



VDA WEEKLY E-MAILING

May 26, 2015

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ACL News & Information

Here is a link to news & information from the Administration for Community Living (ACL):

<http://www.acl.gov/NewsRoom/NewsInfo/Index.aspx>

NASUAD Weekly Update

Here is a link to the weekly update from NASUAD:

<http://www.nasud.org/newsroom/friday-update>

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



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



UPDATES

May 19, 2015

Webinar: Integrating Aging Services and Behavioral Health

Thursday, May 28, 2015, 1:00 p.m. - 2:00 p.m. ET

Join the National Council on Aging's (NCOA) Center for Healthy Aging for the "Integrating Aging Services and Behavioral Health" webinar next Thursday. This webinar will emphasize the key resources that aging service providers can use to better integrate with providers of behavioral health services. It will also include an expert panel that will share success stories and highlight partnership opportunities available on the national and state levels.

The webinar is free and open to the public. [Click here](#) to register and find more information.



UPDATES

May 21, 2015

**Webinar: Toward a Global Framework
on the 10th Anniversary of World Elder
Abuse Awareness Day**

**Friday, May 22, 2015, 1:00 p.m. - 2:00 p.m.
ET**

Every year on June 15th, communities around the world shed light on the importance of preventing, identifying, and responding to elder abuse. Tomorrow, the National Center on Elder Abuse counts down to the 10th anniversary of [World Elder Abuse Awareness Day](#) with a webinar examining the achievements of the last decade and milestones ahead. AoA Deputy Assistant Secretary for Aging Edwin Walker will give opening remarks. [Learn more and register now.](#)

GAO Study on HCBS for Older Adults

Tim Catherman, Director Aging Operations, on behalf of Charlotte Arbogast, Dementia Services Coordinator

Older Adults: Federal Strategy Needed to Help Ensure Efficient and Effective Delivery of Home and Community-Based Services and Supports. GAO-15-190, May 20.

<http://www.gao.gov/products/GAO-15-190>

Highlights - <http://www.gao.gov/assets/680/670307.pdf>



Virginians Urged to Prepare for Hurricane Season

Kathy Miller, Director of Aging Programs on behalf of Chip Stratton



Virginia Department of Emergency Management

News Release

Virginians Urged to Prepare for Hurricane Season

Purchase supplies May 25-31 during the Hurricane Preparedness Sales Tax Holiday

RICHMOND, Va. – Virginians are at risk for the damaging effects of coastal and inland tropical storm systems and widespread flooding. To emphasize the importance of preparing for hurricane season, Gov. Terry McAuliffe has recognized May 24-30 as Hurricane and Flooding Preparedness Week.

“It’s critical that every Virginian take hurricane season seriously and understand how they could be affected by flooding, high winds and tornadoes during this time of year,” said State Coordinator Dr. Jeff Stern. “Those who live along coastal areas also need to learn how storm surge could affect them so that they know what to do when tropical systems are approaching. Your safety and the safety of your loved ones depend on getting ready before a hurricane or tropical storm hits.”

“The prediction of a below normal hurricane season should not be taken to mean Virginia won’t be impacted this year,” said Bill Sammler, NWS warning coordination meteorologist. “Let’s all remember that it only takes one storm to cause severe damage and even loss of life. Everyone should get ready now for this hurricane season.”

Virginia’s Hurricane Preparedness Sales Tax Holiday May 25-31 will provide Virginians with an opportunity to buy emergency equipment and supplies tax-free. All Virginia retailers participate in the holiday. Among the items that are exempt from sales tax are batteries including cell phone batteries, flashlights and lanterns, bottled water of all types and sizes, first aid kits, coolers, NOAA Weather Radios, portable generators and many other useful items. For more on the sales tax holiday, including a list of tax-exempt items, visit www.vaemergency.gov.

How to Prepare

Among the most important actions people can take toward disaster preparedness are:

- **Download the free Ready Virginia app for [iPhone®](#) and [Android™](#). Features:**
 - Weather warnings issued for your location by the National Weather Service
 - A customizable emergency plan that can be easily shared with family and friends
 - A checklist for gathering emergency supplies



- “I’m Safe!” feature that allows you to quickly send a text message to let family and friends know you are safe
- Interactive map that allows you to find the maximum storm surge risk at your current location or an address entered in the search bar
- **Create a family emergency communications plan.**
 - Decide how and where everyone will meet up with each other if separated
 - Choose an out-of-town emergency contact for your family and give that person’s phone number to each family member
 - Make a sheet of emergency contacts and post it in visible places in your home and workplace. Don’t rely on your smart phone or online contact lists.
 - Get a free emergency plan worksheet at www.ReadyVirginia.gov or www.ListoVirginia.gov or use the new Ready Virginia app.
- **Sign up for text alerts/weather warnings that may be offered by your locality.**
- **Talk to an insurance agent about flood insurance.**
 - Most homeowner’s insurance policies do not cover flooding; renters and business owners also can get flood insurance.
 - Just one inch of water in a mid-size home or office can mean \$20,000 in repairs.
 - Go to www.floodsmart.gov or call 1-800-427-2419 for more information.
 - Typically, there’s a 30-day waiting period from the date of purchase before your policy goes into effect.

People with disabilities or access and functional needs may need to take additional steps. Plan how to handle power outages and/or being asked to evacuate. See www.vaemergency.gov/readyvirginia/getakit/disabilities

The governor’s proclamation of May 24-30 as Hurricane and Flooding Preparedness Week coincides with National Hurricane Preparedness Week, sponsored by the National Weather Service.

Chip Stratton

Safety and Risk Management Director

Emergency Coordination Officer

Woodrow Wilson Rehabilitation Center

Virginia Department for Aging and Rehabilitative Services

National Institute on Aging e-Update

Tim Catherman, Director Aging Operations



Talking with your doctor-3 tips for seniors that can help!

05/18/2015

e-Update from the NATIONAL INSTITUTE ON AGING at NIH

Clear communication – it's vital to helping you make the most of your doctor's visit. Here are some tips you can use:

- Make a list of your health concerns and put the most important ones at the top.
- Write down a list of all of your current medications, vitamins, and supplements with the dosage information.
- Don't forget to bring your glasses and/or hearing aids!

Want more good ideas? Get your FREE copy of [Talking with Your Doctor](#), from the National Institute on Aging (NIA).

Do you work with older adults? Download NIA's FREE [Talking With Your Doctor Presentation Toolkit](#). This 45-minute, interactive program has everything you need to teach seniors how to prepare for a doctor's appointment, make collaborative decisions about care, and remember what was discussed after the visit. The slide show and speaker's guide are easy to use – no special training required!



Use this message to help spread the word about the importance of clear doctor-patient communication on social media:

#Seniors – take an active role in your #health! Get tips on making the most of a visit to the #doctor – <http://1.usa.gov/1c0gwdc>

Meet NIA's Director of Management

05/20/2015

[Meet NIA's Director of Management](#)

Patrick Shirdon, Director of Management, National Institute on Aging

Every NIH institute has an executive responsible for managing its business organization. This is someone who keeps computer systems, buildings, human resources, contracts, and budget operations running, someone who makes or administers policies. If I was on your campus, I might be called the Chief Business Officer.

[Read the full blog post](#) for more on:

- Managing budgets when there's uncertainty
- Travel for scientific meetings and conferences
- How can you find a job at the National Institute on Aging?

Inside NIA
A Blog for Researchers



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



SENIORNAVIGATOR E-QUICKTIP: May 20, 2015

Military Appreciation Month: We Salute Veterans and Their Caregivers

Cecily Slasor, on behalf of Kim Tarantino, SeniorNavigator

Annually, during the month of May, our country celebrates Military Appreciation Month -- a time to honor the brave men and women who serve/ have served in our armed forces. Let us also salute their loved ones who provide care after our troops have retired from service. Often, soldiers are left with physical injuries, memory problems, traumatic brain injury, post-traumatic stress disorder, or other serious illnesses that need constant care. If you are a caregiver of a veteran, you may well need some support for yourself.

SeniorNavigator, in partnership with the Virginia Department of Veterans Services and the Virginia Wounded Warrior Program, is pleased to offer a resource page dedicated to family caregivers of veterans. The information that is included on the [Family Caregivers of Veterans Resource Page](#) includes: educational articles, tip sheets, interactive tools, and access to search for local programs and services -- providing support and answers for veteran caregivers in Virginia.

EQUICKTIPS is a fast free resource for seniors and those who care for them. Please feel free to add your branding, logo, or company name, and share it with employees, colleagues, and clients through list serves, newsletters, and bulletin boards, referencing SeniorNavigator as the source. By passing this information along, together we can create a ripple effect that can touch thousands of lives.

Friday Updates from NASUAD

Cecily Slasor, Administrative Assistant





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Conference**

***Register for the AIRS
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***HCBS Clearinghouse:
Expected Increase in
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***HCBS Clearinghouse:
Employment, Earnings &
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***HCBS Clearinghouse:
Impact of Health Reform
on Americans Ages 50-64**

***ACL: Funding
Opportunity for State No
Wrong Door Systems**

***FCC: Webinar: Get into
the Act... Online!**

***GAO Report Examines**

From NASUAD

**NASUAD Hosted Webinar
on New Senior Health
Rankings Report**

On Wednesday, May 20, the National Association for States United for Aging and Disabilities (NASUAD) hosted a webinar covering the 2015 [*America's Health Rankings Senior Report*](#). The report, released earlier that day, takes an in-depth look at senior health at a national level and by state. The report also ranks states on a range of measures.

The webinar, presented by Tom Eckstein and Sarah Milder of Arundel Metrics, provided participants with an overview of the metrics and methodology the report, as well as changes from past health rankings reports.

[Click here](#) to access the presentation and audio recording of the webinar. [Click here](#) to view the 2015 *America's Health Rankings Senior Report*.

Registration Open for HCBS



HCBS for Older Adults

*NCEA: Webinar: World
Elder Abuse Awareness
Day

*NIA: Free Stuff for
Go4Life Month

*AT&T: Challenge
Awards Software & App
Developers for
Innovations to Improve
Use for People with
Disabilities

*Coalition on Human
Needs: Webinar:
Community Voices: Why
Nutrition Assistance
Matters Campaign
Kickoff

*National Academy of
Social Insurance: Working
Together Challenge Aims
to Improve Service and
Supports

*NCOA: Webinar:
Integrating Aging
Services

*Mature Market Resource
Center: New Product &
Tech Awards Competition
Open

*Consumer Voice: Ice

Conference!

Join us for the National Home and Community Based Services (HCBS) Conference held in Washington, DC, **August 31-September 3**. The Conference offers a unique blend of policy, program, and practice issues for professionals interested in home and community based services for individuals of all abilities and in all settings. Quickly becoming the "go-to" conference for learning in the expanding field of HCBS and long-term services and supports, the Conference allows states to share best practices, present unique partnerships, and recognize the work of their peers.

The National HCBS Conference will include federal, state, and local policymakers and those who administer, manage, and deliver waiver and other HCBS programs. The Conference always sees a strong presence from U.S. Health and Human Services ranging from the Administration for



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Community Living including AoA, Office of Disability, and IADD to CMS, HRSA, SAMHSA, Office of Developmental Disabilities, and other federal agencies.

[Click here](#) to learn more about the conference and register.

**Register for the AIRS
Conference and National
Aging and Disability
Symposium, May 27-30,
Dallas, TX**

The National Aging and Disability I&R/A Symposium at the 2015 AIRS Conference is convened by the National I&R/A Support Center at NASUAD, in collaboration with the National Association of Area Agencies on Aging (n4a) and the National Council on Independent Living (NCIL), and with support from the U.S. Administration for Community Living (ACL). With a pre-conference I&R/A Summit for Aging and Disability professionals and a full complement of workshops, panel discussions, and conversation throughout



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the week, the Symposium is essential for keeping apprised of the latest developments in aging and disability I&R/A. Join us to experience a blend of workshops facilitated by I&R/A, ADRC, CIL, and Federal and National Association professionals from across the country discussing developments and initiatives in aging and disability information and referral programs. Topics such as No Wrong Door system building, ADRC partnerships, serving diverse consumers, and business strategies will provide insights to help you deliver effective I&R/A programs and services to older adults, people with disabilities, and caregivers.

Join us for the National Aging and Disability I&R/A Pre-Conference Summit at the 2015 AIRS Conference Enhance your business acumen! Aging and disability professionals in I&R/A are invited to join the National I&R Support Center, ACL, n4a, and NCIL for a day of information sharing,



presentations, and discussion, with a special focus on business acumen, prior to the start of the AIRS I&R Annual Training & Education Conference. Aging and disability I&R/A agencies across the county are challenged to both sustain and expand their business model in a rapidly-changing environment. This year's National Aging and Disability I&R/A Pre-Conference Summit will include a unique focus on business acumen to share ideas and strategies that can help agencies navigate the marketplace for aging and disability services. Drawing from ACL's business acumen initiative, the Pre-Conference Summit will use a blend of expert presentations, interactive discussion, and exercises to explore several key themes in business acumen. The Pre-Conference Summit is scheduled for **Wednesday, May 27**. Register for this event on the AIRS conference registration form, and contact I&R Support Center Director, Nanette Relave, at nrelave@nasuad.org



with questions or for more information.

For more information on the AIRS conference, including registration, [click here](#).

HCBS Clearinghouse E-Clips

This section of Friday Update highlights reports that have been added to the HCBS

Clearinghouse within the past week. Visit

www.nasuad.org/hcbs for more information.

Expected Increase in Demand for Representative Payees

For Social Security beneficiaries and Supplemental Security Income recipients who are not capable of managing their own benefit payments, the Social Security Administration (SSA) pays benefits to a representative payee. The authors of a recent article published by the SSA Office of Retirement and Disability Policy estimate that the demand for representative payees will increase from 2.94 million beneficiaries in 2013 to 3.27 million by 2025 and to



3.56 million by 2035. An increase in retired-worker beneficiaries by 2025 and the transition of the baby boom generation into the 85-or-older age category by 2035 account for much of the increased demand for representative payees. The authors recommend that the SSA prepare to recruit payees to meet the future demand and devote the resources necessary to monitor payees and prevent their misuse of benefits.

[Click here](#) to access the complete article.

Relationship between Employment, Earnings, and Primary Impairments Among SSDI & SSI Beneficiaries

This article published by the Social Security Administration seeks to provide empirical evidence on the relationship between the primary impairments of Social Security disability program beneficiaries and the employment and earnings of those beneficiaries. The authors find that some



impairment categories that are strongly associated with employment status are not as closely linked to higher earnings. The findings in the article can be used to inform new programs or initiatives aimed at helping beneficiaries return to work.

[Click here](#) to access the full article.

Impact of Health Reform on Americans Ages 50-64

AARP Public Policy Institute/Urban Institute has released a Spotlight article showing that the uninsured rates for 50- to 64- year-olds has dropped 31% since 2013. In states that expanded their Medicaid programs, the drops were greater. The article is a part of AARP PPI's "Monitoring the Impact of Health Reform" series.

[Click here](#) to access the full article.

From the Administration

[Administration for
Community Living](#)



Funding Opportunity for State No Wrong Door Systems

The Administration for Community Living (ACL), the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA) are sponsoring the award of up to six cooperative agreements for a total of up to \$4.2 million for the development and implementation of No Wrong Door (NWD) Systems by state entities.

NWD Systems allow states to provide long term services and supports through visible, trusted, and coordinated access points, while simplifying forms and processes. NWD Systems streamline eligibility processes and seek to find the best mix of services and supports based on an individual's needs and circumstances. Eligible applicants must be from one of the 25 states which received a 2014 *Transforming State LTSS Access Programs and Functions into A No Wrong Door System*



for All Populations and All Payers grant. Applicants must be a state entity, and only one application can be submitted per state.

Along with the application, ACL released a ["key elements" document](#) that describes the critical pieces to a NWD System. An informational conference call will be held on **Wednesday, May 27 at 2:00 p.m. ET**. A Letter of Intent is due **Sunday, June 14, 2015**, and the application will close **Monday, July 27, 2015**.

[Click here](#) to view the full details of the funding opportunity.

Federal Communications Commission

Webinar: Get into the Act... Online!

In honor of Older Americans Month, the Federal Communications Commission (FCC) is launching the first in a series of webinars with several key partners to help address digital literacy and broadband adoption issues



affecting seniors. The 90-minute program, scheduled for **Thursday, May 28 from 1:00 to 2:00 p.m. ET**, will provide an overview of the FCC's Lifeline program and other resources for low-income seniors including those living in HUD-assisted properties to obtain low-cost broadband in their homes. Several online resources will be discussed to help plan and deliver high-quality learning experiences to adults and seniors, including freely available professional development courses and communities of practice for facilitators. This webinar is open to the public at no cost. Pre-registration is strongly encouraged, but not required. Closed captioning will be provided, and the webinar will be recorded for future use.

[Click here](#) for details and registration.

Government Accountability
Office

GAO Report Examines HCBS



for Older Adults

On May 20, GAO published a report that assessed the current HCBS system for Older Adults. GAO found that five departments across four agencies finance HCBS for seniors, and recommended that the Department of Health and Human Services (HHS) develop a strategy to coordinate services across the Federal government and to establish common outcomes for programs. GAO also examined the delivery of HCBS to seniors in three local areas, including counties in California, Georgia, and Maryland. GAO noted that the growing number of seniors is creating challenges and that all three of the local agencies have waiting lists due to limited resources.

[Click here](#) to access the report.

[National Center on Elder Abuse](#)

Webinar: World Elder Abuse Awareness Day- Toward a Global Framework on its



10th Anniversary

Today, **Friday, May 22 from 1:00 to 2:00 p.m. ET**, the National Center on Elder Abuse (NCEA) will host a webinar on World Elder Abuse Awareness Day (WEAAD). The webinar will include a retrospective on 10 years of WEAAD accomplishments from its founder, Elizabeth Podnieks, pilot findings from an international study on elder abuse, and a panel discussion on future WEAAD. WEAAD is recognized around the world every year on June 15 and aims to educate people on the importance of preventing, identifying, and responding to elder abuse.

[Click here](#) for details and registration.

National Institute on Aging

Get Free Stuff for Go4Life Month

[Go4Life](#)®, the national exercise and physical activity campaign for people 50+, is offering free resources to help organizations and individuals



get involved in the movement. The Go4Life Month offers exercise guides, DVDs, motivational flyers, tip sheets, and Spanish resources that can be downloaded or ordered online. Go4Life Month will be celebrated in collaboration with the White House Conference on Aging this coming September.

[Click here](#) to view free resources from Go4Life Month.

From Other Organizations

AT&T

Challenge Awards Software & App Developers for Innovations to Improve Use for People with Disabilities

AT&T has partnered with NYU and RESNA to design a technology contest called the *ConnectAbility* Challenge. AT&T will be awarding \$100k in prizes to individual developers and small business that deliver software or apps that solve challenges facing people living with disabilities in for four functional



categories:

- People with sensory disabilities
- People in need of mobility solutions
- People in need of social and emotional solutions
- People with communicative and cognitive disabilities

The prize money will be given in honor of the Americans with Disabilities Act 25th Anniversary. The deadline for submissions is **June 24, 5:00 p.m. ET.**

As part of the *ConnectAbility* Challenge, AT&T produced four short videos. Each video highlights an individual with a disability and describes how the individual uses technology and the ways technology could continue to improve his/her life.

[Click here](#) for more information on the challenge and to view the videos.

[Coalition on Human Needs](#)

**Webinar: Community Voices:
Why Nutrition Assistance
Matters Campaign Kickoff**



The Center for American Progress, Food Research and Action Center, Feeding America, the Coalition on Human Needs, and Witnesses to Hunger are partnering to launch a new campaign, "Community Voices: Why Nutrition Assistance Matters." A compelling personal story is worth 100 statistics and can help move hearts and minds. The goal of this campaign is to gather personal experiences about nutrition assistance programs from communities across the country and share them with media and policymakers to dispel myths and increase understanding of how these programs work and who they help. By taking part in this campaign, participants will have the opportunity to educate the public and protect and strengthen the critical nutrition programs that are vital for families and individuals in America.

The campaign kickoff webinar is scheduled for **Wednesday, June 3, 2:00-3:00 p.m. ET**. This kickoff webinar will teach



participants how to take part in this new campaign, why stories are so important, practical tips for interviewing true experts, and about an opportunity to join the campaign in Washington, DC for a day of action.

[Click here](#) to register for the webinar.

[National Academy of Social Insurance](#)

Working Together Challenge Aims to Improve Services and Supports

The National Academy of Social Insurance wants to improve services and supports for working-age persons with disabilities by crowd-sourcing ideas in three key areas: notable results (what's working); research questions (what we need to know); and new initiatives (what we should try). Ideas may be submitted online until **May 31**, and participants with the top-ranked ideas will receive ticket to the Academy's Robert M. Ball Award Banquet in June.



[Click here](#) for details and to join the challenge.

[National Coalition on Aging](#)

Webinar: Integrating Aging Services & Behavioral Health: Key Resources You Should Know About

This webinar by NCOA and the American Psychological Association will emphasize key resources for aging services providers that are looking to better integrate with providers of behavioral health services. An expert panel of presenters will share various partnership opportunities available on a state and national level, as well as highlight successful partnerships and tangible resources available for your use. The webinar is scheduled for **Thursday, May 28, 1:00-2:00 p.m. ET.**

[Click here](#) to view panel details and register.

[Mature Market Resource Center](#)



New Product & Technology Awards Competition Accepting Entries

The New Product & Technology Awards competition provides national recognition to outstanding products, services, and technologies available for older adults and their families. The fifth annual competition has expanded to include 58 categories and 15 divisions, and awards will be given by both category and division. Past winners include Area Agencies on Aging, Blue Cross Blue Shield Plans, the Minnesota Board on Aging, and Retirement Communities. The entry deadline is **May 29, 2015**, and the entry fee is \$79 per entry.

[Click here](#) to view entry and competition details.

National Consumer Voice for Quality Long-Term Care

Ice Cream Social to Discuss Round-the-Clock RN Coverage

The Coalition of Geriatric
Nursing Organizations,



Consumer Voice, and the American Nurses Association, in cooperation with Representative Jan Schakowsky (D-IL), will host an ice cream social to discuss the critical need for round-the-clock registered nurse coverage in nursing homes. The event is scheduled for **Thursday, May 28, 2:30-3:30 p.m. ET** in the Gold Room, 2168 Rayburn House Office Building.

Attendees should RSVP by **Tuesday, May 26** to Robyn Grant at rgrant@theconsumervoice.org.

Events

Senior Center Conference

Registration is open for the 2015 Senior Center Conference being held in Columbus, Indiana. The conference, entitled Seek 2015: Engaging Communities to Age Well, will take place **September 20-22**. Register by **June 30** to receive an early bird rate of \$295 for National Institute of Senior Centers (NISC)



members and \$345 for non-members.

[Click here](#) to view conference details and register.

Job & Internship Postings

NASDDDS Seeking Executive Director

The National Association of State Directors of Developmental Disabilities Services ([NASDDDS](#)) is seeking an executive director with broad experience and a commitment to supporting state agencies in the provision of services to individuals with intellectual and developmental disabilities and their families. Interested candidates should email a resume, cover letter, and salary requirements by **June 15**.

[Click here](#) to view the full posting.

Director of Developmental Disabilities for Nebraska DHHS

The Nebraska Department of Health and Human Services is



accepting applications for the Director of Developmental Disabilities position. The Division has approximately 1000 employees and a budget of over \$210 million. The Director oversees all programs, practices, and policies to ensure the provision of services to Nebraska's population of people with developmental disabilities.

Applicants should have five years of administrative or professional experience related to health or human services for people with developmental disabilities, including management experience.

[Click here](#) to view the full posting and details on how to apply.

Friday Update Archive

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Friday Update or other
NASUAD news updates.

June 1 Conference: Mental Health Challenges and Possible Solutions in Aging with Lifelong Disabilities (Attachment)

Cecily Slasor, on behalf of Dr. Edward Ansello, Virginia Center on Aging

June 1 - Mental Health Challenges and Possible Solutions in Aging with Lifelong Disabilities. Annual Conference of the Area Planning and Services Committee (APSC) on Lifelong Disabilities. Doubletree by Hilton Richmond-Midlothian, Koger Conference Center, 9:00-4:30. Keynote by Adam Kaul, MD, psychiatrist; six breakout sessions on Crisis Prevention, Guardianship, Natural Support Friendship Networks, and more; Closing Plenary by Melissa Owens, MT-BC, on Music Therapy and Mental Wellness. Registration of \$35 includes materials and luncheon. Register at www.apsc2015.eventbrite.com

Edward F. Ansello, Ph.D.

Director

Virginia Center on Aging

School of Allied Health Professions

Director

Virginia Geriatric Education Center

Virginia Commonwealth University

Richmond, VA 23298-0229

(804) 828-1525

***Mental Health Challenges and Possible Solutions
in Aging with Lifelong Disabilities***

June 1, 2015

Doubletree by Hilton Richmond-Midlothian, Koger Conference Center, Richmond, VA

**Sponsored by the Area Planning and Services Committee
on Aging with Lifelong Disabilities**

Registration and Coffee (8:00-9:00)

Welcome and Overview (9:00-9:15)

Keynote Address (9:15-10:30)

A Biopsychosocial Approach to the Care of Individuals with Developmental Disabilities

Understand and appreciate the challenges involved in caring for individuals with intellectual disabilities, the challenges of cognitive disorders and intellectual disabilities, and the merits of the biopsychosocial approach.

Adam Kaul, MD, Assistant Clinical Professor in Psychiatry, Virginia Commonwealth University, Distinguished Fellow in the American Psychiatric Association

Morning Breakouts (10:45-12:15):

A) Natural Support Friendship Networks

People with disabilities experience abuse and violence at epidemic rates compared to those without disabilities. This session will address the multidisciplinary approach to reduce abuse incorporated into Project LEAP: Leadership for Empowerment and Abuse Prevention, *Molly Dellinger Wray, Director of LEAP, Partnership for People with Disabilities; and Stacie Vecchietti, MSW, Program Director, Virginia Anti-Violence Project*

B) The Commonwealth Coordinated Care (CCC) and Mental Health Services

The Department of Medical Assistance Services (DMAS) provides an overview of Commonwealth Coordinated Care (CCC), which is a program designed to blend Medicare and Medicaid services for people who receive both benefits. This presentation will review key information about the CCC program, benefits of joining CCC, and answer some frequently asked questions.

Sarah Broughton, MSW, Program Analyst, Commonwealth Coordinated Care, DMAS

C) Mental Health and Wellness: The Connection and Importance for You as a Provider

Promoting wellness for those we serve is very important but how can you be the mentor if you don't understand your own connection between how you feel mentally and physically? This session assesses that connection and offers practice ways to make sure you are at your best.

Shirley Lyons, MS, Faculty, University of Phoenix, Richmond-Virginia Beach, and Program Manager, Henrico Area MH/DS.

Luncheon: *Thanksgiving in June* (roast turkey, vegetables, salad, and dessert)

Afternoon Breakouts (1:30-3:00)

D) Guardianship and Conservatorship in Virginia, the Basics.

The speaker provides a simple explanation of guardianship and conservatorship; what they are, how they work, and the procedure to become a guardian or conservator for an adult (or soon to be adult) in Virginia

Paul Izzo, Esq, Elder Law Attorney, Thompson and McMullan, PC

E) Crisis Prevention and Response

Understand the complexities of successfully assessing and stabilizing a crisis in the least restrictive manner for specialized populations, including aging adults with Mental Health and / or Intellectual/Developmental Disability.

Ted Susac, LCSW, Admissions Coordinator, Piedmont Geriatric Hospital; Cristi McClanahan, LCSW, Richmond Behavioral Health Authority, Director of Intellectual Disabilities and Region IV REACH Administrator; and Autumn Richardson, LCSW, Region IV REACH Director

F) The Governor's Access Plan (GAP) for Long-Term Mental Health

Governor McAuliffe's plan, A Healthy Virginia, establishes the Governor's Access Plan (GAP), which will provide basic medical and targeted behavioral health care to approximately 20,000 uninsured Virginians with severe mental illness (SMI). This session will review the rationale for creating GAP, eligibility requirements, covered benefits, and other aspects of this progressive initiative.

Sherry Confer, Special Projects Manager, Department of Medical Assistance Services

Closing Plenary (3:15-4:30)

Music Therapy and Mental Wellness

Enjoy a brief overview of music therapy and its use in the care of older adults with disabilities and needs related to mental health. Participants will have the opportunity to learn about the goals and benefits of music therapy and engage in an energizing experience demonstrating the therapeutic power of music.

Melissa Owens, MT-BC, NMT, Department of Arts in Healthcare, VCU Medical Center

Conference registration of \$35 paid by May 27, 2015 includes materials, refreshments, and our traditional "Thanksgiving in June" roast turkey lunch. Registration after May 28th is \$45.

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