products, including custom adaptations, prototypes and do-it-yourself solutions. All of this information is available for free from the [AbleData.com](#), which also includes an extensive library of fact sheets, categorized lists of nearly 3,000 support organizations and



resources, and the *AT Literature* database of over 11,000 research literature abstracts focused on assistive technology. Information specialists are available on AbleData's toll-free information line, 800-227-0216, or via email at abledata@macrointernational.com.

"NARIC is a full-service library and information center without walls," said Mark Odum, NARIC Project Director. "Our online collection has more than 80,000 volumes of literature including journal articles, technical reports, and consumer-level materials fully available through the Internet. The NARIC project has paired these resources with innovative communication and dissemination services to be a catalyst in helping improve the lives of persons with disabilities." NARIC's staff members provide free information and referral for patrons on a wide range of disability and rehabilitation issues. Information specialists assist professionals in locating the latest research in the field, help service providers identify programs and services for their clients, and offer support and information to people with disabilities and their caregivers so they can remain independent. NARIC.com features three searchable databases, including the REHABDATA index of disability and rehabilitation literature, along with information resource brochures, topic-specific newsletters, and browsable resource lists. Patrons [can connect with NARIC information specialists](#) in English and Spanish by toll-free phone at 800/346-2742, email at naricinfo@heitechservices.com, and by chat and social media at naric.com.

NIDRR operates under the auspices of the U.S. Department of Education's Office of Special Education and Rehabilitative Services (OSERS); it is the main federal agency that supports applied research, training, and development to improve the lives of people with disabilities.

Accomplishing NIDRR's mission is a first step on the journey toward ensuring that individuals with disabilities have the opportunity to participate fully in every aspect of society. NIDRR's staff and its grantees are committed to generating new knowledge and promoting its effective use in improving the ability of people with disabilities to perform activities of their choice in the community and expanding the nation's capacity to provide full opportunities and accommodations for its citizens with disabilities. Through NARIC and AbleData, NIDRR fulfills this commitment by providing the public, and especially the disability community, with two sources for reliable information.

Together, AbleData and NARIC provide the public with information on more than 100,000 products and resources, and they are available online for free and in print at no or low cost. People can turn to AbleData and NARIC for the latest in assistive and rehabilitation technology, new research in rehabilitation treatments and interventions, and referral to quality support organizations and services in their local area.



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



AbleData

8630 Fenton Street, Suite 930
Silver Spring, MD 20910
800-227-0216 (V)
301-608-8912 (TT)
abledata@macrointernational.com
www.abledata.com
[Download a Brochure!](#)

Marta P. Garcia

Bilingual Information/Media Specialist

HeiTech Services, Inc.

8400 Corporate Drive, Suite 500
Landover, MD 20785
Tel: (301) 918-9500 ext 52
Fax: (301) 459-3683
www.heitechservices.com

Nutrition Webinars

Elaine Smith, MS, RD

Last week ACL/ AoA sent an e-mail and it was included in the DARS-VDA Weekly Emailing alerting nutrition program directors that the Meals on Wheels Association of America (MOWAA) and National Resource Center on Nutrition and Aging (NRC) will host two webinars *Momentum: Advancing Into Future Readiness* in February. This is a new initiative of MOWAA and the Administration on Aging, geared toward providing aging network programs a platform for future-focused dialogue around the evolving role of senior nutrition services. Following is additional information about the webinars.

Momentum, an exciting new series of events and discussions, will explore promising practices for modernizing senior nutrition programs and engage the larger aging and nutrition networks in exploring opportunities for collaboration and knowledge sharing. The *Momentum* series launches **February 12, 2013** with a webinar on the role of quality nutrition programs in the communities they serve led by Jean Lloyd, National Nutritionist with the Administration on Aging. The second webinar will be held on **February 26, 2013**.

To register for either or both of these webinars go to the following link and click on the name of the webinar: <http://nutritionandaging.org/momentum>



National Rehabilitation Information Center (NARIC)

8400 Corporate Drive, Suite 500
Landover, MD 20785
800-346-2742 (V)
301/459-5984 (TT)
naricinfo@heitechservices.com
www.naric.com



[@NARICInfo](#) [@NARICenEspanol](#)

[Download a Brochure!](#)

Download our Brochures on [Aging](#) and [Caregiving and Caregivers!](#)



Because there are a limited number of phone lines please try to register early.

What Are the Components of a Quality Nutrition Program? Part 1

When: February 12, 2013

Time: 3:30 to 4:30 pm (Eastern)

Registration: Free

About the Webinar:

Quality nutrition programs are an essential part of current and future home and community based service systems. Over 4,000 Older Americans Act Nutrition Programs are implemented in states and local communities throughout the U.S. These programs serve a diverse population, address hunger and food insecurity needs, assist in maintaining health and well-being and help older adults remain as independent as possible in the community. Nutrition programs need to modernize operations, integrate across parallel service systems, demonstrate performance and value to a variety of stakeholders, enhance their business acumen and diversify their funding. This webinar will address challenges confronting nutrition service programs and set the stage for a series of webinars entitled "Momentum: Advancing into Future Readiness."

About the Presenter:

Jean Lloyd, MS, RD, has served as the national nutritionist of the U.S. Administration on Aging since 1992. During her tenure, she has provided input for the nutrition-related functions of policy, budget, legislation and regulation; program development and implementation; training and technical assistance; advocacy; evaluation; and research, demonstration and training grants.

What Are the Components of a Quality Nutrition Program? Part 2

When: February 26, 2013

Time: 3:30 to 4:45 pm (Eastern)

Registration: Free.

About the Webinar:

A quality senior nutrition program should be future-focused, client-focused and entrepreneurial-minded. Those running and overseeing quality senior nutrition programs must understand the



role senior nutrition services play within the broader parallel nutrition systems, and they must be prepared to modernize their strategy and operations, strengthening this role in the changing environment.

Senior nutrition program leaders should:

- Monitor and react to changes in the elderly population, building menus that will accommodate cultural diversity and attract new clients.
- Leverage the body of evidence linking nutritious food to delaying adverse health conditions among seniors, as well as the heightened national focus on home and community based services that help seniors maintain their independence in their communities.
- Understand the emerging for-profit competition, and actively seek out opportunities to partner, collaborate and integrate nutrition services into the evolving landscape of person-centric healthcare provision.

In this webinar, representatives from different levels of senior nutrition spectrum will address issues that impact the current and future nutrition services delivery system and discuss how a sustainable future can be achieved.

AAA Area Plan Services Snapshot

Tim Catherman, Director, Aging Operations

For the past several years, we have been compiling the services provided by AAAs through the Area Plan. The attached snapshot provides an overview of the differences in services the AAAs provide.

Snapshot of Area Plan Services Provided by Area Agencies on Aging Fiscal 2013 beginning October 2012 through September 2013

Service	1	2	3	4	5	6	7	8A	8B	8C	8D	8E	9	10	11	12	13	14	15	16	17/18	19	20	21	22
Adult Day Care	X	X						X			X		X	X			X				X				
Checking	X																X		X	X					
Chore			X													X									
Homemaker	X	X	X		X		X							X	X	X	X	X	X	X	X	X			X
Personal Care	X	X			X	X							X				X					X			X
Residential Repair & Renovation		X	X				X			X						X						X			X
Care Coordination			X												X	X	X		X					X	
Communication, Referral, I & A																									
Options Counseling															X										
Transportation	X	X			X	X	X				X		X				X			X	X	X	X	X	X
Assisted Transportation															X										
Congregate Meals	X	X	X		X	X	X				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Home Delivered Meals	X	X	X		X	X	X				X	X	X	X	X	X	X			X	X	X	X	X	X
Home Delivered FFS																									
Disease Prevention	X	X	X			X						X	X	X	X	X	X		X	X	X	X	X	X	X
Emergency	X	X	X		X	X							X			X	X		X	X				X	X
Employment																			X		X	X			
Health Education Screening		X	X																						X
Identification Discount																	X								
LTC Coordinating Activity																									
Medication Management														X									X		
Money Management			X																X						
Public Information/Education					X	X	X			X							X		X			X	X		X
Socialization & Recreation		X				X	X						X	X	X				X			X			X
Volunteer Program			X			X				X			X	X	X				X		X	X			
Legal Assistance																							X		
Title III-E Counseling																									
Individual Counseling			X																X		X	X			
Support Groups	X	X	X													X					X	X			X
Caregiver Training		X									X					X			X						X
Respite Services																									
Institutional Respite																									
Direct Payments																									
Other							X																X		
Defined Supplemental Services																									
Direct Payments																									
Other																									
Supplemental Services																X	X								X
Elder Rights																									
Elder Abuse Prevention																									
Local LTC Ombudsman																									

Legend

	III-B Only
	III-E Only
	Both

X Shaded - Direct Service Waiver
X Unshaded Local Funds Only

Direct Service Waiver not required for Communication, Referral, Information and Assistance, Home Delivered FFS, LTC Coordinating Activity, Public Information/Education, Elder Abuse Prevention and Local LTC Ombudsman.

 Program is shared or provided by an adjacent AAA