



VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

## VDA WEEKLY E-MAILING

**April 12, 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.

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



## UPDATES

**April 8, 2016**

**Statement from Assistant Secretary for Aging Kathy Greenlee welcoming passage of the Older Americans Act reauthorization**

On behalf of older adults and those of us hoping to grow old, I am extremely grateful that the reauthorization of the Older Americans Act (OAA) has been successfully passed by both the House and Senate. Older adults consistently express their personal desire to age in their homes and communities, surrounded by the people, places and activities that give their lives meaning. For more than 50 years, the OAA has provided support to make that dream a reality; from home delivered meals and exercise classes to legal services and case management. In every setting and through every advancing year, OAA services support health, dignity and independence.

I applaud the dedicated work of the national aging services network of states, tribes, area agencies on aging, long term care ombudsman, local services providers and volunteers who make successful aging possible. Their work with and on behalf of older adults and family caregivers makes a difference in millions of people's lives each and every day.

Our country is growing old. By 2020, the older adult population will number more than 77 million. One in every five people will be over the age of 60. And more than 34 million adult caregivers will provide uncompensated care to older adults. These numbers will continue to grow. The programs authorized by the Older Americans Act have never been more important to individuals, to families and to communities. The reauthorization of the Older Americans Act signals our commitment to the health and well-being of those of us aged and aging in America. The reauthorization is also a testament to the value of old age itself.



Kathy Greenlee  
Assistant Secretary for Aging



**April 7, 2016**

### **Celebrate Older Americans Month, 2016**

May is Older Americans Month, and this year's OAM theme is "Blaze a Trail." The Administration for Community Living will use May as an opportunity to raise awareness about important issues facing older adults. We will also highlight the ways that older Americans are advocating for themselves, their peers, and their communities. Join us in promoting activities, inclusion, and wellness for older Americans in your community. Materials are available at <http://oam.acl.gov/>. We're also interested in collecting the stories of older Americans who blaze trails themselves. Are you a trailblazer? Share your story! We want to hear how you innovate, reinvent, and make your mark in ways both big and small. <http://oam.acl.gov/submissions/register.aspx>

### **UAI Survey to be Completed for No Wrong Door Grant**

*Katie Roeper, Assistant Commissioner*

#### **Please complete this Important Survey on Virginia's UAI**

Click here for survey: <https://www.surveymonkey.com/r/virginiaUAI>.

The U.S. Administration on Community Living has awarded Virginia a No Wrong Door (NWD) Three-Year Implementation Grant. One of the goals of the grant is to incorporate person-centered language into the Uniform Assessment Instrument (UAI) tool and to develop a UAI training curriculum that incorporates person centered thinking and practices as a training element.



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**You have been identified as someone who may complete the UAI.** To support the work of the grant, **your feedback and recommendations are needed.** Please click the survey link above to take a short survey on your experience using the UAI tool and your perception of the person-centeredness of the UAI training curriculum and the UAI tool. There is also an opportunity to provide your recommendations for incorporating an enhanced person-centered approach into the training curriculum and assessment process.

Please mark the appropriate box next to your answer choice as indicated in the survey. Your responses will be anonymous. Please answer all of the questions to the best of your ability.

Thank you in advance from the NWD Resource Advisory Committee.

### **Honoring Choices© Virginia: Advance Care Planning Month**

*James A. Rothrock, Commissioner*

Join us as we celebrate Advance Care Planning Month



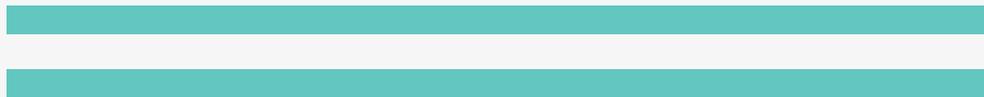


## IT ALWAYS SEEMS TOO EARLY, UNTIL IT SEEMS TOO LATE

In the days leading up to April 16, 2016 - [National Healthcare Decisions Day](#) - organizations across the country will highlight the importance of completing written advance directives. The Virginia General Assembly recently designated April as Advance Care Planning Month in Virginia, and Honoring Choices® Virginia's partner health systems are hosting events throughout the month to encourage all Virginians to learn about the importance of advance health care decision-making.

- April 6 - VCU Health System
- April 13 - Henrico Doctors' Hospital, Forest
- April 15 - all Bon Secours Richmond hospitals
- April 18 - Johnston-Willis Hospital
- April 19 - Retreat Doctors' Hospital
- April 19 - Henrico Doctors' Hospital, Parham

While free to attend, registration is required. [Click here](#) for additional information and to register.



## AND IT'S NOT TOO LATE TO JOIN US

Medicare now provides coverage for advance care planning, and the framework used by Honoring Choices can help practices have these critical conversations with their patients. Join advocates from around the state as we learn from each other and from national experts at our April 12th Sharing the Experience event.

[Click here](#) to register.



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you're invited to join us for an opportunity  
to learn from patient experiences &  
share best practices in advance care planning

**Sharing the Experience 2016**  
Tuesday, April 12 at 2:30PM to 5:00PM  
Richmond Academy of Medicine



**about us**

Honoring Choices® Virginia is a collaborative of the Richmond-area health systems, organized under the auspices of the Richmond Academy of Medicine. Our partners are committed to integrating advance care planning as a routine part of medical care and to working together to understand and honor patients' goals of care.



**FEMA Individual and Community Preparedness e-Brief**

*Chip Stratton, Emergency Coordination Officer DARS*



# Individual and Community Preparedness e-Brief |



IN THIS  
ISSUE:

- [Avoiding Floodwaters](#)
- [Securing Your Financial Documents](#)
- [National Volunteer Week](#)

## Avoiding Floodwaters



According to the [National Oceanic and Atmospheric Administration](#), flooding is the most common natural disaster in the United States. It can happen anywhere and at any time, causing devastation quickly.

In March 2016, many residents in southeastern Texas and parts of Louisiana evacuated their homes and communities to escape extensive flooding. However, some homeowners remained in their homes and were trapped by floodwaters.

The [America's PrepareAthon! How to Prepare for a Flood](#) guide recommends the following steps to protect yourself and your family against being trapped by floodwaters:

- Listen to local weather broadcasts and emergency alerts and, if authorities advise, evacuate before flooding starts.
- However, if floodwaters cover the roadways around you, do not evacuate through floodwaters. Seek higher elevation instead.

If you see floodwater on roads, walkways, bridges, or elsewhere, do not attempt to cross. The depth of the water is not always obvious. Water may be covering a washed out roadbed or other hazards that may prove harmful.

Moving water has tremendous power. Six inches of moving water has the potential to knock an adult off their feet, and as little as one foot of water can sweep a vehicle off the road. Remember: Turn Around, Don't Drown!

Floodwaters can also contain hazardous materials, including rocks, mud, oil, gasoline, downed power lines, and even sewage. Be especially cautious at night when it is harder to recognize flood dangers.

For more information on floodwater hazards, visit the National Weather Service's [Turn Around Don't Drown® program](#).

## Securing Your Financial Documents

Many Americans experience the challenge of rebuilding their lives



after a disaster or other emergency. In these stressful circumstances, having access to personal financial, insurance, medical, and other records is crucial for starting the process of recovery quickly and efficiently.

Taking the time now to [collect and secure these critical records](#) will give you peace of mind. In the event of an emergency, it will also ensure that you have the documentation needed to start the recovery process without delay.

The [Emergency Financial First Aid Kit](#) (EFFAK) can help you financially prepare if a disaster or other emergency strikes your community. The EFFAK contains four important steps to financial preparedness:

- Assemble your important documents and contacts;
- Review your insurance policies and financial paperwork to be sure that they are still accurate and current;
- Store paper and electronic copies of all files in safe locations; and
- Revisit and update your EFFAK on a regular schedule.  
(Updates are especially important when certain changes in your life occur, like a change in marital status, birth of a child, and opening or closing accounts.)

April is Financial Literacy Month. This month is a great opportunity to review and update your EFFAK. You can [find more financial preparedness resources](#) online.

### **National Volunteer Week**

As severe weather conditions displace many homeowners in parts of the United States, National Volunteer Week takes on greater importance.

This year, National Volunteer Week will be recognized Sunday, April 10 – Saturday, April 16.

Organizations such as the [American Red Cross](#), [Salvation Army](#), and [Habitat for Humanity](#) take an active role in disaster relief and recovery. They continuously look for volunteers and financial assistance to support their missions. By supporting these organizations, you're ultimately helping people who are experiencing some of the toughest challenges.

There are several ways you can provide support:



- Donate cash – a financial contribution is the most effective type of donation;
- Offer gifts like clothing, food, and furniture. Other in-kind donations include services such as administrative support, meeting/office space, website development, or expertise in strategic planning and legal advice; and
- Volunteer – giving personal time to a worthy cause is one of the most effective ways to contribute to an organization.

Consider volunteering for your local [Community Emergency Response Team](#) (CERT). Volunteers assist others in their community following a disaster when professional responders are not immediately available to help. [Find a local CERT near you.](#)

For more options to serve, [check out the Corporation for National and Community Service](#) – the federal agency charged with promoting and fostering volunteering and national service in America.

*Disclaimer: The reader recognizes that the federal government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-federal events, entities, organizations, services or products. Please let us know about other events and services for individual and community preparedness that could be included in future newsletters by contacting [citizencorps@fema.dhs.gov](mailto:citizencorps@fema.dhs.gov).*

#### Contact Us

EMAIL: [citizencorps@fema.dhs.gov](mailto:citizencorps@fema.dhs.gov) | TWITTER: [@Citizen\\_Corps](https://twitter.com/Citizen_Corps)



FEMA

### Independent Living Weekly Newsletter

Marcia DuBois, Livable Communities Coordinator



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# INDEPENDENT LIVING Weekly Newsletter

COMMUNITY BASED SERVICES DIVISION

James A. Rothrock, Commissioner

ISSUE 148

April 12, 2016

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**Urgent: ADA in Focus Conference**

The Mid-Atlantic ADA Center presents:



Richmond, Virginia • May 10, 2016

**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

**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](#)**.

We are just about a month away from the ADA in Focus Conference and we have an incentive! Anyone who becomes a member of one of our Networks will get a \$25.00 discount for the conference. We have the Community Partners Network for those who do outreach into the community (designed with CILs and others, VR counselors, etc.in mind!). There is also one for Title II entities. The application process is very easy and CIL staff members do not even need to get a letter, just fill out the form. Also, there are CRC credits as well as HR credits for the conference.

Benefits of the free membership in the Network include a closed list serve which allows for regional sharing of resources ideas, requests for assistance on programmatic, promotional etc. ideas from peers across the region. There will be two members-only webinars per year with topics determined by the membership. The Center will provide resources and materials for exhibits and outreach activities. The Center will also provide discounts to Center sponsored trainings such as the ADA in Focus VA and the regional ADA Update. Lots of benefits! We also have a Network for ADA trainers. Please feel free to share this info with others. The link for the network application is **[here](#)**.

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## HOME Announces Housing Accessibility



To help celebrate April as fair housing month, HOME launched its \$100,000 housing accessibility fund to increase housing accessibility in the Richmond metro region.



HOME is proud to make its first award of \$25,000 to **project:HOMES** to fund a minimum of 25 accessibility modifications including wheelchair ramps. Click [here](#) to find out more about **project: HOMES**. Heather Crislip, president and CEO of HOME stated, "We are excited to partner with **project:HOMES** to help people with mobility disabilities have full use of their home.

With limited accessible rental options in the metro Richmond region, we need to help make more housing accessible to those who need it." Lee Householder, CEO of **project:HOMES** said, "HOME's support today will help Mrs. C have a safe exit and entrance to her home. Through our partnership with HOME, **project:HOMES** can provide other adults and people with disabilities the accessibility modifications they need to continue living safely and independently in their homes."

This fund was created from a housing discrimination case (click [here](#) to see the case) that HOME and the National Fair Housing Alliance settled with Hunt Investments, LLC; Walter Parks, Architect, PLLC; MGT Construction Management, Inc.; and other entities alleging that Shockoe Valley View apartments was out of compliance with the federal Fair Housing Act accessibility requirements (view accessibility requirements [here](#)). In addition to the design and construction requirements for new apartment complexes, fair housing laws provide extra protections for people with disabilities including the right to reasonable modifications and accommodations.





Today, HOME worked in partnership with **project:HOMES** to install a ramp for Mrs C. This is just one of 25+ accessibility modifications that the \$25,000 from HOME's new accessibility fund will support.

View the *Richmond Times Dispatch* article [here](#).

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### ILRU CIL Advocacy Strategies Survey

ILRU is supporting Alice Zhang and Glen White of the Research and Training Center on Independent Living at the University of Kansas by distributing this announcement about a survey to learn promising practices from CILs concerning their advocacy strategies.

We are conducting this survey to learn more about advocacy approaches you or your Center have used in working with individuals with disabilities or with systems change. We plan to use the information you provide in this short, 18 question survey to help update the Action Letter Portfolio, which is a training tool to help CIL staff and disability advocates write effective advocacy letters. We value your participation and information, and would like to provide you the access to the updated advocacy letter writing product once the research project is completed. We greatly appreciate it if you can take some time to complete the survey, and would appreciate it if you would share this survey invitation with your co-workers. Please click [here](#) to access the National Advocacy Survey of Centers for Independent Living.

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### The Paralysis Resource Center Awards 107 Grants to Support Quality of Life Initiatives



The Paralysis Resource Center (PRC), administered by the Christopher & Dana Reeve Foundation, an ACL grantee and national nonprofit dedicated to improving quality of life for individuals living with paralysis awarded Quality of Life grants to 107 nonprofit organizations nationwide totaling \$735,482. These grants provide financial support to fellow nonprofits that mirror the PRC's mission to foster community engagement, enhance independence and promote self-determination and empowerment. Pioneered by the late Dana Reeve, the program has awarded more than 2,600 grants, totaling over \$19 million since its inception in 1999. Awarded twice yearly, grant requests were evaluated and scored based on a rigorous review process to determine funding for organizations that promote the health and well-being for those living with paralysis, as well as their families and caregivers.

Awardee Spotlights:

The Foundation of the Louisiana State University Health Sciences Center, New Orleans, LA , \$12,000 - Grant funds will support a Post-Stroke Clinic at LSU Health New Orleans School of Allied Health Professions. The Clinic will provide free occupational, physical, and speech therapies to those in need who are living with chronic stroke in the New Orleans community.

The Looking Glass (TLG), Berkeley, CA, \$25,000 - Grant funds will train parents (or parenting grandparents) with disabilities on adaptive baby care techniques. TLG occupational therapists will provide 15 families of infants and toddlers, from birth to 3-years-old, with adaptive baby care equipment, and teach modified childcare techniques during home visits.

The Chickasaw Nation, Ada, OK, \$24,715- Grant funds will enable the Chickasaw Nation Medical Center to provide a state-of-the-art portable assisted gait device to patients as part of their acute inpatient rehabilitation. This equipment will help maximize each patient's potential to regain their highest level of function and independence.

Click [here](#) to learn more about the Paralysis Resource Center.

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Reserve Your Arc of Virginia State Convention Room & Register Early





## The Arc of Virginia 2016 State Convention August 8-10 at Colonial Williamsburg

We expect record attendance, so please reserve your room early. We have a generous rate (\$135) for a premier hotel experience at the Colonial Williamsburg Lodge.

**Online Reservations:** Rooms from \$135. Click [here](#) for the booking website.

**Phone Reservations:** Call toll-free 800-261-9530. Mention **Booking ID 39948** when calling. The conference reservations office is open Monday-Friday, 8:30-5:00.

Register [here](#) for the State Convention now!

The agenda includes sessions focused on:

- **Early Intervention & Children's Services:** Overview; NICU to EI Transitions; EI to Pre-K Transitions; Crisis; IEPs; Inclusion; Supporting Siblings; Fostering Friendships; Inclusive Recreation
- **Educator's** (parents and advocates welcome): Families, Students & Teachers as Partners in the IEP Process; The Inclusive Classroom; Legal Updates; Best Practices, Supports & Resources for Teachers; Transitions to Adulthood & Employment
- **Waiver Redesign:** Overview, New Services & Changes; Consumer-Directed Services; Managed Care; ABLE Act; Navigating the Service System; The SIS & Role in I/DD Waiver; Housing; Transportation; Residential
- **Grassroots Advocacy:** Updates on Key Policy Issues; Self-Advocacy; How to Meet with Legislators; Public Policy Panel
- **General Information:** Financial Literacy; Futures Planning
- **Employers & Employment:** Creating an Inclusive Workforce; Self-Employment; Job Hunting & Self-Advocacy in the Workplace
- **Chapters of The Arc:** Board Development; Fundraising; HR; Controlling Risk; Measuring Impact; Membership Engagement
- **For Fun:** Tours of Colonial Williamsburg (extra costs); Jeopardy; Family Feud; Yoga
- **& More** to come

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## New HUD Guidance Released on Criminal Background and Housing! And Other VHA Announcements



*Today at the National Low Income Housing Coalition's (NLIHC) 2016 Policy Forum, Julian Castro, the HUD Secretary, announced the release of new guidance on HUD's interpretation of how the Fair Housing Act applies to policies that exclude people with criminal records. HUD says that private landlords who have blanket bans on renting to people with criminal records are in violation of the Fair Housing Act. This new guidance utilizes a legal standard that was upheld by the United States Supreme Court last year that allows plaintiffs to challenge housing practices that have a discriminatory effect without having to show discriminatory intent. Federal officials say that this new guidance is intended to emphasize to landlords that blanket bans are illegal and to inform housing applicants of their rights. Click [here](#) for the full guidance released by HUD. For more commentary on the guidance, view article [here](#).*

*The Virginia Housing Alliance is pleased to announce that nominations for the 2016 Game Changer Award, Top 40 Network, and Hall of Fame are now open! Award winners will be recognized at the Annual Awards Luncheon on Thursday, June 16 at the Greater Richmond Convention Center. This year's Luncheon will be particularly exciting as it will be the first to be hosted by the new Virginia Housing Alliance. Think about your friends and colleagues who have made a significant impact in the housing field and nominate them for one of the following awards!*

***Game Changer Award*** - *What could be more important to the future of affordable housing than those professionals whose work "changes the game" for our clients, our communities, our industry? The "Game Changer" Awards recognize Virginia's housing leaders for major breakthroughs or outstanding achievements in the affordable housing industry and homeless services field. This can include achievement in housing programs, services, development, finance, education, health, and advocacy. We are looking for leaders whose recent efforts have made a critical difference in one of these achievement categories.*

***Hall of Fame*** - *The Hall of Fame recognizes Virginia's housing leaders who have demonstrated outstanding career performance in programs, services, development or finance and who are retired as of June 30, 2016.*

***Top 40 Network*** - *The Top 40 Network recognizes Virginia's emerging housing professionals who are demonstrating dynamic approaches in programs, services, development or finance.*



*Nominations are due by April 22, 2016. You have the option to fill out the form directly online or download the form and send it to Rachel Bates at her email address [here](#).*

*Click [here](#) for more information about each award category and to make a nomination.*

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### **The Power of "Side by Side" as DD Month Comes to a Close**

Every March we celebrate Developmental Disabilities Awareness Month and the many contributions people with developmental disabilities (DD) make to our society. This year, the National Association of Councils on Developmental Disabilities, Association of University Centers on Disabilities, and National Disability Rights Network chose the theme "Side by Side" to highlight the principle that everyone benefits when people with and without disabilities live, learn, and earn "side by side" in the community.

This idea of true inclusion and integration is the backbone of our work at ACL, and we are proud to work with our DD network partners to make it a reality for all people. However, it is not only people with and without disabilities who are stronger working side by side. This simple, yet powerful idea also applies to all of us working within the disability community.

Read Commissioner Bishop's blog [here](#) about the power of working across silos, cultures, disabilities, generations, and movements.

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### **VAIRS Training & Education Upcoming Sessions**



**VAIRS TRAINING & EDUCATION**



#### VIRGINIA LEGAL AID

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

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

To register, click [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

To register, click [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

To register, [click here](#) or in person at United Way of Greater Richmond & Petersburg. 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.

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#### **Weekly Advocacy Monitor: Volume 14, Issue 12; April 6, 2016**

To view this issue, of the NCIL Weekly Advocacy Monitor, click [here](#).

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ADA

Click [here](#) for the latest issues of the VDA Weekly E-mailing.

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**Weekly E-Mailing**

## FRIDAY UPDATES

# NASUAD

April 8, 2016

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- [\\*NASUAD: I&R Center Webinar: Paralysis Resource Center](#)
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- [\\*HCBS Clearinghouse: nTIDE Jobs Report: March Report](#)
- [\\*ACL: State Grants to Enhance](#)

### From NASUAD

#### Senate Passes Older Americans Act Reauthorization Bill

On Thursday, April 7, the Senate passed S.192, the Older Americans Act (OAA) Reauthorization Bill. The legislation includes many important provisions which seek to modernize the OAA to reflect the current and future realities of the Aging Network. NASUAD and our membership are very grateful to all of the Members of Congress and their staff who have worked tirelessly to develop compromise language and successfully steward the reauthorization through the House and Senate. We



**Adult Protective Services**

**\*ACL: World Elder Abuse Awareness Day: Resources Now Available**

**\*ACL: Older Americans Month is Quickly Approaching**

**\*CMS: Finalized Medicare Advantage Part D Prescription Drug Program Changes**

**\*Florida: First Dementia Caring Community in Florida**

**\*Allsup: Webinar: True Help Claiming Power Over Pain**

**\*HMA: Webinar: Trauma-Informed Care: Best Practices in Patient Screening**

**\*NTG: Dementia and Intellectual Disability Workshops in Several Locations**

**\*Events**

**\*Jobs & Internships**

**\*Funding Opportunities**

**\*Friday Updates Archive**



**Check out NASUAD iQ!**

particularly want to thank the staff of the Senate Health, Education, Labor and Pensions committee and the House Education and Workforce committee for their efforts to secure passage.

NASUAD is very supportive of the language that amends the Act to promote state flexibility, person-centeredness, and cultural and linguistic competence in the administration and delivery of OAA services. We are also supportive of the increased funding for crucial OAA services contained within the bill's authorizations. NASUAD Executive Director, Martha Roherty, released a statement regarding the passage.

[Click here](#) to view the statement.

**Register Today for the Iowa Conference on Aging & Disabilities!**

NASUAD is proud to be sponsoring a National Aging and Disabilities Conference in Des Moines, Iowa, **May 23-May 26**.

This conference will draw speakers from over 30 states. Participants will join us from federal, state government, and local organizations. This conference aims at connecting Iowa and national providers of long-term services and supports with innovative ideas and new programs from their neighboring states.

Due to the popularity of our March discount, we are going to continue to offer weekly discounts throughout April. Use the code APRIL to save \$45 this week. Next week the discount decreases, so register today!

[Click here](#) to learn more and register. Use code **APRIL** for a savings of \$45!



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[Follow NASUAD on LinkedIn](#)



[Follow NASUAD on Twitter](#)

### **I&R Center Webinar: Paralysis Resource Center**

The National I&R Support Center will host a webinar on the Christopher & Dana Reeve Foundation Paralysis Resource Center. This webinar will take place on **Tuesday, April 12, 2016, from 3:00 p.m. to 4:00 p.m. ET.**

The Reeve Foundation's Paralysis Resource Center (PRC) promotes the health and well-being of people living with a spinal cord injury, mobility impairment, and paralysis by providing comprehensive information, resources and referral services. Join this webinar to learn more about the Paralysis Resource Center, including the Center's I&R services; resources on spinal cord injury, paralysis and mobility related disabilities; peer support program; and the needs of individuals and families served by the Center. Bernadette Mauro, Director of Information and Resource Services, will present.

Pre-registration is required for this webinar. Space is limited so make sure to register as soon as possible.

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

### **Register for the 2016 AIRS I&R Conference**

Registration is open for the 38th annual AIRS I&R Training and Education Conference to be held **May 22-25, 2016**, in St. Louis, Missouri. The National I&R Support Center welcomes aging and disability I&R/A professionals to join us in St. Louis for the National Aging and Disability Information and Referral Symposium held during the AIRS Conference. The Symposium offers a pre-conference National I&R/A Summit for aging and disability professionals, an Aging and Disability Luncheon,



and a full complement of workshops throughout the conference. This year's pre-conference summit will have a special focus on person centered thinking and practices featuring an interactive presentation from Michael Smull, a national expert on person centered systems and a partner in Support Development Associates (SDA). Symposium workshop sessions will feature national, state, and local professionals presenting on key topics impacting aging and disability I&R/A programs such as quality assurance and customer satisfaction, aging caregivers, innovations in transportation services, transition for youth with disabilities, and resources for serving diverse consumers. For a full list of conference workshops, [visit AIRS](#).

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

### HCBS Clearinghouse E-Clips

#### **nTIDE Jobs Report: March Report**

The Bureau of Labor Statistics in collaboration with the Kessler Foundation and the University of New Hampshire's Institute on Disability published this month's National Trends on Disability Employment report (nTIDE). Each month this report is published to mark the changes of employment for people with disabilities. "In March 2016, among workers ages 16-64, the 4,282,000 workers with disabilities represented 3.0 percent of the total 141,813,000 workers in the U.S." The month of March showed steady data for the two major economic indicators, the employment-to-population ratio and the labor force participation rate of people with disabilities.

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

*This section of Friday Update highlights reports that have been added to the HCBS Clearinghouse within the past*



*week. Visit [www.nasuad.org/hcbs](http://www.nasuad.org/hcbs) for more information.*

From the Administration

### Administration for Community Living

#### State Grants to Enhance Adult Protective Services

The Administration for Community Living (ACL) released a grant opportunity for states to enhance Adult Protective Services. This demonstration is designed to provide states funding to strengthen their APS systems statewide, to include improvement in practice, services, and data collection and reporting, as well as their technical ability to interface with ACL's National Adult Maltreatment Reporting System (NAMRS). Eligible applicants are the state government offices that administer the state's adult protective services and/or elder protective services program. Recipients of an award under this program in FY 2015 are NOT eligible to apply for funding under this opportunity. Foreign entities are not eligible to compete for, or receive, awards made under this announcement. All applications must be received by **5:00 p.m. on Tuesday, May 31, 2016.**

[Click here](#) to view grant details.

#### World Elder Abuse Awareness Day: Resources Now Available

World Elder Abuse Awareness Day is commemorated on the 15th of June each year and is an opportunity to raise awareness, engage new partners, and renew our collective commitment to the cause of elder justice. The Administration for Community Living (ACL) has a World Elder Abuse Awareness Day (WEEAD) website, developed in partnership with the National Center on Elder Abuse, that offers materials to organize WEEAD



events in communities all over the United States. The materials include: A sample press release you can use to get the word out about your WEAAD event; a sample letter to the editor you can customize; a placemat with an elder abuse prevention message that your meals programs can use; a guide on engaging the faith community in elder abuse conversations; and "Protect yourself" and "Red Flags of Abuse" flyers (available in English, Spanish, Chinese, Vietnamese, Tagalog, and Korean) that you can distribute at a community event. Additionally, ACL is hosting an "Ingenuity and Ideas for #WEAAD2016" Twitter Chat at **2:00 p.m. ET on Thursday, April 21, 2016**, to help people learn about ideas and resources for commemorating WEEAD.

[Click here](#) to view the WEEAD website and materials.

### **Older Americans Month is Quickly Approaching**

May marks Older Americans month and for 2016 the theme is "Blaze a Trail." The Administration for Community Living (ACL) uses the month as an opportunity to raise awareness about the many issues older adults face each day. This month is also a time to recognize the strides that many older Americans are making to advocate for themselves, their peers, and their communities. There are many ways to join the celebrations that are happening throughout the month of May. ACL has created materials to help organizations promote activities, inclusion, and wellness for Older Americans in communities across the United States. Additionally, they are seeking stories from older Americans that consider themselves trailblazers.

[Click here](#) to view the materials.



## Centers for Medicare and Medicaid Services

### **Finalized Medicare Advantage Part D Prescription Drug Program Changes**

On Monday, April 4, the Centers for Medicare & Medicaid Services (CMS) published the final Medicare Advantage and Part D Prescription Drug Program changes for 2017. These changes will provide more stable payments to plans and will improve the programs for plans that provide care for highly vulnerable enrollees. The finalized policies are similar to the proposed changes from February but they also include considerations taken from feedback received during the public comment period.

Additionally, the new policies should improve the accuracy of payments to Medicare Advantage plans. "Specifically, a revised methodology used to risk adjust payments to plans will more accurately reflect the cost of care for dually eligible beneficiaries. CMS will also implement an interim adjustment to the Star Ratings to reflect the socioeconomic and disability status of a plan's enrollees."

[Click here](#) to view the fact sheet.

From the States

## Florida

### **First Dementia Caring Community in Florida**

On Thursday, April 7, Sam Verghese, Secretary of the Department of Elder Affairs in Florida announced Leon County and the City of Tallahassee as the first Dementia Caring Community in Florida through the Department's Dementia Care and Cure Initiative. According to Verghese, "Florida has the second highest incidence of Alzheimer's disease in the nation, and even more are affected by other forms of



dementia. Across the state, we will be taking action at the community level to support those diagnosed with dementia, their families, and caregiver." The Department of Elder Affairs will work with Leon County, Tallahassee, and other stakeholders to develop a work plan and recommendations for the first steps that should be taken in the community.

From Other Organizations

Allsup

**Webinar: True Help Claiming Power Over Pain**

Allsup is hosting a webinar designed to help individuals living with chronic pain. The first in the 2016 series of Web events created to empower individuals living with chronic illness and disabilities, "True Help Claiming Power Over Pain" will help individuals strengthen their personal power resources to improve quality of life, increase function and reduce the sense of suffering. People living with chronic pain and experts from the American Chronic Pain Association, Arthritis Foundation, Invisible Disabilities ® Association, and Allsup will help participants recharge their personal power resources. Power resources often drained by chronic pain include physical strength, psychological stamina, hope, positive self-esteem, finances and social support. Pre-registration is required for this free webinar. The event will take place on **Thursday, April 21, from 12:00 p.m. to 1:00 p.m. ET.**

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

Health Management Associates

**Webinar: Trauma-Informed Care: Best Practices in Patient Screening**



Health Management Associates is hosting a webinar that will provide an overview and best practices in patient screening for trauma-informed care. Trauma-informed care begins by first understanding the problem and then identifying patients who have endured or witnessed over the course of their lives any number of adverse or traumatic experiences. During this webinar, HMA experts Karen Hill, PhD, MSN, ANP-C; Laurie Lockert, MS, LPC; and Jeffrey Ring, PhD, will provide information about the biopsychosocial impact of adverse and traumatic experiences; identify screening tools; and explore how provider practices can support this at-risk population. Pre-registration is required for this free webinar. The webinar will take place on **Tuesday, April 26, 2016, from 1:00 p.m. to 2:00 p.m.**

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

### [National Task Group on Intellectual Disabilities and Dementia Practices](#)

#### **Dementia and Intellectual Disability Workshops in Several Locations**

The National Task Group on Intellectual Disabilities and Dementia Practices (NTG) is offering a series of workshops on "Dementia Capable Care of Adults with Intellectual Disabilities and Dementia" at several locations over the next coming few months. This workshop is offered as a two-day "basic" course or a three-day "Train-the-Trainer" course. It is based on the newly developed, evidence-informed NTG Education and Training Curriculum on Dementia and Intellectual & Developmental Disabilities and is designed to complement the requirements for workforce skill enhancement under the National Plan to Address Alzheimer's Disease. These workshops are appropriate for clinicians, program administrators, family caregivers, and staff with



direct or ancillary care responsibilities of older adults with intellectual and developmental disabilities in disability-, health care-, and aging-related agencies. The dates, locations, and registration information of the upcoming workshops in the San Diego, Topeka, Pittsburgh, Philadelphia, Worcester, and Chicago areas can be accessed via the NTG's website. For more information, contact [Dr. K Bishop](#).

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

#### Events

#### **New Frontiers in Coordinating Housing & Medicaid Services**

Mathematica is hosting a policy forum and live webinar, sponsored by the Center for Studying Disability Policy. Attendees will learn about what state and federal partners are doing to coordinate and integrate health and housing services for people with behavioral health needs. Speakers for the event are Jonathan Brown, Carol Irvin, and Matthew Kehn from Mathematica and Jennifer Ho from HUD. The speakers will discuss the following:

- \* Why housing is an important part of efforts to treat high-need, high-cost Medicaid beneficiaries

- \* Challenges and lessons from the Money Follows the Person Demonstration's efforts to improve the availability of supportive housing for Medicaid beneficiaries moving out of institutions

- \* Innovative state efforts to better coordinate health and housing services for people with behavioral health conditions

- \* Efforts led by HUD to partner with other federal agencies, such as CMS and the Substance Abuse and Mental Health Services Administration, to



coordinate health and housing services

The policy forum and live webinar will take place on **Thursday, April 21, 2016, from 12:00 p.m. to 1:30 p.m. ET.**

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

Jobs & Internships

### **LEAD Coalition Seeks Communications & Advocacy Director**

Leaders Engaged on Alzheimer's Disease (the LEAD Coalition) is seeking an accomplished Communications and Advocacy Director who will be responsible for mobilizing grassroots advocacy by stakeholder organizations through media and policy initiatives. The Director also will be responsible for the monthly e-newsletter, monthly meeting notes, website, and other LEAD Coalition publications. Working closely with the Executive Director, the Director will monitor and develop summaries of relevant news in federal policy, science, clinical care, social services, and related domains. The Director will attend, participate in, or facilitate some meetings with or in place of the Executive Director. The LEAD Coalition is co-convened by USAgainstAlzheimer's and Volunteers of America. The coalition works collaboratively to focus the nation's strategic attention on Alzheimer's disease and related dementia and to accelerate transformational progress in (1) care and support to enrich the quality of life of those with dementia and their caregivers, (2) detection and diagnosis, and (3) research leading to prevention, effective treatment and eventual cure. All applications must be submitted by **Thursday, May 5, 2016.**



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

### **TMG Seeks Full-Time IRIS Consultant**

TMG is the IRIS Consultant Agency (ICA) and Self-Directed Personal Care contractor for Wisconsin's IRIS program. IRIS is a long-term support program where eligible individuals self-direct their publicly funded, community based long-term care services. TMG is seeking a full-time IRIS Consultant who lives in Chippewa County or Dunn County. TMG's IRIS Consultants (ICs) are home-based employees who partner with individuals enrolled in the IRIS program to identify their long-term care goals and find creative ways to achieve them. Qualified applicants must have a minimum of a Bachelor's degree in a social work, psychology, human services, counseling, nursing, special education or a closely related field (or four years of commensurate experience if no degree) and one year of direct experience related to the delivery of social services to the target groups; knowledge of Long Term Care programs and familiarity with principles of self-determination; ability to use a variety of technology including but not limited to; Outlook, Skype, PowerPoint, Excel, Word, online portals and databases; and must possess a valid driver's license and maintain adequate auto insurance for job-related travel to home visits and attending meetings and conferences as requested. All applications must be submitted by **Friday, April 15, 2016**.

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

Funding Opportunities

### **Supportive Services Demonstration for Elderly Households in HUD-Assisted Multifamily Housing**

The U.S. Department of Housing and Urban



Development (HUD) announced it is making approximately \$15 million available to test a promising housing and services model for low-income seniors to age in their own homes and delay or avoid the need for nursing home care.

HUD's Supportive Services Demonstration for Elderly Households in HUD-Assisted Multifamily Housing will offer three-year grants to eligible owners of HUD-assisted senior housing developments to cover the cost of a full-time Enhanced Service Coordinator and a part-time Wellness Nurse. The purpose of the Demonstration is to test the effectiveness of this enhanced supportive services model for elderly households and to evaluate the value of enhanced service coordination paired with affordable housing for seniors. The demonstration will be independently evaluated to determine the impact of the enhanced supportive services model on: Aging in place in HUD-assisted senior developments; avoiding early transitions to institutional care, and; preventing unnecessary and often costly health care events-such as some emergency room visits and hospitalizations-for residents in HUD-assisted senior developments. Grant applications must be submitted electronically by **Monday, April 18, 2016, at 11:59 p.m. ET.**

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

### **Senior Community Service Employment Program National Grants**

The Employment and Training Administration (ETA), U.S. Department of Labor (DOL) announced the availability of approximately \$338,520,000 in grant funds authorized by Title V of the Older Americans Act (OAA) as amended in 2006, Pub. L. No. 109-365 for the Community Service Employment



for Older Americans program commonly referred to as the Senior Community Service Employment Program (SCSEP), for National Grants for Program Year (PY) 2016. SCSEP is the only Federally-sponsored employment and training program targeted specifically to low-income older individuals who are able to enter or reenter the workforce. Program participants receive paid work experience at local public or non-profit agencies and are paid the higher of the Federal, State, or local minimum wage, or the prevailing wage for similar employment, for approximately 20 hours per week while in community service and other job training (OAA Amendments § 502(b)(1)(J); 20 CFR 641.565(a)). The dual goals of the program are to promote useful opportunities in community service job training and to move SCSEP participants into unsubsidized employment. This is a four-year grant, renewable annually for each of those four years based on annual Departmental application requirements and subject to the availability of funds. The grant may be extended for a fifth year at the Department's discretion, contingent upon the grantee meeting or exceeding the minimum negotiated performance measures as required by section 514(a) of the OAA Amendments and 20 CFR 641.700. All applications are due by **4:00 p.m. ET on Friday, April 29, 2016.**

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

#### **Disability & Rehabilitation Research Projects Program: Employment of People with Disabilities- Development**

The Administration for Community Living released the development grant opportunity for the Disability and Rehabilitation Research Project Program (DRRP): Employment of Individuals with Disabilities. The purpose of NIDILRR's Disability and Rehabilitation Research Projects (DRRP) which are funded through



the Disability and Rehabilitation Research Projects and Centers Program, is to plan and conduct research, demonstration projects, training, and related activities, including international activities, to develop methods, procedures, and rehabilitation technology that maximize the full inclusion and integration into society, employment, independent living, family support, and economic and social self-sufficiency of individuals with disabilities, especially individuals with the most severe disabilities, and to improve the effectiveness of services authorized under the Rehabilitation Act of 1973, as amended (Rehabilitation Act). Under this particular DRRP priority, applicants must propose a development project that is aimed at improving the employment outcomes of individuals with disabilities. In carrying out a development project under this program, a grantee must use knowledge and understanding gained from research to create materials, devices, systems, or methods beneficial to the target population, including design and development of prototypes and processes. Please note that this will be the Funding Opportunity for field-initiated DRRP development projects in the employment domain. NIDILRR plans to make two field-initiated DRRP awards in the employment domain. NIDILRR's field-initiated DRRP awards in the employment domain may include research projects, development projects, or both, depending on the ranking of applications provided by the peer review panel. All applications are due by **11:59 p.m. ET on Tuesday, May 24, 2016.**

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

**Disability & Rehabilitation Research Projects  
Program: Employment of People with Disabilities-  
Research**

The Administration for Community Living released the research grant opportunity for the Disability and



Rehabilitation Research Project Program (DRRP): Employment of Individuals with Disabilities. The purpose of NIDILRR's Disability and Rehabilitation Research Projects (DRRP) is to plan and conduct research, demonstration projects, training, and related activities, including international activities, to develop methods, procedures, and rehabilitation technology that maximize the full inclusion and integration into society, employment, independent living, family support, and economic and social self-sufficiency of individuals with disabilities, especially individuals with the most severe disabilities, and to improve the effectiveness of services authorized under the Rehabilitation Act of 1973, as amended (Rehabilitation Act). Under this particular DRRP priority, applicants must propose a research project that is aimed at improving the employment outcomes of individuals with disabilities. In carrying out a research project under this program, a grantee must identify one or more hypotheses or research questions and, based on the hypotheses or research questions identified, perform an intensive, systematic study directed toward producing (1) new or full scientific knowledge, or (2) understanding of the subject or problem studied. Please note that this will be the Funding Opportunity for field-initiated DRRP research projects in the employment domain. NIDILRR plans to make two field-initiated DRRP awards in the employment domain. NIDILRR's field-initiated DRRP awards in the employment domain may include research projects, development projects, or both, depending on the ranking of applications provided by the peer review panel. All applications are due by **11:59 p.m. ET on Tuesday, May 24, 2016.**

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

**Rides to Wellness Demonstration & Innovative Coordinated Access Grants**



The Federal Transit Administration (FTA) announced the availability of approximately \$5.3 million of funding from two programs to support the Rides to Wellness Demonstration and Innovative Coordinated Access and Mobility Grants (R2W Demonstration Grants). The goal of the competitive R2W Demonstration Grants is to find and test promising, replicable public transportation healthcare access solutions that support the following goals: increased access to care, improved health outcomes and reduced healthcare costs. Eligible applicants include: States, Tribes, and designated or direct recipients for funds under 49 U.S.C. 5307, 5310 or 5311. Proposers must serve as the lead agency of a local consortium that includes stakeholders from the transportation, healthcare, human service or other sectors. Members of this consortium are eligible as subrecipients. Further, proposers must demonstrate that the proposed project was planned through an inclusive process with the involvement of the transportation, healthcare and human service industries. Eligible projects must have implementation ready capital and operating projects that enhance access, such as: mobility management; health and transportation provider partnerships; technology; and other actions that drive change. These R2W Demonstration Grants will develop best practice solutions that other communities can replicate. All applications must be submitted by **5:00 p.m. ET on Tuesday, May 31, 2016.**

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

#### **Friday Update Archive**

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## **National Healthcare Decisions Day 2016**

*Kathy Miller, on behalf of Nathan Kottkamp, McGuire Woods LLP*

We're just a week away from NHDD 2016, and many of you have events this week or are using this week to push the word out. If you have events before April 16, please be sure to encourage your participants to use NHDD itself to act upon the information and tools you've provided them this week.

**There is still time for media.** NOW is the time to reach out and tell the media what you are doing and ask for a story on advance care planning. I've attached a template press release to this message. I've also included some NHDD Media Briefing Points or FAQs. I hope they help. Please send me links to anything that you get printed (including blogs). If you are interested in previous media examples see:

<http://www.nhdd.org/in-the-news>



**Remember that it isn't too late to inspire others to join this movement.** A TON of stuff can be done in just a week. Please encourage others (organizations, individuals, anyone) to participate. Confirming participation remains easy, just go here: <http://www.nhdd.org/join/> Get out there on Facebook, Twitter, the phone, a roof top, whatever! Spread the word about NHDD!

**Engagement opportunity:** I'll be joining The Conversation Project's Community Call on Wednesday, April 13 at 3:00 ET. I'll be speaking along with Rev. Rosemary Lloyd, The Conversation Project's Advisor to the Faith-Based Community, Rev. Scott Johnson, Chaplain at St. Charles Health System and Dr. Ira Byock, Founder and CMO at the Providence Institute of Human Caring. Sign up now:

<http://bit.ly/1T9CbCO>

**Tweet Chats:** If you are on Twitter, please join me for two different Tweet Chats on Wednesday, April 13 at 9:00 and 12:00 ET. Use #NHDD and join the discussion.

**Survey:** Please help us to know more about our reach and how to improve the NHDD initiative. After your event(s), please complete the short survey:

<https://www.surveymonkey.com/r/2016NHDDParticipantSurvey>

**Finally, please keep up the great work and be sure to share with me your updates.** Once again, I've been floored by the range and depth of activity already. I'll put together a report of various happenings.

Thanks for all you do!

Nathan Kottkamp, Chair

National Healthcare Decisions Day Initiative

[www.nhdd.org](http://www.nhdd.org) or [www.nationalhealthcaredecisionsday.org](http://www.nationalhealthcaredecisionsday.org)

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*Your decisions matter*

**Nathan A. Kottkamp**

Partner

McGuireWoods LLP

Gateway Plaza

800 East Canal Street

Richmond, VA 23219-3916



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VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

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T: +1 804.775.1092

[nkottkamp@mcguirewoods.com](mailto:nkottkamp@mcguirewoods.com)



# NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

**For Immediate Release:**

[List date]

**National Healthcare Decisions Day Set for April 16**

(List your city, state) - [List your organization], along with other national, state and community organizations, are leading a massive effort to highlight the importance of advance healthcare decision-making—an effort that has culminated in the formal designation of April 16 as National Healthcare Decisions Day (NHDD). As a participating organization, [list your organization] is providing information and tools for the public to talk about their wishes with family, friends and healthcare providers, and execute written advance directives (healthcare power of attorney and living will) in accordance with [List your state] state laws. These resources are available at [List your web site or contact information and/or list [www.nationalhealthcaredecisionsday.org](http://www.nationalhealthcaredecisionsday.org)].

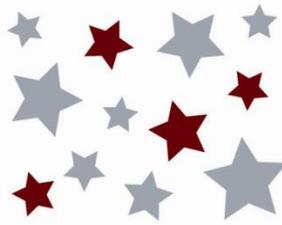
Specifically, on April 16, from \_\_\_ to \_\_\_ [List time], [List organization] is welcoming the public throughout the day at [List location], with free information about advance care planning and advance directive forms. [Include more information about any special event here].

“As a result of National Healthcare Decisions Day, many more people in our community can be expected to have thoughtful conversations about their healthcare decisions and complete reliable advance directives to make their wishes known,” said [List spokesperson name, title and organization]. “Fewer families and healthcare providers will have to struggle with making difficult healthcare decisions in the absence of guidance from the patient, and healthcare providers and facilities will be better equipped to address advance healthcare planning issues before a crisis and be better able to honor patient wishes when the time comes to do so.”

For more information about National Healthcare Decision Day, please visit [www.nhdd.org](http://www.nhdd.org).

-###-

**Media Contact:** [List name, organization, phone number, email]



# NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

## Likely media questions and suggested responses:

### **Why is National Healthcare Decisions Day happening?**

NHDD exists to “to inspire, educate and empower the public and providers about the importance of advance care planning.”

### **Why is NHDD targeted at the public *and* providers?**

All adults should discuss and document their healthcare wishes in the event of a crisis. Accidents and acute illness can happen to anyone at any time, but far too few adults have done anything to plan ahead.

It is well known that providers can do a better job of raising the topic of advance care planning and incorporating patient’s wishes into their delivery of care.

NHDD offers a chance to address both these populations at the same time.

### **Why is NHDD on April 16?**

It was inspired by Benjamin Franklin’s quip that “nothing in life is certain but death and taxes.”

### **Is NHDD only about end-of-life decisions?**

No. NHDD encourages all adults to discuss and document their wishes for *any* event in which they cannot speak for themselves.

### **How many Americans have engaged in advance care planning?**

Various studies suggest that only about a quarter of all adults have engaged in advance care planning.

### **Is it difficult to engage in advance care planning?**

No. There are all sorts of free tools that are available to start and structure the conversations, and free advance directive forms for every state and several particular interests are available to document the discussion. These are all available at [www.nhdd.org](http://www.nhdd.org). Specifically, the short videos are an excellent way to start the conversation with loved ones.

The hardest part is often just raising the topic, which is how NHDD can help. It creates a reason to “have the talk” and provides the tools to do it.

**Do I need a lawyer to create an advance directive (living will, health care power of attorney, etc)?**

No. Free forms and information are available for every state at [www.nhdd.org](http://www.nhdd.org). Also, every hospital in the US is required to provide patients about advance directives, so you can always ask at your local hospital.

**Are you doing this to encourage people not to seek aggressive care?**

Absolutely not. We want to encourage people to discuss and document their wishes so that they get the *right* care for them. For some patients this may mean aggressive care and for others it means nothing more than managing pain.

**How can people help?**

First, lead by example. Do your own advance care planning. Then, let others know about it. For your loved ones, you want to be sure they know your wishes. For everyone else, it is good enough to say you’ve done it. Then, encourage all those contacts to do the same. NHDD is a grassroots initiative, and we can use all the help we can get to spread the word. You can share on Facebook ([www.facebook.com/nationalhealthcaredecisionsday](http://www.facebook.com/nationalhealthcaredecisionsday)) or on Twitter @NHDD/#NHDD. Be creative.