



Commonwealth
Council on Aging

2013 Annual Report

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To the Honorable Robert F. McDonnell and Members of the General Assembly,

Pursuant to Virginia Code § 51.5-127, the Council shall promote an efficient, coordinated approach by state government to meet the needs of older Virginians. There are approximately 1.4 million adults in Virginia over the age of 60 and this population will expand to more than 2 million by 2030 when one in every four Virginians will be over 60 years old.

The Council endorses the work of the Department for Aging and Rehabilitative Services (DARS), the 25 local Area Agencies on Aging (AAAs), and public and private providers of services to older Virginians who are preparing for this coming "Age Wave" of older Virginians. The Council requests a call to action for increased statewide planning and more funding for Virginia's aging network for wellness and supportive services. This network of providers supports older Virginians and their caregivers through services critical to their independence and well-being.

The Council's ongoing initiatives, the Best Practices Awards and Community Conversations on Aging, and policy recommendations are presented in this report. The Best Practices Awards honor model aging programs that improve the lives of older Virginians and this year we thank Dominion Resources for their generous support of our awards. The Community Conversations on Aging are Council-led listening sessions that serve to inform the policy recommendations.

The Council's recommends additional critical funding to stabilize the public guardianship program, address the unmet demand, and expand the program into unserved regions of the state. The Commonwealth's human services and public safety agencies, both state and local, are desperate for public guardians to help care for indigent and incapacitated adults who are without anyone willing or able to serve as a guardian.

The Council also recommends funding for services and supports that enable older Virginians and those with disabilities to remain in or return home. Such services and supports are needed to foster livable communities throughout the Commonwealth. Funding for Elder Abuse Prevention is also critically needed.

Additional recommendations of the Council include promoting innovation and models to "de-institutionalize" the nursing home environment, an appropriately trained health care workforce for the aging population, and "elder safe hospitals" and elder safe emergency departments and home care. Finally, the Council recommends monitoring the dual eligible integration demonstration project, promoting Medicaid Expansion under the Affordable Care Act, and ensuring voting access for seniors.

The Council is grateful for this opportunity to submit this report to you for your review.

Sincerely,



Beth Barber
Chair, Commonwealth Council on Aging

Best Practices Awards

The Best Practices Awards, established in 2006, recognize and encourage the replication of model programs, particularly those that foster Livable Communities and Home and Community Based Supports. By recognizing such programs, the Council encourages the development of supports that assist older adults to age in place and delay or even avoid unwanted institutionalization. We thank Dominion Resources for its generous contribution, which allows us to recognize these organizations for their dedication and work in advancing services for the aging.

First Place (\$5000): **Caring for You, Caring For Me**
 Riverside Center for Excellence in Aging and Lifelong Health
 Williamsburg

The **Caring For You, Caring For Me** Program is a 10-hour, 5-session course offering a proven approach to improving the care and quality of life of older adults and people with disabilities. It uses innovative psycho-educational skills training to enhance education, support, and advocacy for family, volunteer, and professional caregivers. Facilitated by two trained leaders, the curriculum emphasizes caregiver self-assessments of health and well-being, and demonstrates how caregivers can be greater advocates for themselves and the care receivers through their interactions with healthcare and senior service providers.

Second Place (\$3000): **Growing Younger**
 Partnership: YMCA of Greater Richmond, Senior Connections and United Way of Greater
 Richmond and Petersburg

The mission of the **Growing Younger** program is to improve the wellness of older adults, in spirit, mind and body, so they can live with dignity in their homes and their community for as long as possible. The program includes opportunities for a range of physical activity, access to the arts and artistic expressions, and meaningful social engagement. The **Growing Younger** program includes sharing knowledge about making healthy lifestyle choices, four types of exercise, caregiver support and respite, and role identification and expression for a continued sense of meaning and productivity.

Third Place (\$2000): **Community Dialogue on Financial Abuse Among Older Adults**
 New River Valley Agency on Aging

The **Community Dialogue On Financial Abuse Among Older Adults** was developed by the Elder Justice Coalition of the New River Valley to improve awareness and enhance community response to Elder Financial Abuse (EFA). The dialogue format provides a forum to engage community leaders, professionals, and citizens in interactive conversations about how communities can effectively prevent, detect, and respond to incidents of EFA. The **Community Dialogue** format strengthens collaborative community responses by bringing people together who are dedicated to protecting the health and safety of older residents.

Honorable Mention:

- **F.R.E.E. Foundation Equipment Reuse/Recycling and Gifting Program (Roanoke)**
- **The Fairfax County Family Caregiver Support Program**
- **The Senior Connections, The Capital Area Agency on Aging Family Caregivers Support Seminar**

Community Conversations on Aging

In 2010, the Council began a series of listening sessions, entitled **Community Conversations on Aging**. This year, the Council held a conversation in coordination with the Alexandria Commission on Aging in May 2013 during Older Virginians Month. The topics for the evening ranged from affordable housing for seniors to support for the Meals on Wheels program that received cuts under Sequestration. The conversations heightened awareness about the work of the Department for Aging and Rehabilitative Services, Area Agencies on Aging, and the Council.

Recommendations to the Governor and General Assembly

The following recommendations are offered in response to needs identified by older Virginians and family caregivers to support their independence and well-being.

- **Additional public guardianship funding** is needed to stabilize the program, provide for the unmet demand, including some incapacitated persons leaving state training centers under the Department of Justice Settlement and those undergoing prison reentry, and expand the program into other regions of the state. Older public guardianship programs are reaching a crisis point. Funding has not increased and yet the programs are under court order to provide services throughout the incapacitated person's lifetime. Without an increase in funding, one or more guardianship contractors are likely to discontinue providing services. With no willing provider, the state is responsible. The unmet demand for public guardian services is projected at 1200.¹ Additional funding will help in the community placement of persons who are incapacitated. This includes expanding guardianship services in other areas of the state such as Martinsville and Brunswick County.
- **Provide funding for services and supports that enable older Virginians and those with disabilities to remain in or return home.** These services and supports are provided by the Virginia Department for Aging and Rehabilitative Services and its network of Area Agencies on Aging, DSS Adult Services and Adult Protective Services, Centers for Independent Living, and Medicaid. These services provide assistance for Virginia's most vulnerable older adults, including those with Alzheimer's Disease and related dementias, and enhance opportunities for home and community-based living. Examples include: Consumer-Directed Personal Care; Program of All-Inclusive Care for the Elderly (PACE); Chronic Disease Self-Management Program (CDSMP); Respite Care; Companion Services; Adult Day Health Care and related transportation, all of which avoid or delay institutionalization and prolong valuable support provided by family caregivers. Also, provide funding for Elder Abuse Prevention that moves the state forward on a "proactive model" rather than a "reactive model" for prevention and management of elder abuse. More education about self neglect is needed since self neglect constitutes approximately 55% of the Adult Protective Services reports.
- **Monitor the dual eligible integration demonstration** for quality, safety and effectiveness to assure that the aging network is integrated with the insurers for service delivery to the dual eligible population.
- **Promote Innovation and models to "de-institutionalize" the nursing home environment** and work towards more supports and integration to allow older adults to age in place. Encourage movement from the institution to the Household Model of long-term care homes of 14-20 residents.
- **Promote appropriately trained health care workforce for the aging population.**
- **Promote elder safe hospitals, elder safe emergency departments and elder safe home care.** The Commonwealth should create quality standards and process measures for hospitals. These standards will indicate that steps have been taken through an evidence informed process to assure safety and best outcomes for elder patients.
- **Promote Medicaid Expansion under the Affordable Care Act to provide access to health care insurance for an additional 400,000 low income adults in Virginia.**
- **Ensure voting access for seniors.**

¹ The Need for Public Guardians in the Commonwealth of Virginia—Final Report, Center for Gerontology, Virginia Polytechnic Institute and State University, Roberto, Duke, Brossie and Teaster Report (2007) p.ii.



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

OLDER VIRGINIANS MONTH

WHEREAS, there are approximately 1.4 million adults in the Commonwealth who are over 60 years old and this population will expand to more than 2 million by 2030 when one in every four Virginians will be over 60 years old; and

WHEREAS, since 1963, the month of May has been designated by the U.S. Administration on Aging as the time for communities across America to honor and recognize its older citizens; and

WHEREAS, this year's 50th anniversary theme for May is appropriately "Unleash the Power of Age," which emphasizes the important role older adults play in our communities by continuing to contribute their experience, knowledge, wisdom, and skills; and

WHEREAS, the Virginia Area Agencies on Aging and Senior Centers, integral parts of Virginia's aging network for wellness and supportive services, have embraced this year's theme with activities that include Tai Chi and Sign Language classes that bring together young and old, a walkathon that funds emergency fuel assistance, Senior Olympics, an Overseas Coupon Program that benefits military families, and educational seminars on adult financial exploitation; and

WHEREAS, older Virginians are active community members involved in volunteering, mentorship, arts and culture, and civic engagement; and

WHEREAS, recognizing the incredible contributions of older Virginians encourages their ongoing participation and further accomplishments; and

WHEREAS, the new state agency, the Virginia Department for Aging and Rehabilitative Services, streamlines services, technologies, and supports that will enable older Virginians to continue to be an asset in strengthening our communities;

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize May 2013 as **OLDER VIRGINIANS MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.



Robert F. McDonnell

Janet Vestal Kelly



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

ADULT ABUSE PREVENTION MONTH

WHEREAS, more than one million Virginians are currently over the age of sixty and the population of older Virginians will increase to more than two million, one quarter of Virginia's population, in the next two decades; and

WHEREAS, during fiscal year 2012 Virginia Adult Protective Services received almost 20,000 reports of adult abuse, neglect, and exploitation; and

WHEREAS, older Virginians and Virginians with disabilities may be targets for abuse, which can occur in families and communities of all social, economic, racial and ethnic backgrounds; and

WHEREAS, in order to reduce the incidence of adult abuse in Virginia, there exist a number of adult abuse prevention programs that provide vital services to older Virginians and Virginians with disabilities, including a 24-hour hotline, crisis intervention, emergency shelter, home-based and community services, public awareness, and legal advocacy; and

WHEREAS, Adult Abuse Prevention Month offers all Virginians the opportunity to participate in community efforts to improve the safety and well-being of all people throughout our Commonwealth, to recognize the organizations and individuals who serve them and to remember victims of adult abuse and their families; and

WHEREAS, the State Adult Services and Adult Protective Services Program will join the Virginia Department for Aging and Rehabilitative Services to create an integrated vision and streamlined services that will assist older Virginians and Virginians with disabilities to live in communities free of abuse, neglect or exploitation;

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize May 2013 as **ADULT ABUSE PREVENTION MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all of our citizens.



Robert F. McDonnell

Governor

Janet Vestal Kelly

Secretary of the Commonwealth

Commonwealth Council on Aging 2013

Beth Barber, Chair, of Charlottesville
Term ends 6/30/16

Susan McCammon, Vice-Chair, 4th Congressional District
Term ends 6/30/14

Kyle R. Allen, D.O, A.G.S.F., of Williamsburg
Term ends 6/30/16

Brenda A. Kelley Nelum, 11th Congressional District
Term ends 6/30/16

Juanita Armstrong Bailey, 1st Congressional District
Term ends 6/30/14

Nancy New, RN, 7th Congressional District
Term ends 6/30/14

Robert B. Blancato, 8th Congressional District
Term ends 6/30/16

Valerie Scott Price, 3rd Congressional District
Term ends 6/30/17

Mitchell Patrick Davis, 9th Congressional District
Term ends 6/30/17

Roberto Quinones, 10th Congressional District
Term ends 6/30/14

David M. Farnum, of Roanoke
Term ends 6/30/16

Stephen G. Reardon, Esq., of Richmond
Term ends 6/30/14

Karen L. Fortier, Esq., 2nd Congressional District
Term ends 6/30/14

Kathryn B. Reid, 5th Congressional District
Term ends 6/30/17

Arthur R. Giesen, of Waynesboro
Term ends 6/30/12

Joni C. Goldwasser, 6th Congressional District
Term 6/30/17

Richard W. Lindsay, M.D., of Charlottesville
Term ends 6/30/16

Vernon Wildy, of Glen Allen
Term ends 6/30/16

Ex Officio Members

The Honorable William A. Hazel, Jr., MD
Secretary of Health and Human Resources

James A. Rothrock
Commissioner, Virginia Department for Aging and Rehabilitative Services

Lynne Williams
Virginia Department of Social Services

Terry A. Smith
Director, Division of Long Term Care, Department of Medical Assistance Services

Courtney Tierney
Representative, Virginia Association of Area Agencies on Aging

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The purpose of the Council shall be to promote an efficient, coordinated approach by state government to meeting the needs of older Virginians. (§51.5-127)

<http://www.vda.virginia.gov/council.asp>



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