



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

VDA WEEKLY E-MAILING

March 8, 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 07, 2016

EEOC Seeks Comments on Proposed Rule: Affirmative Action for Individuals With Disabilities in the Federal Government

The U.S. Equal Employment Opportunity Commission (EEOC) is seeking comments through April 25th on a [proposed rule](#) describing specific actions that federal agencies must take to comply with their obligation to engage in affirmative action in employment for individuals with disabilities.

Section 501 of the Rehabilitation Act requires federal agencies to create affirmative action plans for the employment of people with disabilities, and to submit those plans to EEOC for approval. The proposed rule provides guidance by informing agencies of the criteria the EEOC will use to evaluate plans.

This is an opportunity for those interested in policy affecting the recruitment, retention, and advancement of people with disabilities in federal employment to share their feedback and ideas.

Highlights of the proposed rule include requirements for federal agencies to:

- adopt the goal of achieving a 12% representation rate for individuals with disabilities, and a 2% representation rate for individuals with targeted/severe disabilities.
- apply the 12% and 2% goals at both higher and lower levels of federal employment.
- provide personal assistance services to employees who,



because of a disability, need these services to help with activities such as eating and using the restroom while at work.

EEOC has published a [summary](#) of the proposed rule along with [questions and answers](#).

[Click here to read the full Notice of Proposed Rulemaking and submit comments.](#)

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, but in the past 24 hours **we have had about 15 slots come available**. Please register at <http://vgcoa.com/conference-registration-form/>

We also still have sponsorships available <http://vgcoa.com/sponsorship-exhibitors/>

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.



Media Release: April Resolution

Kathy B. Miller, Director of Aging Programs

Contact: David Murray
Executive Director, Advance Care Planning Coalition of Eastern
Virginia
6350 Center Drive, Building 5, Suite 101 • Norfolk, VA 23502
757-222-4506

March 3, 2016

FOR IMMEDIATE RELEASE

NORFOLK - The Virginia General Assembly has passed a resolution designating April in 2016 and in each succeeding year as Advance Care Planning Month in Virginia. Virginia Governor Terry McAuliffe is expected to sign the measure.

Virginia's designation of April as Advance Care Planning month is the first such act by any state legislature.

The joint resolution was introduced in the House by Delegate Keith Hodges, District 98 Urbanna, and in the Senate by Senator John Miller, District 1 Newport News, on behalf of the [Advance Care Planning Coalition of Eastern Virginia](#).

The Coalition is a partnership between four area agencies on aging and four health systems. The founding partners of the Coalition are the Peninsula Agency on Aging, Senior Services of Southeastern Virginia, Bay Aging, and Eastern Shore Area Agency on Aging. The Coalition sponsors are Bon Secours Hampton Roads, Chesapeake Regional Healthcare, Riverside Health System and Sentara Healthcare. The Coalition sponsors the [As You Wish Advance Care Planning](#) community education and guidance program.

Joining the Coalition in endorsing the resolution were DARS and eleven other public and private health organizations in Virginia. Each promotes the importance of documenting your end-of-life medical care wishes with an advance care plan, also called an advance directive.

An estimated 4.5 million Virginia adults do *not* have advance directives with 1.4 million of those living in the Tidewater region where the Coalition is based. [As You](#)



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[Wish Virginia](#) advocates that adults over the age of 18 complete and register an advance medical directive and designate an agent for medical decisions in case of a catastrophic illness or injury that renders you incapable of expressing your end-of-life wishes. The program's materials and website can assist anyone in the Commonwealth. Individual guidance is provided by Coalition representatives by phone, email, or in person in eastern Virginia.

Independent Living Weekly Newsletter

Marcia DuBois, Livable Communities Coordinator



INDEPENDENT LIVING Weekly Newsletter

COMMUNITY BASED SERVICES DIVISION

James A. Rothrock, Commissioner

ISSUE 143

March 8, 2016

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NCIL Advocacy Monitor



The NCIL Advocacy Monitor features the latest news and updates from ADAPT, YO! Disabled & Proud, Not Dead Yet, AAPD and much more.

To view the NCIL Advocacy Monitor, click [here](#).

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APRIL Revamped Universal Design



NIDILRR-funded Rehabilitation Engineering Research Center on Universal Design and the Built Environment (RERCUD) recently debuted a redesigned and updated version of the Universal Design [website](#). Originated by the team at Universal Designers and Consultants, the site has been entrusted to the RERCUD and the IDeA Center, to become a central portal for universal design resources, including articles, links, and other new content from the RERCUD and other sources.

Visit the RERCUD [website](#), or click [here](#) for more information from the IDeA Center.

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The 3rd Annual DISABILITY & CHANGE SYMPOSIUM

Disability and Change III-Meaningful Lives, Multiple Roles



#DisChange16

The third annual Disability and Change symposium
Temple University Student Center / Philadelphia, PA

Wednesday, March 23, 2016

9:00 AM - 4:00 PM

The goal of the Disability & Change Symposium is to create conversation that transcends any one-dimensional depiction of people with disabilities, and foregrounds the multidimensional lives of our speakers – as writers, educators, performers, and advocates. Click [here](#) to register.

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Arva Priola -Here2Hear Outstanding Community Leader

Join us in congratulating Arva Priola, dRC DHOH Coordinator, for being selected as one of two recipients of the 2016 Here2Hear Outstanding Community Leader Award. The award is for individuals who have made strides in advocacy, volunteering or overcoming stereotypes in hearing loss and/or hearing healthcare. To learn more about the award and the Here2Hear Gala, click [here](#).

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FROM TAC-Section 8 Made Simple

Using the Housing Choice Voucher Program to End Chronic Homelessness

TAC's first-ever revision of the popular [Section 8 Made Simple](#) guidebook will offer updated tips, tools, and definitions to help you navigate this complex but vital housing assistance resource. Plus, in keeping with current federal priorities, *Section 8 Made Simple - Special Edition* explains how to help people experiencing chronic homelessness achieve stable housing through the Housing Choice Voucher program. The guidebook and new additional resources will be available for download later this spring. Stay tuned!

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DARS Now Serving Consumers in the Most Significantly Disabled Category

Kathy Hayfield, Director, Division of Rehabilitative Services

Good news! Effective tomorrow, March 1, 2016, we will begin serving all consumers who are Most Significantly Disabled – as we are opening MSD! This means that those who applied in February, 2016 and from here on out, will not be put on the waiting list when they are determined eligible. It is time to clear the waiting list of all people in the MSD category (about 600 people)!

In addition, we will open services to people on the waiting list who are in the SD2 Category and applied on or before June 30, 2015. This is about 500 people.

The AWARE layout will be updated by Sandy Williams on March 1, 2016. Please notify and meet with consumers as soon as possible to determine their desire for services.

Thank you for managing case services dollars so effectively to allow us to open MSD and get hundreds of SD2 consumers off the waiting list!!! Your work has allowed more people to be served and eventually become Employed!!

Kathy Hayfield
Director, Division of Rehabilitative Services
kathryn.hayfield@dars.virginia.gov



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Equity in IDEA – Notice of Proposed Rulemaking (NPRM)



Notice of Proposed Rulemaking (NPRM) to Promote Equity in IDEA

The nation's special education law, the Individuals with Disabilities Education Act (IDEA) aims to ensure fairness in the identification, placement, and discipline of students with disabilities. Yet disparities persist. Students of color remain more likely to be identified as having a disability and face harsher discipline than their white classmates. The U.S. Department of Education took a critical step towards addressing these widespread disparities in the treatment of students of color with disabilities by proposing a new Equity in IDEA Rule. For more information, click [here](#).

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March is National Developmental Disabilities Awareness Month



Developmental Disability Awareness Month



#InclusionCounts



#InclusionCounts

VBPD is partnering with the National Association of Councils on Developmental Disabilities (www.nacdd.org) to celebrate National Developmental Disability Awareness Month.

Virginia Governor Terry McAuliffe has issued a proclamation declaring the month in Virginia, which you can read at 1.usa.gov/1TLWCVC.

All month long, we're going to be focusing on items related to increasing awareness that people with developmental disabilities are valued and capable members of our communities. Check out our Facebook page at www.facebook.com/VABOARD for more.

Plus, you can join in on the new *#InclusionCounts* campaign! Participating is easy: if you are a person with a developmental disability, post a photo of yourself doing something that you love on our Facebook page or email it to megan.campbell@vbpd.virginia.gov. Friends and family are welcome to participate and join in on the fun as well. Be creative and remember to share your photo by using the hashtag *#InclusionCounts!**

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VDA Weekly E-Mailing

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

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DMAS Notice: Public Comments Regarding CMS Transition Plan

Tim Catherman, on behalf of Teri Morgan, DMAS

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:

- Statewide Waiver Transition Plan:
http://www.dmas.virginia.gov/Content_pgs/HCBS.aspx OR <http://www.dbhds.virginia.gov/professionals-and-service-providers/developmental-disability-services-for-providers>; 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: HCBSComments@dmas.virginia.gov OR MyLifeMyCommunity@dbhds.virginia.gov.

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

Statewide Tornado Drill – March 22

Tim Catherman, Director of Aging Operations

How to Conduct a Tornado Drill

Tornadoes can happen anytime, anywhere, with little or no warning. Knowing what to do when seconds count can save lives. It's really important to practice tornado safety by holding a drill in your home, workplace and school.

Note for Families:The instructions below explain how organizations can conduct a tornado drill, but you also can follow them to conduct a drill in your home with your family. When the instructions refer to "organization," just think of your family. When they refer to "employees," think of the members of your family.

Designate one or more people in your organization to coordinate your drill and have them follow the steps below.

Before the drill

- Before the drill, make sure that your employees are aware that you are having a tornado drill, that they understand what will take place during the drill and that they know the safest places to be during a tornado.
- The safest place typically is a building's basement away from windows. If there is no basement, go to a windowless interior room such as a closet, bathroom or interior hall on the lowest level of the building



During the drill

- **Announce the start of the drill by using a public address system or having designated volunteers alert staff. Do this by going room to room and floor by floor of your building.**
- **Employees should act as though a tornado warning has been issued for the immediate area or a tornado has been sighted near the building. They should evacuate as quickly as possible to the nearest safe place. Use stairs to reach the lowest level of a building; avoid using elevators.**
- **In a real tornado emergency, once people reach safe areas they would crouch as low as possible to the floor, facing down and cover their heads with their hands. Ensure that everyone in your organization knows this. You can practice crouching down.**
- **After all employees have evacuated, the drill coordinator can announce that the tornado has passed and the drill is over. Employees can then return to their offices.**

After the drill

- **The drill coordinator should document any necessary changes in the evacuation procedure.**
 - **Do more safe areas need to be identified?**
 - **Are some safe areas cluttered and need to be cleaned out to be more accessible?**
 - **Do employees know the fastest routes to take to safe areas?**



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- Is a better method for letting employees know of an approaching tornado needed?

If you or your drill coordinator have questions or concerns about conducting a drill, please contact the Virginia Department of Emergency Management at (804) 897-6500 or write to pio@vdem.virginia.gov.

Statewide Tornado Drill

The 2016 Statewide Tornado Drill will take place March 22

These events are made possible through a grant from the Virginia Center on Aging's Geriatric Training Education Initiative and supported by the Riverside Center for Excellence in Aging and Lifelong Health, Virginia Geriatric Mental Health Partnership, and VCU's Department of Gerontology.



Mental Health and Aging Training Initiative

Live Webinar Series V

Review past webinars and register online
(free for all to attend) at

worldeventsforum.net/mhati

These presentations are intended for staff from many levels, disciplines, and settings (both facility and home-based), including staff involved in providing long term care (e.g., nursing facility and assisted living nursing staff and administrators), as well as behavioral health staff who work with older adults.

Additionally, staff from Adult Protective Services, home health, adult day healthcare, respite care, area agencies on aging, Emergency Department staff of acute care hospitals, hospital discharge planners, and others serving older adults could benefit from the training.



Team Preparation and Team Building for Behavioral Health Professionals Working with Older Adults

Wednesday, March 16, 2016, 1:30-2:45pm

This webinar will discuss why teamwork is essential in providing person-centered care for older adults and their family members.

Speakers:

Tracey Gendron, PhD, MSG, Assistant Professor, Department of Gerontology, Virginia Commonwealth University

Jennifer Inker, MBA, MSG, Instructor, Department of Gerontology, Virginia Commonwealth University

Advance Care Planning for Dementia and Serious Mental Illness

Wednesday, April 13, 2016, 1:30-2:45pm

Presenters will discuss how advance directives can be used to plan for and guide dementia care, using agents and/or instructions, and what may be required when there is no advance directive: judicial authorization of treatment, involuntary commitment, and guardianship.

Speakers:

John E. Oliver, Esq., City of Norfolk

Heather Zelle, JD, PhD, Clinical Psychologist, Institute of Law, Psychiatry, and Public Policy, University of Virginia

Motivational Interviewing and SBIRT to Address Substance Misuse

Thursday, May 26, 2016, 1:30-2:45pm

This webinar will describe and demonstrate how Motivational Interviewing can provide techniques for encouraging patient-driven outcomes.

Speakers:

Charles (Rick) Gressard, PhD, Professor, School of Education Counseling Program, The College of William & Mary

Kerry Mellette, MA, Director of Advancement, Riverside Foundation, and former Manager, Substance Abuse and Prevention, Riverside Health System

Certificates of attendance will be issued upon request



CARING FOR SOMEONE WITH DEMENTIA

WITH NATIONAL EXPERT TEEPA SNOW

For family and professional caregivers. Learn how to understand dementia and respond to challenging situations.



Tuesday, May 3, 2016
8:30 am - 4:30 pm
Daniel Technology Center
18121 Technology Drive
Culpeper

Registration \$20
Lunch Included
CEU's available

Register: www.agingtogether.org

Limited respite services and scholarships
for unpaid family caregivers available
Contact 540-829-6405

One of America's leading educators on dementia Teepa Snow teaches care strategies & techniques based on the changes that happen with dementia. She teaches how to connect through demonstration and modeling.



Brought to you by Aging Together, Alzheimer's Association Central/Western VA, Culpeper County Library, Healthy Steps, Home Instead Senior Care & RRCS

*Funded in part by the Geriatric Training Initiative of the Virginia General Assembly/
Virginia Center on Aging and Fauquier Dept of Social Services*