



VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

## VDA WEEKLY E-MAILING

March 16, 2016

### Table of Contents

[ACL News & Information](#)

[NASUAD Weekly Update](#)

[Respite Funding Available for Caregivers of Family Members with Brain Injury](#)

[2016 Governor's Conference on Aging](#)

[Health Management Associates Article](#)

[Caring for the Caregiver Hack](#)

[Independent Living Weekly Newsletter](#)

### 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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## **Respite Funding Available for Caregivers of Family Members with Brain Injury**

*Kathy B. Miller, Director of Aging Programs*

Are you an unpaid family caregiver providing care for a relative with **Brain Injury** in your household? Learn how to apply to receive up to \$400 in reimbursement payments to purchase respite services. The \$400 voucher allows caregivers to pay for respite, giving caregivers a temporary break from the ongoing stress of providing in home care.

DARS' *Lifespan Respite Voucher Program* can reimburse up to \$400 per household for respite services to assist Virginians with **Brain Injuries** and the family members who provide their care. This special "Brain Injury Respite" funding expires at the end of June 30<sup>th</sup>, so apply SOON!

To apply for the Virginia Lifespan Respite Voucher Program:

- You must be a **Virginia caregiver** of a child / adult with a **Brain Injury** who resides in your household full-time.
- You may receive **up to \$400 in reimbursement funds per family per year**. The primary family caregiver for the person receiving care must apply for the funds.
- You may not use the reimbursement Respite funds to pay for normal household expenses or daycare, for example, so that the caregiver can go to work. The **purpose is to provide a "break from caregiving"** by allowing the family caregiver to purchase outside respite care.
- **Funds are limited!** Not everyone who applies will be approved even if eligible. The "Brain Injury" dedicated funding for Respite is dependent upon the availability of funds, which expire June 30<sup>th</sup>.

To apply, visit <http://www.vda.virginia.gov/respiteservices.asp>, e-mail Mary Strawderman, the Respite Program Administrator, at [mary.strawderman@dars.virginia.gov](mailto:mary.strawderman@dars.virginia.gov), or call (804) 662-7505



**DEFINITION:**

*Respite is planned or emergency care provided to a child or adult with a special need in order to provide temporary relief to the family caregiver of that child or adult. Respite services may be provided by an individual or organization on a temporary basis, in a variety of settings, including the family home, adult day centers, respite centers, or residential care facilities. Respite is a key component of family support and home and community based long-term services and supports. Respite services strengthen family systems while protecting the health and well-being of both caregivers and care recipients. (Definition from ARCH National Respite Network & Resource Center)*

**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.



DIVISION FOR THE AGING  
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## **Webinar Alert: Targeting Readmissions: A Collaborative Strategy for Hospitals, Health Plans and Local Communities**

*Kathy B. Miller, Director of Aging Programs*

### HEALTH MANAGEMENT ASSOCIATES



#### Targeting Readmissions: A Collaborative Strategy for Hospitals, Health Plans and Local Communities

Wednesday, March 30, 2016  
1 to 2 p.m. EDT

Even as hospitals work to reduce readmissions through internal quality improvement efforts, local healthcare communities must also play an active role in addressing factors outside the hospital's control. The truth is that a significant percentage of hospital readmissions are associated with community-related factors such as unemployment, poverty, lack of education, and inadequate access to care.

During this webinar, experts from HMA will outline the rationale for a collaborative approach to reducing readmissions, involving hospitals, health plans, community-based organizations, and other providers who can address cultural and community-related factors that impact healthcare outcomes.

#### **HMA Speakers**

[Gina Lasky](#), Senior Consultant, Denver  
[Warren Lyons](#), Principal, San Francisco



[Suzanne Mitchell](#), Principal, Boston  
[Jeffrey Ring, PhD](#), Principal, Southern California

### Learning Objectives

1. Understand the role that community-related and demographic factors play in driving hospital readmissions, including a look at the most recent research.
2. Identify successful partnerships and programs in which collaborative care can reduce hospital readmissions and improve care quality and outcomes.
3. Find out how team communications, early discharge, care management, and follow-up are key components of any readmissions strategy during and after discharge.
4. Understand the economic and business rationale for hospitals to develop strong collaborative efforts to address readmissions.

### Who Should Attend

Executives of health systems, physician practices, FQHCs, SNFs, and other provider organizations; executives of Medicaid managed care plans; Medicaid directors and staff.

[Register](#) now for this free webinar.

800.678.2299 | [healthmanagement.com](http://healthmanagement.com)

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**Caring for the Caregiver Hack (Flyer included)**

**Virginia College Students Hack to Develop and Pitch Tech Solutions to Improve Caregiver Health**

*Cecily Slasor, on behalf of Kim Tarantino, SeniorNavigator*

Greetings,

Knowing your interest in aging and caregiving issues, I write to share an exciting event happening in Virginia the weekend of March 19-20. Please see attached alert for more information.

I will follow-up after the event with a news release, but wanted to alert you of the event.

For your reference:

- Our Twitter Handle is @caregiving\_inno
- Hashtag for the event is: #Caring4CaregiverHack
- More info can be found here: <http://www.caregivinginnovations.org/caring-for-the-caregiver-hack> AND <http://www.caregivinginnovations.org/caring-for-the-caregiver-hack-judges>

Many thanks!

Kim Tarantino

Director of Communications & Community Partnerships, SeniorNavigator  
Project Coordinator, The Lindsay Institute for Innovations in Caregiving  
7501 Boulders View Drive, Suite 201  
Richmond, VA 23225  
Direct Line (804) 525-7733



MEDIA ALERT



## Virginia College Students Hack to Develop and Pitch Tech Solutions to Improve Caregiver Health

**What:** The Lindsay Institute for Innovations in Caregiving will be hosting its 2016 “Caring for the Caregiver Hack.” Student teams, paired with family caregivers, will work collaboratively over a 24-hour period to create realistic and usable technology-based tools or products that will positively impact caregiver health and wellness. At the conclusion of the 24-hour development period, teams will pitch their ideas to an elite panel of judges who will award a grand prize winner and two runners up (all with cash prizes).

**Why:** With the growing number of unpaid caregivers in the United States now estimated between 40 and 50 million, the need to address the health and well-being of these individuals has become increasingly apparent. Emerging tech-based solutions are poised to alleviate the emotional, physical, and financial stresses often experienced by unpaid caregivers. An AARP study estimates the market opportunity in caregiving will increase from the current \$43 billion in 2016 to \$72 billion by the year 2020.

**Who:** Seven interdisciplinary student teams representing: the College of William and Mary, George Mason University, James Madison University, Lynchburg College, the University of Virginia, Virginia Commonwealth University, and Virginia Tech.

**When:** March 19-20, 2016  
Team presentations and winners selection will begin at 12:45pm, Sunday, March 20.

**Where:** Troutman Sanders Building  
1001 Haxall Point  
15<sup>th</sup> Floor  
Richmond, VA 23219

**Contact:** For more information, contact: Kim Tarantino (804) 525-7728;  
[kim@seniornavigator.org](mailto:kim@seniornavigator.org) or visit  
<http://www.caregivinginnovations.org/caring-for-the-caregiver-hack>

### **About The Lindsay Institute for Innovations in Caregiving**

The Lindsay Institute for Innovations in Caregiving is an initiative of SeniorNavigator, a statewide



public/private partnership non-profit that helps Virginia's seniors, caregivers and families find vital information and community programs so they can live with independence, dignity and hope. The goal of the Lindsay Institute is to improve the health of caregivers---with the number of Virginians over 65 doubling by the year 2030 to 1.8 million and there already being over 1 million caregivers across the state providing 88% of all eldercare---the Institute and it's esteemed Advisory Council are working together to keep caregivers from neglecting their own health while they care for a loved one. For more information, please visit [caregivinginnovations.org](http://caregivinginnovations.org)

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

*Devin Bowers, 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).

MaryAnn Toboz

Founder/Executive Director

Tidewater Arts Outreach

809 Brandon Ave., Suite 300

Norfolk, VA 23517

757.965.5155(phone) 757.965.9211(fax)

757.754.4486 (cell) [MaryAnn@TidewaterArtsOutreach.org](mailto:MaryAnn@TidewaterArtsOutreach.org)

[www.TidewaterArtsOutreach.org](http://www.TidewaterArtsOutreach.org)

ISSUE 144

March 15, 2016

## In this issue...

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- [House of Delegates Memorial Resolution for Dave Burds](#)
- [Independent Living Mourns the Loss of Donald Fennell](#)
- [Medicaid and New Community Options Online Course](#)
- [Guaranteed & Direct Housing Loan Programs](#)
- [DARS Recognizes Brain Injury Awareness Month](#)
- [Respite Funding Available for Caregivers of Family Members with Brain Injury!](#)
- [EEOC Seeks Comments on Proposed Rule: Affirmative Action for Individuals With Disabilities in the Federal Government](#)
- [Webinar: Workplace Accommodations for Psychiatric Disabilities](#)
- [VDA Weekly E-Mailing](#)

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### House of Delegates Memorial Resolution for Dave Burds

The House of Delegates has scheduled the formal introduction of Dave's Memorial Resolution, which is known as HJ431. You can follow the progress of the Resolution through the legislative process by clicking [here](#). The full text of Dave's Resolution, as introduced, may be found [here](#).

Best Regards,  
Michael J. Cooper, C.M.  
State & Local Government Affairs Manager  
Metropolitan Washington Airports Authority

[Return to Top](#)

## Independent Living Mourns the Loss of Donald Fennell

It is with deep sadness that we announce that Donald Fennell passed away last week. He was a tireless advocate for Insight Enterprises, Inc., Peninsula Center for Independent Living, and was well known for his gentle spirit and ever-present smile. Donald was a mentor and leader in the IL community and he will be greatly missed by all who knew him.



Donald Fennell at the 2015 IL Conference

[\*Return to Top\*](#)

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## Medicaid and New Community Options Online Course

**COURSE DATES:** April 11–29, 2016

**REGISTRATION DEADLINE:** March 25, 2016

**PURPOSE:** In this course you will learn about long-term services and supports (LTSS) in the community and take an in-depth look at various funding opportunities for home and community-based services. With knowledge about funding, services, and eligibility, your effectiveness as an advocate and community supporter will increase. Understanding how the system works will enhance your ability to more effectively be an advocate for those living in the community. Check out the full ILRU course calendar [here](#).

You may find the online registration form [here](#).

[Return to Top](#)

## Guaranteed & Direct Housing Loan Programs



### Guaranteed & Direct Housing Loan Programs Information Sessions



The USDA Rural Development offices in Virginia are hosting four information sessions about their guaranteed and direct single family housing loan programs to allow lenders, realtors, non-profit partners and interested individuals to ask questions about the programs.

Information session participants can expect an overview of the programs and their processes and an opportunity to speak directly with USDA Rural Development single family housing specialists.

#### Session 1 - Wytheville

Tuesday, March 22  
9:30 a.m. - 11:00 a.m.  
Southwest Virginia Housing Center  
105 Main Street, Wytheville VA

#### Session 2 - Martinsville

Wednesday, March 23  
10:30 a.m. - 12 p.m.  
Blue Ridge Public Library  
310 East Church Street, Martinsville VA

#### Session 3 - Harrisonburg

Wednesday, April 6  
10:30 a.m. - 12 p.m.  
Massanutten Regional Library  
174 S Main Street, Harrisonburg VA

#### Session 4 - Warsaw

Friday, April 8  
10:30 a.m. - 12 p.m.  
Rappahannock Community College  
52 Campus Drive, Warsaw VA

#### Contact

Danielle Logan, Public Affairs  
804.489.2738 | [Danielle.Logan@va.usda.gov](mailto:Danielle.Logan@va.usda.gov)

[www.rd.usda.gov/va](http://www.rd.usda.gov/va)

USDA is an equal opportunity provider,  
employer and lender.

To sign up to attend a session, please follow this [link](#).

[Return to Top](#)

## DARS Recognizes Brain Injury Awareness Month

### “Not Alone in Brain Injury”

March is Brain Injury Awareness Month and Governor McAuliffe declared it so in Virginia! DARS asked the Governor to issue a proclamation for 2016, and you can read it [here](#). To mark BI Awareness Month, DARS’ Brain Injury Services Coordination (BISC) Unit launched a “Lunch & Learn” speaker series covering brain injury related topics. Anne McDonnell, Executive Director of the Brain Injury Association of Virginia (BIAV), presented “Brain Injury 101” on March 2nd at Central Office for about 20 people. If you would like to join us on 3/16 and 3/30 at 12 noon – bring lunch and we will provide dessert!



Let's have LUNCH!

and LEARN about.....

12 noon-1:15 p.m.

DARS Central Office – Conf. Rooms 101/103/105

Bring your lunch...we'll bring dessert!

### **Wednesday, March 16, 2016 – 12 NOON**

What's the Difference? Brain Injury, Dementia, Alzheimer's, & Aging

Presenters: Patti Goodall, Ed.S., DARS Brain Injury Services Coordination Unit; Devin Bowers, MPH, DARS Dementia Services Unit; and Kathy Miller, Assistant Commissioner, Virginia Division for Aging

### **Wednesday, March 30, 2016 – 12 NOON**

Concussions...What's the Deal?

Presenter: Mike Puglia, ATC, VATL, Head Trainer, Powhatan High School; Bon Secours Sports Medicine

Each year the Brain Injury Association of America (BIAA) leads the community in raising awareness about brain injuries by designating the month of March as a time to recognize and support the millions of Americans who live with brain injuries. More than 2.5 million people in the United States sustain traumatic brain injuries (TBIs) each year, and 1 million more experience strokes and other acquired brain injuries. At least 5.3 million Americans live with TBI-related disabilities.

An estimated 264,000 Virginians live with disabilities caused by TBI and stroke; and each year in Virginia, approximately 28,000 individuals sustain brain injuries, including

concussions, of whom more than 7,000 are hospitalized, largely due to falls, motor vehicle crashes, assaults, sports-related injuries or occupational injuries.

People living with brain injuries want the same things we all want: a good job, someone to love, a nice home, and fun in their lives. They want to be defined by who they are as people, not by the challenges presented by their injuries. They are not alone.

For more than 35 years, the Brain Injury Association of America – and its affiliate here in Virginia, the Brain Injury Association of Virginia or BIAV - has provided help, hope, and healing for millions of people after they experience the life changing and sometimes devastating effects of brain injury. Help raise awareness about brain injury by using the awareness month hashtag #NotAloneinBrainInjury on social media. For more information and to download advocacy and informational materials to help raise awareness about brain injuries, visit BIAA [here](#) or BIAV [here](#).

Visit DARS' BISC Unit [website](#) for more information. You can access a list of March BI Awareness activities and events across the state [here](#) you would like to add an event or activity, please contact Donna Cantrell, Program Specialist, at [Donna.Cantrell@dars.virginia.gov](mailto:Donna.Cantrell@dars.virginia.gov). For information on brain injury and DARS services and supports for Virginians with acquired brain injury, please contact Patti Goodall, Director of Brain Injury Services Coordination Unit, at [Patti.Goodall@dars.virginia.gov](mailto:Patti.Goodall@dars.virginia.gov) or Donna Cantrell as noted above.

[Return to Top](#)

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## Respite Funding Available for Caregivers of Family Members with Brain Injury!

*Please disseminate this widely among your staff and stakeholders – this is a great opportunity for caregivers of Virginians with acquired brain injury to receive funding for Respite services! Available through June 2016 or until funds are expended.*

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### **Respite Funding Available for Caregivers of Family Members with Brain Injury**

Are you an unpaid family caregiver providing care for a relative with Brain Injury in your household? Learn how to apply to receive up to \$400 in reimbursement payments to purchase respite services. The \$400 voucher allows caregivers to pay for respite, giving caregivers a temporary break from the ongoing stress of providing in home care.

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**To apply for the Virginia Lifespan Respite Voucher Program:**

You must be a Virginia caregiver of a child / adult with a Brain Injury who resides in your household full-time.

You may receive up to \$400 in reimbursement funds per family per year. The primary family caregiver for the person receiving care must apply for the funds.

You may not use the reimbursement Respite funds to pay for normal household expenses or daycare, for example, so that the caregiver can go to work. The purpose is to provide a "break from caregiving" by allowing the family caregiver to purchase outside respite care.

Funds are limited! Not everyone who applies will be approved even if eligible. The "Brain Injury" dedicated funding for Respite is dependent upon the availability of funds, which expire June 30<sup>th</sup>.

To apply, click [here](#), or contact Mary Strawderman, Respite Program Administrator, at [mary.strawderman@dars.virginia.gov](mailto:mary.strawderman@dars.virginia.gov), or call (804) 662-7505

**DEFINITION:**

*Respite is planned or emergency care provided to a child or adult with a special need in order to provide temporary relief to the family caregiver of that child or adult. Respite services may be provided by an individual or organization on a temporary basis, in a variety of settings, including the family home, adult day centers, respite centers, or residential care facilities. Respite is a key component of family support and home and community based long-term services and supports. Respite services strengthen family systems while protecting the health and well-being of both caregivers and care recipients. (Definition from ARCH National Respite Network & Resource Center)*

[Patricia Goodall, Ed.S., CBIST \](#)

Program Manager, Brain Injury Services Coordination Unit

Virginia Department for Aging & Rehabilitative Services

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Fax: 804/662-7663; E-mail: [patti.goodall@dars.virginia.gov](mailto:patti.goodall@dars.virginia.gov)

[Return to Top](#)

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## 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 (click [here](#) to view) of the proposed rule along with these [questions and answers](#). Click [here](#) to read the full Notice of Proposed Rulemaking and submit comments.

[Return to Top](#)

## Webinar: Workplace Accommodations for Psychiatric Disabilities

Please Join the Southwest ADA Center in collaboration with the Great Lakes ADA Center for an ADA Legal series webinar on "Workplace Accommodations for Persons with Psychiatric Disabilities" on **Wednesday, March 16th at 1:00 p.m. central.**

The principles prohibiting discrimination in the workplace under Title I of the Americans with Disabilities Act (ADA) were formulated for both physical and psychiatric disabilities; however, the statute as applied to physical disabilities tends to receive more attention. An estimated 61.5 million Americans have experienced a mental health impairment in a given year (National Alliance on Mental Illness, 2013). The prevalence of employees with psychiatric disabilities in the workforce continues to rise. This session will discuss the employment rights of persons with psychiatric disabilities under the ADA with emphasis on workplace accommodations and discuss issues that arise including:

- How the broadened definition of disability under the ADA Amendments Act (ADAAA) affects individuals with psychiatric disabilities
- Determining when a person with a psychiatric disability is "qualified" for a job
- Common workplace issues involving persons with psychiatric disabilities
- Recent or poignant cases
- Identifying when safety issues or concerns arise and how the concept of "direct threat" may apply
- Resources for both employers and employees

[Register here](#) to participate in this webinar (required).

Visit the Great Lakes ADA Center registration site at: <http://dev.accessibilityonline.org/ada-legal/registration> and click on the "**Register for a Session Link or First Time User!**" link to create a new account.

Sessions are presented via a fully accessible [Blackboard Collaborate](#) Platform. For first time users it is recommended that you prepare your technology prior to the session.

For more information about this platform visit: <http://support.blackboardcollaborate.com> and under the First Time Users option choose "Blackboard Collaborate Web Conferencing- First Time Users".

**We hope you will join us, Wednesday, March 16, 2016!**

[Return to Top](#)

## VDA Weekly E-Mailing

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

*[Return to Top](#)*

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*[Return to Top](#)*