

Commonwealth Council on Aging Best Practices Committee Meeting  
Virginia Department for Aging and Rehabilitative Services  
1610 Forest Avenue, Suite 100  
Richmond, Virginia  
March 26, 2013

Members Present

Richard Lindsay, *Chair*

David Farnum

Valerie Scott Price

Roberto Quinones

Vernon Wildy

Members Absent

None

Staff Present

Amy Marschean, Senior Policy Analyst

Meeting Called to Order

Dr. Lindsay called the meeting to order at 10:00 a.m. by thanking everyone and welcoming everyone to the meeting. He noted a special thanks to the Committee's two expert reviewers, Edward F. Ansello, Ph.D., Director, Virginia Center on Aging/Virginia Geriatric Education Center, Virginia Commonwealth University, and Charles Ix, President of Stay At Home Personal Care. He further thanked DARS staff, Amy Marschean, Tanya Brinkley, Cecily Slasor and Deb Loving for getting the voting results tallied and managing the overall process.

Approval of Minutes

Vernon Wildy moved to accept the minutes of the Committee for September 14, 2012. The motion was seconded by Dr. Lindsay and approved unanimously.

2013 Best Practices Award Selection

The nominees were rated based on the following criteria: community need and impact, promotion of aging in the community, innovation, inclusiveness, goals/outcomes/evaluation, cost effectiveness/sustainability, and potential for replication. The participation of Dr. Ansello and Mr. Ix followed the Council's 2013 Selection Process guidelines. They represented the university-based gerontology or geriatric program and the long-term care industry respectively. They employed the same scoring system and criteria followed by the members of the Committee and their scores were provided to the Committee the day prior on March 25 after the Committee members scores were received by staff. Both experts agreed to be available by phone to answer any questions that arose during the meeting, but they were not consulted.

The Committee members agreed that the twelve nominated programs were meritorious. One program was not considered because the application was incomplete. After much discussion, Vernon Wildy moved that the following first, second and third place award winners and Honorable Mentions be recommended to the full committee for selection. The motion was seconded by Valerie Price and passed unanimously.

**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  
Pulaski**

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/safety of older residents.

### **Honorable Mention:**

- **F.R.E.E. Foundation Equipment Reuse/Recycling and Gifting Program (Roanoke)** helps Virginians achieve independence through mobility when they have no other way to attain their independence. F.R.E.E. addresses one of the most basic human health needs by providing services to collect, sanitize, repair and gift mobility-related rehabilitation equipment to underserved populations who have no health insurance or other financial means of obtaining equipment, permitting them to reenter their communities as active, contributing participants. Their vision is a Virginia where every need for mobility-related rehab equipment is fulfilled.
- The Fairfax County **Family Caregiver Support Program (FCSP)** provides a myriad of services and supports to assist family caregivers in managing the emotional, physical, and financial strain of care giving as well as supporting its benefits. The program provides kinship care support, assisted transportation, personal care services, one-hour free caregiver consultations with a care manager, and concrete services such as bath benches, door alarms and other equipment recommended by an occupational therapist. A volunteer respite program benefits older adults, caregivers and volunteers. The program not only reaches outward to residents but inward to Fairfax County employees by running support groups for both. The program focuses on the community via trainings and 24/7 website availability of caregiver information.
- The Senior Connections, The Capital Area Agency on Aging **Family Caregivers Support Seminar** is a no-cost, one or two-day personalized program that provides in-depth information, skills and knowledge for enrolled family members and volunteer caregivers. Active caregivers learn how to access and manage Medicare and Medicaid, create and use legal directives, tailor diagnosis discussions, understand caregiver health and wellness issues, and learn care giving-safety practices. The Caregivers Support Seminar facilitates participant connections with other caregivers, assuring them they are never alone in what can often be stressful, isolating time of life.

### Schedule Tentative Dates for May Award Ceremonies

The awards will be presented to the winners in a formal presentation in their communities, local schedules permitting, during May in conjunction with Older Virginians Month.

### 2014 Process Improvement Discussion

The Committee members discussed the 2013 procedures for nomination and selection and improvements for the 2014 application and instructions. Mr. Farnum stated that placing the program summary in the application may have led many applicants to abbreviate it too much. Dr. Lindsay suggested that the word “brief” be eliminated in the summary question. Committee members agreed with this suggestion. The Committee also discussed putting in the actual application a statement that incomplete applications will not be considered and Mr. Farnum suggested putting a series of check boxes to ensure all scoring categories are addressed by applicants.

The meeting adjourned at 1:30 p.m.