



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



DIVISION FOR THE AGING

James A. Rothrock, Commissioner

VDA WEEKLY E-MAILING

March 29, 2016

Table of Contents

[ACL News & Information](#)

[NASUAD Weekly Update](#)

[ACL Update: Assistant Secretary Kathy Greenlee on Reauthorization of OAA](#)

[OAA Reauthorization and Appropriations](#)

[New Fiscal Director Training on April 6th](#)

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

[Health Care Policy in the 2016 Virginia General Assembly Session](#)

[Caring for the Caregiver Hack](#)

[RWJF Virginia County Health Outcomes Map](#)

[Virginia's Plan for Well-Being](#)

[April 1st Fair Housing Month Kick-off Event](#)

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

March 23, 2016

Statement from Assistant Secretary for Aging Kathy Greenlee on House passage of the Older Americans Act Reauthorization (S. 192)

We are excited to see the Older Americans Act on the verge of reauthorization, and we applaud the House for this important step.

For more than 50 years, the Older Americans Act has provided for high-quality services that support the health, well-being, and safety of our nation's seniors and the people who care for them. It is a crucial part of a system that helps older adults preserve their independence and live with dignity in their communities.

Nearly 45 million older adults live in the United States today, and that number is growing rapidly. By 2030, seniors will number more than 72 million and represent more than 20 percent of our population. In addition, more than 40 million people, mostly family members, help support older adults, and that number also will continue to grow. The programs authorized by the Older Americans Act have never been more important, and we look forward to its reauthorization.

Read more about the legislation [here](#).

OAA Reauthorization and Appropriations

Tim Catherman, Director of Aging Operations

As you know, the House amended and passed the OAA reauthorization bill on March 21, 2016. The Senate is in spring recess until April 4th.

One of the previous impediments to passage was the earmarking of funds for the reauthorized period. This bill reauthorizes key programs for three years (FY17-



FY19), and provides modest increases to the funding over three years. In general, the increase from Federal Fiscal Year (FFY) 2016 to 2017 is 2.5%. In each subsequent year FFY 2017 compared to FFY 2018, and FFY 2018 compared to FFY 2019, the increase is 2% each year.

NASUAD has been following the process and prepared the following chart showing total appropriations.

More information about the reauthorization bill is available at <http://thomas.loc.gov/cgi-bin/bdquery/z?d114:s.00192:>.

Program / OAA Section	FY2016: Appropriations	FY2017: OAA Reauthorization	FY2018: OAA Reauthorization	FY2019: OAA Reauthorization
ACL/AoA Administration: Section 216	\$40,063,000	\$40,063,000	\$40,063,000	\$40,063,000
Eldercare Locator: Section 202(a)(21)	\$2,038,000	\$2,088,758	\$2,132,440	\$2,176,121
Pension Counseling and Information Programs: Section 215	\$1,858,000	\$1,904,275	\$1,944,099	\$1,983,922
Aging and Disability Resource Centers: 202(b)	\$6,119,000	\$6,271,399	\$6,402,551	\$6,533,703
HCBS Supportive Services: Title III Part B, Section 321	\$347,724,000	\$356,717,276	\$364,456,847	\$372,196,069
Congregate Nutrition: Title III Part C1, Sections 330&331	\$448,342,000	\$459,937,586	\$469,916,692	\$479,895,348



DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

Program / OAA Section	FY2016: Appropriations	FY2017: OAA Reauthorization	FY2018: OAA Reauthorization	FY2019: OAA Reauthorization
Home Delivered Meals: Title III Part C2, Sections 336&337	\$226,342,000	\$232,195,942	\$237,233,817	\$242,271,465
Nutrition Services Incentive Program: Section 311	\$160,069,000	\$164,055,664	\$167,486,502	\$170,917,349
Disease Prevention and Health Promotion Services: Title III Part D, Sections 361-362	\$19,848,000	\$20,361,334	\$20,803,107	\$21,244,860
Family Caregiver Support: Title III Part E, Sections 371-374	\$150,586,000	\$154,336,482	\$157,564,066	\$160,791,658
Aging Network Support Activities: Section 411	\$6,065,000	\$6,216,054	\$6,346,048	\$6,476,043
Elder Rights Support Activities: Section 411	\$11,874,000	\$10,856,828	\$11,083,873	\$11,310,919
Elder Rights Support Activities: Section 202	--	\$1,312,904	\$1,340,361	\$1,367,817
Senior Community Service Employment	\$434,371,000	\$445,189,405	\$454,499,494	\$463,809,605



Program / OAA Section	FY2016: Appropriations	FY2017: OAA Reauthorization	FY2018: OAA Reauthorization	FY2019: OAA Reauthorization
Program: Title V				
Native American Nutrition and Supportive Services: Title VI, Parts A & B, Sections 601-615	\$31,158,000	\$31,934,018	\$32,601,843	\$33,269,670
Native American Caregiver Support: Title VI, Part C, Section 631	\$7,531,000	\$7,718,566	\$7,879,982	\$8,041,398
Long-term Care Ombudsman Program: Title VII, Chapter 2, Sections 711-713	\$15,885,000	\$16,280,630	\$16,621,101	\$16,961,573
Abuse, Neglect, and Exploitation prevention & State Legal Assistance Development: Title VII, Chapters 3 &4, Sections 721 & 731	\$4,773,000	\$4,891,876	\$4,994,178	\$5,096,480

New Fiscal Director Training on April 6th

Tim Catherman, Director of Aging Operations

We will be providing New Fiscal Director Training on Wednesday, April 6, 2016. The training will be held at the DARS-VDA conference room beginning at 10 am and is scheduled to conclude at 2 pm.



This training is for New Fiscal Directors. A refresher webinar will be held in the summer for seasoned Fiscal Directors. If you are interested in attending *new* Fiscal Director training, please let Tanya Brinkley know at Tanya.Brinkley@dars.virginia.gov or 804-662-9339.

New Fiscal Director Training will include the following:

- Planning Allocations
- Obligation Pages
- AMR reporting
- Remittance Advice
- Budget vs Area Plan Reports
- Overview of the AAA Grants Management Manual
- Monitoring process
- And more!

If you have any questions, please let me know.

Tim

Health Care Policy in the 2016 Virginia General Assembly Session

Tim Catherman, Director of Aging Operations

With the conclusion of the main session of the General Assembly, several health care groups have issued reports on the policy developments that occurred in the Assembly. Two of the reports are linked below:

Virginia Hospital and Healthcare

Association: <http://www.vhha.com/communications/wp-content/uploads/sites/16/2016/03/VHHA-March-2016-FOCUS.pdf>

Medical Society of

Virginia: <http://www.msv.org/MainMenuCategories/MemberCenter/PressRoom/News/2016-Archives/31116.aspx>

Governor's Conference on Aging: Sponsorship and Registration Info

Martina James, Special Assistant to the Commissioner





DIVISION FOR THE AGING
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

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

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

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

Caring for the Caregiver Hack

Cecily Slasor on behalf of Adrienne Johnson, SeniorNavigator



FOR IMMEDIATE RELEASE

CONTACT

March 2016

Kim Tarantino
804-525-7733

kim@seniornavigator.org

College Students Hack to Develop Tech Solutions to Improve Caregiver Health

-Teams from James Madison, University of Virginia, and William & Mary Awarded-

Richmond, VA -- A diverse group of multidisciplinary college students from across the Commonwealth gathered to address the often overlooked issue of caregiver



health and wellness at the 2016 “Caring for the Caregiver Intercollegiate Hack” hosted by SeniorNavigator’s Lindsay Institute for Innovations in Caregiving.

According to a National Alliance for Caregiving Study, there are over 65 million family caregivers in the U.S. providing an average of 20-41 hours per week of care to their loved one – and this number will only continue to grow as the aging population grows. “Family caregiving is truly the backbone of long-term care, making up more than 80% of care provided,” said Dr. Richard W. Lindsay, co-founder and namesake of the Lindsay Institute. “The supply of family caregivers is unlikely to keep pace with future demand, making creation of tech solutions even more important to allow fewer caregivers to do more and to help care from a distance.”

These family caregivers are “often thrown into the situation without warning,” said Adrienne M. Johnson, executive director of SeniorNavigator. “While caring for a loved one can be gratifying, they are likely to be juggling caregiving along with jobs, children, and a host of other responsibilities,” Johnson said. The result of this juggling act is pervasive stress and a resulting downward spiral of health problems for many caregivers.

The 2nd Annual Hack, which took place March 19 and 20 at Troutman Sanders LLP in downtown Richmond, challenged college students to advance the health and improve the lives of these family caregivers by creating technological tools such as apps, devices for the home, wearables, or interactive web experiences through the spirit of friendly competition.

Students from across seven Virginia-based higher-education institutions formed multi-disciplinary teams of 5-6 participants per school that were under the leadership of a faculty coach. Additionally, each team was paired with a family caregiver – helping students better understand the challenges and struggles caregivers face. Teams from George Mason University, James Madison University, Lynchburg College, The College of William and Mary, University of Virginia, Virginia Commonwealth University, and Virginia Tech participated in the Hack. Teams worked over a 25 ½ -hour period to create realistic and usable apps or products designed to positively impact caregiver health.



The esteemed panel of judges selected the grand prize, second place, and third place winners based on the technology's originality, usability, feasibility, and how developed it was at the time of the presentation.

- Gigi Amateau, Chief Impact Officer, United Way of Greater Richmond & Petersburg
- David Cox, President and CEO, Professional Testing, Inc.
- Gail Hunt, President and Chief Executive Officer, National Alliance for Caregiving
- Sandy Markwood, Chief Executive Officer, National Association for Area Agencies on Aging
- Jim Rothrock, Commissioner, Virginia Department for Aging and Rehabilitative Services
- Bob Stephen, Vice President, Caregiving and Health Programs, AARP
- Andrew White, Attorney at Law, LeClairRyan

"This event gave a preview into how technology can be expanded to impact the lives of caregivers," said hack judge Jim Rothrock, commissioner of the Virginia Department for Aging and Rehabilitative Services. Commissioner Rothrock added that, "the potential impact of these solutions was only exceeded by the commitment of the young people who designed them. It's easy to be overwhelmed with the emerging issues relative to the age wave, but seeing these students gives hope for a much improved system for the years to come." Bob Stephen, vice president of Caregiving and Health Programs for AARP was impressed seeing "great students bringing their energy and insights to help family caregivers – we got their best and I can honestly say that there were ideas that are fresh and have the potential to help family caregivers across the country." Mr. Stephen also mentioned that "millennials are now ¼ of all family caregivers", making the students insights even more relevant and important.

The team representing James Madison University was awarded the competition's \$5,000 Grand Prize, for "*My Time*", an app to encourage and remind family caregivers to make and take time for leisure during the midst of the caregiver's busy



day. Additionally, the technology incorporates a transitional aide to assist the caregiver with grief if their loved one passes.

Additional teams and technologies developed at the Hack event include:

- University of Virginia (2nd place and \$1,000 cash prize): *"Quilted Stories"*, a social media app that harnesses the power of storytelling as catharsis for a caregiver, creating real human connections and a personalized virtual quilt with music and photos.
- The College of William & Mary (3rd place and \$500 cash prize): *"Simply Connected"*, an easy-to-use web-application that allows long-distance caregivers and other family members to stay connected through the power of simplified technology.
- George Mason University: *e-caregiver.com*, a web platform designed to increase the spiritual health of caregivers by reducing stress and increasing connections to the care recipient through pop-up video messages and reminders.
- Lynchburg College: *"Be Me"*, an electronic tracking tool for family caregivers that enables the caregiver to track time spent caring for others and caring for self, providing a score that serves as a reminder of self-care needs.
- Virginia Commonwealth University: *"Move Together"* is an initiative that offers free wellness classes for family caregivers and their care recipients. Through its web platform, caregivers can find opportunities for social engagement and exercise to remain healthy.
- Virginia Tech for *"RevsforCare.com"*, an online peer community that features reviews for apps and websites for family caregivers

"Having been a judge at several Hackathons and business pitch competitions, I doubted the ability of the 7 college teams to produce something in 24 hours that would be able to be commercialized," said Andrew White, attorney, LeClair Ryan and Hack Judge. "I was wrong as several of the products presented have great



potential to become very useful tools and products in the market to help family caregivers stay healthy. I think the Lindsay Institute's use of family caregivers matched up with teams probably had a lot to do with the utility and viability of the teams products'."

With the teams retaining ownership of their ideas, there was a surprise announced at the conclusion of the Hack. "We are thrilled to add a second round to the competition this year, enabling a team to take their technology to the next level," Johnson said. "Through a Geriatric Training and Education (GTE) grant administered by the Virginia Center on Aging, we will provide \$10,000 in seed funding and 10 hours of donated business and legal counsel from LeClairRyan to the winning 2nd Round team, giving the team valuable tools to pursue the development of their idea that came out of the weekend." All seven participating teams are eligible to submit an application for the 2nd Round opportunity.

Major sponsors of the 2016 Caring for the Caregiver Hack include: AARP, the Society for Certified Senior Advisors, Capital One, Pfizer and UnitedHealthcare. Troutman Sanders, LLC served as the hosting sponsor for the event for the 2nd year in a row.

For more information on the Lindsay Institute for Innovations in Caregiving or this Hack event, please visit Caregivinginnovations.org

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 or to partner, please visit Caregivinginnovations.org

RWJF Virginia County Health Outcomes Map

Tim Catherman, Director of Aging Operations

The Robert Wood Johnson Foundation compiled data and surveys from the Centers for Disease Control to compare health outcomes in each county. Factors include premature death, diabetes and self-reported assessment of mental health. The scores represent how each county compares to the state average. A lower number indicates



better health outcomes. A link to the map is available at: http://www.vpap.org/vamaps/allthingsva/?vector=health_outcomes.

Virginia's Plan for Well-Being

Tim Catherman, Director of Operations

The Department of Health has issued Virginia's Plan for Well-Being. The plan is available from the VDH homepage. Clicking below is a direct downloadable PDF link: <http://www.vdh.virginia.gov/Administration/VPfWB/documents/pdf/Virginia's%20Plan%20for%20Well-Being.pdf>

VDH emphasizes that it does not own the plan, but involved stakeholders to develop a comprehensive plan. *If your agency is working with your local department of health on any issues involving Goal 3.5 "Virginians have life-long wellness" or similar health concerns please let me know.*

The measure of success is the percent of adults in Virginia who report positive well-being increases (metric under development).

In the meantime, VDH has developed a Health Opportunity Index (HOI) to help communities understand the factors that lead to health so they can work to improve health outcomes for everyone. The HOI is a composite measure of the "social determinants of health", factors that relate to a community's well-being and the health status of its population. The HOI is a composite measure comprised of 13 indices that reflect a broad array of social determinants of health: <http://www.vdh.virginia.gov/omhhe/hoi/>

Four Major AIMS

- 1) Healthy, Connected Communities
 - 1.1 Virginia's families maintain economic stability
 - 1.2 Virginia's communities collaborate to improve the population's health
- 2) Strong Start for Children
 - 2.1 Virginians plan their pregnancies
 - 2.2 Virginian's children are prepared to succeed in kindergarten
 - 2.3 The racial disparity in Virginia's infant mortality rate is eliminated
- 3) Preventive Actions



- 3.1 Virginians follow a healthy diet and live actively
 - 3.2 Virginia prevents nicotine dependency
 - 3.3 Virginians are protected against vaccine-preventable diseases
 - 3.4 Cancers are prevented or diagnosed at earliest stage possible
 - 3.5 Virginians have life-long wellness
- 4) System of Care
- 4.1 Virginia has a strong primary care system linked to behavioral healthcare, oral health care, and community support systems
 - 4.2 Virginia's health IT system connects people services, and information to support optimal health outcomes
 - 4.3 Health care-associated infections are prevented and controlled in Virginia.

The aging network (AAAs) are specifically identified in Goal 3.5 "Virginians have life-long wellness". Focusing in on this goal it reads:

Goal 3.5 Virginians have life-long wellness

Nearly one out of every eight Virginians today is 65 or older. In two decades almost one in every five will be. Preventive actions and supportive systems can result in people living in their own home and community safely, independently, and comfortably, regardless of age, income, or ability level.

Key Community Partners:

Academic Partners, Adult Day care Providers, Area Agencies on Aging, Faith-based Communities, Businesses, Families, Health-Care Providers, Hospital Systems, Nursing Homes, Public Health, Senior Centers

Strategies:

- Encourage construction of safe congregate and retirement housing for the aging population
- Increase access to internet usage for aging Virginians
- Increase the number of fitness and physical therapy facilities that promote senior fitness
- Develop a statewide senior falls prevention program
- Implement community-wide value neutral programs to support Virginians in planning in advance for future healthcare choices.



Mira Signer joined NAMI Virginia as Executive Director in July 2007. Along with public policy, grassroots advocacy, program development, and nonprofit expertise, Ms. Signer brings her personal experiences, challenges, and lessons learned of friends and loved ones' with mental illness, which is part of her motivation to reduce stigma of mental illness and improve Virginia's mental health system.

Ms. Signer received her Masters in Social Work (Administration, Planning, and Policy Practice) as well as a Certificate in Nonprofit Management from VCU. In 2011, she was recognized as one of *Style Weekly's* "Top 40 Under 40." Originally from Arlington, Ms. Signer received her undergraduate degree from James Madison University, where she was a varsity student-athlete and active in JMU's Community Service-Learning program.

Mira Signer, Executive Director

National Alliance on Mental Illness (NAMI)

FACILITATING COMMUNICATION with PEOPLE WITH DISABILITIES

VIRGINIA
FAIR
HOUSING
OFFICE
(VFHO)



Join **VFHO** + **HOME** at the annual

Fair Housing Month Kick-Off

WHEN:

Friday, April 1, 2016
10:00 a.m. - 1:00 p.m.

WHERE:

VCU Student Commons | Richmond Room
907 Floyd Avenue, Richmond, VA 23284

GUEST SPEAKERS:

Mira Signer + Charles W. Curtis, II, Ph.D.

HOUSING
OPPORTUNITIES
MADE
EQUAL
(HOME)



Charles W. Curtis II, Ph.D. received his Doctorate in Clinical and School Psychology from the University of Virginia. He completed his pre-doctoral internship at the John L. Gildner Regional Institute for Children and Adolescents in Rockville, MD; his M.Ed. at U.Va.; and his undergraduate work at Morehouse College in Atlanta.

Dr. Curtis engages clients as individuals as well as parts of larger systems such as family, work, community, etc. He typically uses psycho-dynamic conceptualization while employing a variety of interpersonal, cognitive/behavioral, and dialectic strategies to aid in strength building, re-establishment of regulation, and a return to optimal functioning. Most important, Dr. Curtis approaches therapy as a balanced combination of healing art and science, and places great emphasis on sensitivity in the quality of client contact.



Charles W. Curtis II, Ph.D., Staff Psychologist

John L. Gildner Regional Institute for Children & Adolescents

Take advantage of this **opportunity to learn more** about people with disabilities, and **engage with experts in the field** to discuss the best ways to **provide exceptional customer service** to **ALL** residents without (knowingly or unknowingly) violating Fair Housing Law!

Event open to all interested persons including: property managers, real estate agents/brokers, public housing staff, social workers, case workers, students, and the general public. **Event is FREE, but space is limited.** Visit www.BrownPaperTickets.com to register (keyword search for DPOR , choose the event and follow the prompts). For more information, e-mail FHRegistration@dpor.virginia.gov.