



VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

## VDA WEEKLY E-MAILING

March 22, 2016

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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.nasuad.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.

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## UPDATES

**March 18, 2016**

### **NQF Meeting: Measuring Quality in Home and Community-based Services**

The National Quality Forum's Home and Community-Based Services (HCBS) Quality project will have its second in-person meeting March 30-31st in Washington D.C.

The meeting is part of an ongoing effort to address performance measure gaps in HCBS that support community living quality.

The meeting is open to the public with opportunities for public comment throughout. Seating is limited and online participation is encouraged.

[Track the Forum's progress on this project](#) and [register for the meeting](#).

## **Governor's Conference on Aging: Sponsorship and Registration Info**

*Martina James, Special Assistant to the Commissioner*



Gov. Terry McAuliffe has called for the first Virginia Governor's Conference on Aging since 2003. The day and a half conference will be held May 2-3, 2016 at the Richmond Hotel and Spa, Short Pump.



Right now the conference is listed as **SOLD OUT** and people can “join” the waitlist. Please register at <http://vgcoa.com/conference-registration-form/>

**We are thrilled to announce that Matt Paxton of Clutter Cleaner and the show HOARDERS will be joining us as the guest presenter during our Lunch plenary session.** Matt Paxton is the premier Hoarding Clean-Up expert in America. Paxton is the author of *The Secret Lives of Hoarders* and has appeared on over 65 episodes of the television show HOARDERS. He's cleaned thousands of hoarded homes for the last 10 years and will share his insights and effective techniques to understand, motivate and successfully communicate with hoarders and their family members. Matt uses his unique and vast experiences to create a results focused program that focuses on compassion, understanding and trust to help hoarders nationwide.

### **2016 Conference on Aging at Lynchburg College**

*Devin Bowers, MPH, Dementia Services Coordinator*

Now is the time to register for the **2016 Conference on Aging slated for June 7, 2016 at Lynchburg College.** We have an exciting line up of speakers and programs including two outstanding keynote programs including two great keynotes:

*Even Seniors Get the Blues*, Peter Betz, MD, Medical Director, Geriatric Psychiatry, Centra

Be happy... or not. Sadness is a normal part of our emotional experience. We should try to embrace it for what it is. However, sadness can lead to something more sinister. It can lead to major depression and marked functional and cognitive decline. This type of sadness needs to be identified and treated. Left untreated, it can even lead to death. In this session, we will discuss how to differentiate normal sadness from major depression. We will also learn about prevention and treatment strategies.

*Staying Right Side Up When Everything's Upside Down*, Linda Larsen, CSP,  
BSW Linda Larsen Communications, Inc.

It's easy to stay right side up when everything is flowing perfectly, you've got all the help and money you need and people are totally behaving. But how often does THAT happen? In this fast-paced, fun and informative session, Linda Larsen will give you tools to help you perform at your best – regardless of external circumstances! You'll learn how to create the exact results you want, how to stay calm and focused in the turmoil, and how to recover quickly when the rug is pulled out from under you.

See the attached 2016 conference on aging brochure or go to [www.lynchburg.edu/beard](http://www.lynchburg.edu/beard) for more information and to register online.



**EXHIBITORS NEEDED:** If you are interested in exhibiting at the conference, a limited number of spaces are available. They are filling up fast so get your information in. See attached exhibitor application. Deadline for submissions is April 22, 2016.

If you have any questions or need additional information, please call me at 434-544-8456 or email me at [Scruggs.dr@lynchburg.edu](mailto:Scruggs.dr@lynchburg.edu). **We look forward to seeing you at the conference and I appreciate any help you can provide us in getting the word out by sharing this with your friends, neighbors, and colleagues.**

Have a wonderful day!

Denise Scruggs

### **Caregiver Workshops in Hampton Roads, 3/21 and 4/14/16**

*Devin Bowers, MPH, Dementia Services Coordinator*

Tidewater Arts Outreach (TAO) was awarded a grant in January from Virginia Commonwealth University's Geriatric Training Education Initiative to present and film two workshops, aimed at giving caregivers information, resources and practical experience. The workshops will be presented in March and April. The resulting films will be made available online, June 2016.

Quality arts experiences and regular arts engagement activities have the potential to improve quality of life for our aging population and strengthen our community through inter-generational involvement. The two workshops will impart best practices for developing and delivering live, high quality arts programming for elders.

"Training is one TAO's of three core service components," said MaryAnn Toboz, TAO founder and executive director. "We are pleased to present these two high-caliber workshops aimed at improving quality of life for our elderly neighbors and strengthening the community fabric by integrating the arts into health and wellness environments."

- **Music and Movement for Elders** will be presented on March 24, 12:30 – 3:30 pm at Bay Lake Retirement and Assisted Living Community, 4225 Shore Drive, Virginia Beach.
- **Singing for Elder Health and Wellness** takes place on April 14, 12:30 – 3:30 pm at Riverside PACE, 439 Orianna Drive in Newport News.



The workshop format includes equal parts lecture and hands-on training with involvement by elder participants at both communities.

**About Music and Movement for Elders:** At any age, moving to music can promote a healthy mind-body relationship, improve mood and reduce anxiety. This interactive workshop will demonstrate how to use music with movement to promote balance, core strength, muscle tone and physical ability in people living with dementia. The workshop will be co-facilitated by Dr. Michele Nielsen and Sonya Barsness. Dr. Nielsen holds a Doctorate in Physical Therapy from Old Dominion University in addition being a classically-trained dancer. Sonya Barsness is a Masters-prepared gerontologist with nearly twenty years of experience in aging, primarily in dementia and long-term care.

**About Singing for Elder Health and Wellness:** Singing offers many benefits for elders, including increased core strength and vital lung capacity, vocal conditioning, cognition, socialization, inspiration and emotional wellness. This interactive workshop will impart strategies for using singing to support functional improvements and wellness in elders. The workshop will be co-facilitated by Dr. Linda Teasley, DMA, MT-BC. She is a Certified Music Therapist and versatile soprano. Dr. Teasley works with elders in memory care and assisted living environments, using music as a modality for wellness and disease prevention.

**MORE:** [Registration](#) for each workshop is \$20 for artists, administrators, caregivers, therapists and others interested in arts and wellness. CEUs are available for an additional fee. Class size is limited. Online payment can be made [here](#). A web page with complete information and links at [TidewaterArtsOutreach.org](http://TidewaterArtsOutreach.org). For more information, please call (757) 965-5155.

#### **About Tidewater Arts Outreach**

Tidewater Arts Outreach (TAO) is a nonprofit organization founded in 2003 to share the joy and healing power of quality arts experiences with people in health and dependent care environments throughout Hampton Roads. In FY15, TAO presented 233 programs, engaging 6,300 attendees in music, dance, drama, poetry and visual arts programs. Training, advocacy and outreach are TAO's core service components. For more information, connect with us on Facebook, Twitter or [www.TidewaterArtsOutreach.org](http://www.TidewaterArtsOutreach.org).

#### **SeniorNavigator: Join our Navigator Innovation Lab!**

*Cecily Slasor on behalf of Kim Tarantino, SeniorNavigator*



*You've got valuable opinions and ideas – and we want to hear from YOU!*

### **What is the Navigator Innovation Lab?**

We're looking for a group of folks interested in helping to shape what is offered on our VirginiaNavigator Family of Websites (disAbilityNavigator.org, SeniorNavigator.org and VirginiaNavigator.org) now and in the future.

We want to make our websites the best possible resources they can be and your participation in focus groups and surveys will help us get there!

### **Who Can Join?**

- Anyone providing care to someone (whether you call yourself a caregiver or a daughter...a caregiver or a brother... if you are helping a family member/loved one/neighbor/friend, we welcome you to join the community)
- Adults over the age of 60 and baby boomers
- Individuals of all ages who have a disability
- Parents of children with a disability
- Professionals, service providers, and volunteers who work with older adults, caregivers or people with disabilities

### **How is Participating Helpful for Me?**

Your feedback and suggestions will help ensure that we're able to effectively help individuals like you and families like yours easily find vital resources and information when they need it.

Additionally, we are pleased to offer members who actively participate in our Navigator Innovation Lab a Visa Gift Card - as a special "thanks"!

### **I'm Interested!**

[Complete this quick form](#) to share your interest in joining our Navigator Innovation Lab. We'll be in touch!



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## Independent Living Weekly Newsletter

*Marcia DuBois, Livable Communities Coordinator*



## INDEPENDENT LIVING Weekly Newsletter

COMMUNITY BASED SERVICES DIVISION

James A. Rothrock, Commissioner

ISSUE 145

March 22, 2016

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### Virginia's 2016-2018 Biennial Budget and 2016 Legislation -DARS

**Gov. McAuliffe's 2016-2018 biennial budget last December included the following DARS new funding for aging and adult services:**

- Public Guardian services to those transitioning from training centers to the community, \$500,000 FY2017/\$975,000 FY2018
- Public Guardian services to vulnerable adults, \$425,000 FY2017/\$1.01 million FY2018, with one additional DARS staff
- Replacement of case management system used by Adult Protective Services workers, \$50,000 FY2017/\$440,000 FY2018
- Administrative support for Chronic Disease Self-Management Program (CDSMP), \$100,000 FY2017/\$100,000 FY2018, for one additional DARS staff
- Monitoring for the Auxiliary Grant, \$87,000 FY2017/\$87,000 FY2018, for one additional DARS staff
- Contracted services to provide in home care to low-income seniors who have experienced trauma, \$100,000 FY2017/\$100 000 FY2018



**The Conference Report added (or subtracted) the following:**

- Increase support for Brain Injury Programs, \$375,000 FY2017/\$375,000 FY2018
- Increase funding for LTESS, \$375,000 FY2017/\$375,000 FY2018
- Fund Transition Services at CILS, \$200,000 FY2017/\$200,000 FY2018 –  
Congratulatory for your efforts!
- Provide bridge funding for Eastern VA Care Transitions Partnership, \$250,000  
FY 2017
- Eliminate funding for Case Management System, -\$50,000 FY2017/- \$440,000  
FY2018
- Eliminate administrative funds for CDSMP, -\$100,000 FY2017/- \$100,000  
FY2018, for one additional DARS staff
- Report on Interdisciplinary Memory Assessment Clinics

**Of note in other HHR agency budgets:**

- DMAS Workgroup on the Alzheimer's Assisted Living Waiver
- DBHDS Comprehensive Plan for Geropsychiatric Services  
\$450,000/FY2017

Reconvened Session will be held April 20, 2016.

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**Arc Budget Summary**



**Summary of Major I/DD Items  
in the Conference Committee Budget**

The Budget Conference Committee of [House and Senate members](#) completed its work on Virginia's Budget Bill March 9. The House and Senate voted to pass the budget bill last Friday. The Governor will have the opportunity to review all budget items, suggest amendments and/or veto particular budget items. The General Assembly will convene again on April 20 to vote on the Governor's amendments to



the final budget bill. The state budget is to take effect July 1.

Major I/DD Items in the Conference Committee Report:

I/DD Waiver Waiting List:

- **Provides additional I/DD Waiver slots.** Supports the Governor's proposal to provide 855 Waivers required by the DOJ agreement, but eliminates the 100 proposed "reserve" Waivers that the Governor recommended. Instead, the budget bill **provides 355 I/DD Waivers above the DOJ agreement in FY17 for individuals and families on the I/DD Waiver waiting lists** (\$5.2M GF total). 200 of these Waivers are reserved for the first 200 people on the DD Waiver waiting list as of June 30, 2016. **For the full Arc full summary, click [here](#). I/DD related budget items, including a side-by-side comparison of Governor, House, Senate and Conference Committee budgets, [can be found here](#). View the House briefing on the Conference Committee report, which includes an overview of all major items in the budget bill, [here](#).**

**40 Hour Care Attendant Limit Advocacy**

*The Arc of Virginia is working with other organizations and groups to advocate for an exceptions process for consumer directed services to authorize overtime hours for attendants if the 40 hour cap places the service recipient's health and safety in jeopardy. We have been receiving many calls and emails from individuals with I/DD and families members concerned this policy will limit access and significantly decrease their hours for consumer-directed respite, personal care and companion services. We are currently collecting personal examples and stories to advocate for an exceptions process. If you would like to participate, please [email Rebecca King](#) to share how your services will be impacted. Please include your first name, age of recipient, and county.*

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## ADA Conference

**The Mid-Atlantic ADA Center presents:**



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**A one-day conference on the Americans with Disabilities Act (ADA)**

Please join us to learn from the experts on the ADA!

**Tuesday, May 10, 2016**

Hilton Richmond Hotel & Spa - Short Pump

12042 West Broad Street - Richmond, VA 23233

Pre-Conference Session "ADA Overview"

Monday, May 9 - 1:00 - 4:30 PM

**No additional charge!**

**REGISTER** ([link is external](#))

View the **agenda** and **session descriptions**.

View the full conference announcement [here](#).

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**CIL-NET and SILC-NET Teleconference**

CIL-NET and SILC-NET Present... A National Teleconference

**Intersectionality in Centers for Independent Living: Cultural Inclusion**

March 31, 2016; 3:00 – 4:30 p.m. Eastern

[Register online](#) or by using the [printable registration form](#) (PDF)

Intersectionality is a term coined by Kimberle Crenshaw in 1989 to describe the inseparable connection between oppression and personal identities.



This is especially relevant to people with disabilities, who face discrimination and oppression that is compounded with also being people of color, women, LGBTQIA, non-native English speakers, or otherwise multiply-marginalized in society. Intersectionality is a critical piece of the discussion on disability identity and who has access to services and leadership in their communities and in the Independent Living Movement.

Nothing About Us Without Us is a beloved rallying cry in our Movement. We should abide by the same rules for all of the diverse people with disabilities in our communities. We must serve consumers from all backgrounds, and so we must have the staff, board members, and community leaders at the table who represent those same backgrounds and life experiences.

Join us March 31st to learn more about intersectionality and how your organization can be even more inclusive and representative of our communities.

**Registration Fee:** \$75.00. Fee is per site (connection) and does not apply per participant; registrants are encouraged to gather as many individuals as desired to participate by telephone.

View the full announcement [here](#).

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## Notice of Public Comment

*The Virginia Departments of Medical Assistance Services (DMAS) and Behavioral Health and Developmental Services (DBHDS) welcome public comments regarding the submission to the Centers for Medicare and Medicaid Services (CMS) a REVISED statewide transition plan for six 1915(c) home and community based waivers: Intellectual Disability Waiver; Individuals and Families with Developmental Disabilities Support Waiver; Day Support Waiver; Elderly or Disabled with Consumer Direction Waiver; Alzheimer's Assisted Living Waiver; and Technology Assisted Waiver.*

*The intent of the transition plan is to demonstrate how the state will bring waiver services into compliance with the settings requirements contained in the CMS Final Regulations on Home and Community Based Services (79 FR 2947) by March 2019.*



*This notice also serves to open the 30 day public comment period, which begins on March 7, 2016 and closes April 7, 2016 at 5:00pm Eastern Standard Time (EST). The statewide transition plan can be located at:*

- *View the Statewide Waiver Transition Plan [here](#) OR [here](#); OR contact DMAS at 804-786-7029 and request that a copy of the Plan be mailed.*

*Instructions for Public Comment Submission:*

*Electronic Submission- comments may be sent within the body of an email or placed within a Microsoft Word document and submitted as an email attachment to of the following email addresses, [here](#) or [here](#).*

*Or, submit via US postal mail to:  
Department of Medical Assistance Services  
Suite 1300  
600 East Broad Street  
Richmond, Virginia 23219  
ATT: HCBS Final Regulations  
Or, Fax to: Teri Morgan, 804-612-0050*

*Best Regards,*

*Sarah Broughton, MSW  
Virginia Department of Medical Assistance Services  
Office: (804) 625-3672  
600 East Broad Street  
Richmond, VA 23219*

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### **Playbook Updated for 2015 Q3**

Housing Virginia offers “Playbook” as a resource for policy makers, housing advocates, and others interested in affordable housing. To find information about Playbook, click [here](#). Playbook is a comprehensive inventory of affordable housing policies and programs within Virginia. Playbook provides the name and description the affordable housing policy or program and, optionally, additional details about the policy or program including local contact. Read more about Playbook updates [here](#).



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## dLCV Annual Gala

Help Us Achieve “Liberty and Justice for ALL”

Be a part of our 2016 fundraising event at the Cultural Arts Center at Glen Allen on Friday, April 29, 2016, 6:00pm to 8:30pm. Come enjoy an evening of food, music, and live entertainment from the School of the Performing Arts in the Richmond Community (SPARC). This year's host is Richmond's own **Bill Fitzgerald**. Bill is a television news anchor and reporter for WTVR CBS 6.

Congratulations! We are pleased to announce that **Maureen Hollowell** has been named the recipient of the Darrel T Mason Excellence in Advocacy Award.

Maureen is the Director of Advocacy and Services at the Endependence Center, Inc. in Norfolk.

### Why Support?

The dLCV helps children with disabilities and their families and works with communities on issues related to accessibility, housing, education, employment, transportation, medical needs; and monitors institutions serving people with disabilities. We are dedicated to promoting the rights of people with disabilities in Virginia. With your help, we can reach so many more. Please consider becoming a sponsor of our fundraising Gala held this year. [Click here for sponsorship information.](#)

### Will you Purchase a Ticket?

- Early Bird (**Ends April 1, 2016**) \$45.00
- Event Admission Ticket (Ends April 28, 2016) \$65.00

[Click here to purchase tickets.](#)

**LEARN MORE [HERE:](#)**



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This event is sponsored by the  
**disAbility Law Center of Virginia Foundation**

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## Fair Housing Accessibility Training

**Attention Builders, Architects, Developers:**

**Register today for**  
**Fair Housing Accessibility Training**  
**on**  
**Design and Construction**  
**Accessibility Requirements**  
*A new date & location!*

**March 21, 2016**  
**1:00 p.m. - 5:00 p.m.**  
**Virginia War Memorial - Freedom Hall**  
**621 S. Belvidere St.**  
**Richmond, VA 23220**

**\$30**

**This training is approved for continuing education credits by the American Institute of Architects! It will be a great opportunity to receive CE credits while gaining valuable knowledge about fair housing and accessibility.**

The Virginia Housing Alliance is excited to announce this training to be hosted by its new training center, the Virginia Housing Education and Learning Partnership (VA- HELP).

Robert S. Ardinger, President of Ardinger Consultants and Associates will offer a training session on the Fair Housing Design and Construction Accessibility Requirements. Click [here](#) to view these Requirements. The training will cover



basic terms and concepts regarding major civil rights laws and principles of accessibility, basic design principles and guidelines, reasonable accommodation and reasonable modification, and the future universal design market.

[REGISTER HERE!](#)

Scholarships are available for young professionals, students, and nonprofit employees interested in attending the training. Apply for Scholarship here: [Apply here](#).

For questions about this training, contact Rachel Bates at 804-840-7582.

For more information on the 7 Design and Construction Requirements under the Fair Housing Act visit their webpage at: [homeofva.org/designandconstruction](http://homeofva.org/designandconstruction)

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Upcoming  
VAIRS  
Webinars

#### VIRGINIA LEGAL AID

Date: **Wednesday, April 13, 2016-10:00am to 11:30am**

Presenter: Martin Wegbreit, Director of Litigation, Central Virginia Legal Aid

Register [here](#).

This presentation will offer a brief overview of the programs, initiatives and resources available through Central Virginia Legal Aid.

#### PROGRAMS AND INITIATIVES OF THE VIRGINIA ATTORNEY GENERAL'S OFFICE

Date: **Monday, April 25th-10:00am to 11:30am**

Presenter: Johnetta Guishard, Central Virginia Community Outreach Coordinator

Register [here](#).

This presentation will offer a brief overview of the programs, initiatives and resources available through the Office of Attorney General Mark Herring on a wide



range of public safety and consumer protection topics. Highlighted programming will include: crime prevention for seniors (Triad), teen law education (Virginia Rules), resources for victims of domestic violence, sexual assault and stalking, jail re-entry, the Identity Theft Passport Program, and other vital programs for citizens of the Commonwealth.

#### I AM SOMEBODY

Date: Thursday, May 12th, 2016-11:00am to [12:30pm](#)

Presenter: LaShawnda Singleton, Communications Manager

Register [here](#) or in person at UWGRP (2001 Maywill St.)

Working with individuals whose rights were taken away? I Am Somebody will help you understand what it takes to restore someone's civil rights. This presentation provides an excellent introduction to the restoration of rights process and policy, common misconceptions on right restoration, and what we can do as a community to assist returning citizens with their transition. This session is ideal for anyone who is interested in restoration of rights.

Also...if you have a topic that would make a great presentation for VAIRS please contact Altise M. Street, Co-Chair Training & Education Committee, at 804-771-5845 or [streeta@yourunitedway.org](mailto:streeta@yourunitedway.org).

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#### **LEAD Center Webinar for Centers for Independent Living**

The Workforce Innovation and Opportunity Act (WIOA) provides new opportunities for American Job Centers (AJCs) to partner with Centers for Independent Living (CILs) leading to improved employment outcomes for job seekers with disabilities. To support these partnerships, the LEAD Center recently released the Independence Through Employment Toolkit, a collection of resources for CILs and AJCs to deepen their understanding of each other's services and structure to improve the lives of job seekers with disabilities through employment. **Source** [URL](#).

**Thursday, March 24, 2016 - 3:00 - 4:30 PM EDT**

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**WIOA Implementation Partnerships: The Important Role of Centers for Independent**



## Living

The Workforce Innovation and Opportunity Act (WIOA) provides new opportunities for American Job Centers (AJCs) to partner with Centers for Independent Living (CILs) leading to improved employment outcomes for job seekers with disabilities. To support these partnerships, the LEAD Center recently released the Independence Through Employment Toolkit, a collection of resources for CILs and AJCs to deepen their understanding of each other's services and structure to improve the lives of job seekers with disabilities through employment.

The toolkit provide Centers for Independent Living with a basic understanding of WIOA and AJC services to encourage referrals to AJCs as a free community-based support for individuals with employment goals. The comprehensive services provided by CILs, to advocate for and support the independence of individuals with disabilities, is a perfect match with the focus of the public workforce system. CILs and AJCs are natural partners committed to improving the employment and economic advancement of all job seekers, including in-school and out-of-school youth and adults with disabilities through collaboration.

Join us to learn more about the toolkit and hear from national and local leaders who will share how CILs and AJCs are working together to create a *win-win-win* for CILs, AJCs, and job seekers with disabilities. **Presenters include representatives from the new Independent Living Administration at the Administration for Community Living at the Department of Health and Human Services, the National Council on Independent Living (NCIL), and the Employment and Training Administration at the Department of Labor.**

**Please note:** All LEAD Center webinars are captioned and presentation materials are sent to participants in advance of the webinar. For any other reasonable accommodation requests, please contact Brittany Taylor at [btaylor@ndi-inc.org](mailto:btaylor@ndi-inc.org).

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