



Connections

*Supporting and promoting Adult Day Services as a viable care option
to meet the needs of seniors and disabled adults*

A Community Newsletter

Fall 2008

FALL 2008

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Member Profile: Augustana Homes Adult Day Services, Litchfield MN

by Leanne Kess

Caregivers.....Need a break?

Husbands, wives or other family members caring for an elderly loved one with physical or mental health issues often find the task overwhelming as well as isolating.

But there is help for caregivers. Just ask Don Brock whose wife, Bernice, was the first participant in Augustana Homes Adult Day Services (ADS) program just over a year ago. Although Bernice's stay in the program was short due to the advance of Alzheimer's, Don said he and his wife benefited from her time with ADS.

"It is a great program. When you are caring for someone everyday, you need to take some time away and the Adult Day Services program for me was just great. I would drop Bernice off at 8 am and then go to coffee or go out golfing. It was just like a day off." He found his batteries recharged by the time he picked her up to go home at 4 pm.

Many of Bernice's working days as a registered nurse were spent at Augustana. "When Bernice would be with us at our day services program," ADS Coordinator Mary Buhr commented, "she would just light up when we walked by certain areas at Emmaus." "We would go by an area where she spent much of her time here working and she would become lucid, reminiscing about those days. But then you could see her emotionally and physically slump back."

In noticing and documenting changes in Bernice each time she came for the day, Mary could plot transformations in Bernice's behavior and talk with program manager Liz Andersen about how to best meet Bernice's needs. When Mary sat down with Don and his family, she had the information needed to help them understand the changes she was witnessing.

Sometimes caregivers realize that their job is becoming more difficult. But to have someone like Mary confirms their perceptions makes the next step to more intensive care easier. In those cases where caregivers may be in denial about a loved one's condition, Mary can share documented evidence of changes that might otherwise be overlooked.

Along with being a resource for families, ADS

Profile... continued on the back page...



The President's Line...

Greetings! I hope you have all had a great summer!!

The last few months have been busy ones for MADSA. I would like to give you all a brief overview of what has been going on.

MADSA representation continues at the DHS Expert Panel. This panel has a two-fold purpose:

- Assist in development of a State Profile of Minnesota Systems of long-term support services to persons of all ages and disabilities, with the goal of assessing, measuring and further improving the balance toward home and community-based services and consumer choice.
- Identify and discuss strategies for simplifying and otherwise improving Minnesota's HCBS System

The panel will be the first to take a look at critical issues that cross all populations and ages in the broader HCBS System. Once the State Profile of services is completed, the panel will comment to CMS regarding the completeness and accuracy of Minnesota's Profile.

MADSA was represented at the Age Odyssey in Duluth on August 18, 19 and 20th. Networking with other HCBS Services was beneficial in expanding awareness of Adult Day Services and how we are a key piece to the Caregiver puzzle.

A request was sent to the executive board & the director of the Minnesota Association of Counties and to Policy Analysts for Public Health and Human Services for MADSA to be placed on the agenda so we can continue to educate Minnesota Counties on the important role that our programs play in assisting county residents in maintaining their independent living situation. Also how usage of Adult Day Programs can also be a "savings" to counties when their residents are requiring continued care to remain in their homes

Requests from MADSA to provide education on Adult Day Benefits to MSHO Provider Case Managers were sent. Three Providers have responded to date with a strong interest in arranging just such an education for their care managers. MADSA anxiously awaits hearing from all MSHO providers re; this education on Adult Day Benefits.

Conversations and planning on providing education for Adult Day Line staff at a regional level have been held over the summer and we are close to finalizing this planning on providing education for Adult Day Line staff at a regional level have been held over the summer and we are close to finalizing this program. More information on this program will be sent this fall.

MADSA Continues to be represented at NADSA through Lynne Zimmerman's presence as a NADSA Board member.



Discussions will begin with Dr. Joseph Gaugler, Ph.D. Assistant Professor from the Center on Aging, Center for Gerontological Nursing, School of Nursing from the University of Minnesota on assistance in conducting a study of care processes and elements in Adult Day Services, a longitudinal survey of all Adult Day Service providers and family members in the state of Minnesota and a preliminary process evaluation of an Adult Day Service intervention designed to enhance outcomes for family members and elderly clients.

I hope you agree with me that the association has been working hard to increase awareness of the services that we all provide to those citizens of Minnesota who require assistance.

I am excited about the upcoming year-I believe we will hear "Adult Day Services" more from the mouths of other HCBS providers as a partner in care of adults of all ages and disabilities.

Thank You for your support!

Lynn Buckley



National
Multiple Sclerosis
Society
Minnesota
Chapter

Day Programs for People with MS

Steve Korngable from the National Multiple Sclerosis Society, Minnesota Chapter. Along with VP of Advocacy, Joel Ulland, are currently

starting research into the potential development of two MS adult day programs in greater Minnesota areas by 2011.

The Fairview MS Achievement Center in St. Paul provides a day program and outpatient rehab clinic that serves 175-200 people with MS each week. It has been a wonderful community resource for people in the Twin Cities, but is unable to serve the needs of people in greater MN.

To accomplish this goal, they have developed a task force that will review other adult day models, best practices from around the country and identify potential partners that we can collaborate with in greater Minnesota.

They are very interested in discussing their plans with MADSA representatives to get your perspectives and advice as we start this process.

If you need additional information or have questions, please contact Steve Korngable at 612-335-7974 or Joel Ulland at 612-335-7933.

Around the State Capital

by Iris C. Freeman

Affordable Health Insurance for Adult Day Services Workers

Turn on the TV these days, and it seems like the only thing going on in political life is campaign ads. But something very practical is on track at the Department of Human Services (DHS), and it can result in affordable health insurance for our workers in the future.

The 2008 Minnesota Legislature mandated DHS to generate information about how to structure a rate increase to long-term care facilities and services, dedicated to the purchase of employee health insurance in the private market. (*Laws of Minnesota 2008, Chapter 358, article 3, section 13*). If Minnesota is ultimately able to provide a rate increase through the Medical Assistance and waiver programs, then every state dollar will be matched by a dollar of federal money.

In the first step, DHS published a request for proposals on August 11 in order to select a contractor (likely an actuarial or health economics firm) who will generate information on the overall numbers of long-term care workers (all settings), their demographics, and their current access to insurance coverage. This information will be used to estimate what it would cost for 3 alternative types of insurance coverage: one that mirrors the state employees' package, one like MnCare, and one comparable to an average private market policy with a limited deductible and coverage comparable to the state employees.

The DHS due date for proposals is September 12, and they will award a contract in early October. The DHS report to the legislature is due December 15, and it is entirely likely that only a preliminary analysis can be done by then.

Among the questions DHS must consider are how each of the coverage options would increase payment rates and how DHS should fairly treat employers who currently offer health insurance to direct care workers.

MADSA will provide updates as they become available. For more information on how this effort may benefit adult day services workers, you may contact LaRhae.Knatterud@state.mn.us.

Prospects for the 2009 MN Legislative Session

The Minnesota Legislature will convene on Tuesday, January 6, 2009 to set the state budget for the period from July 2009 to June 2010. Right now, the overall economic picture gives rise to anticipated budget problems and conflict about how to balance the state budget. Rates for service providers in the health and human services sector are always caught in the debate. MADSA will monitor the budget proposals and hearings, providing members with opportunities to weigh in on the issues in a timely, effective way.

Between the November Elections and the start of the Legislative Session

State legislators who know our Centers first hand are our best assets in budget debates about rates and standards. There is an excellent opportunity to invite your State Representative and State Senator to visit your Center between the November 4 election and the day they begin the Session in St. Paul. MADSA will soon be updating resources and emailing them to members with practical tips for making those contacts.

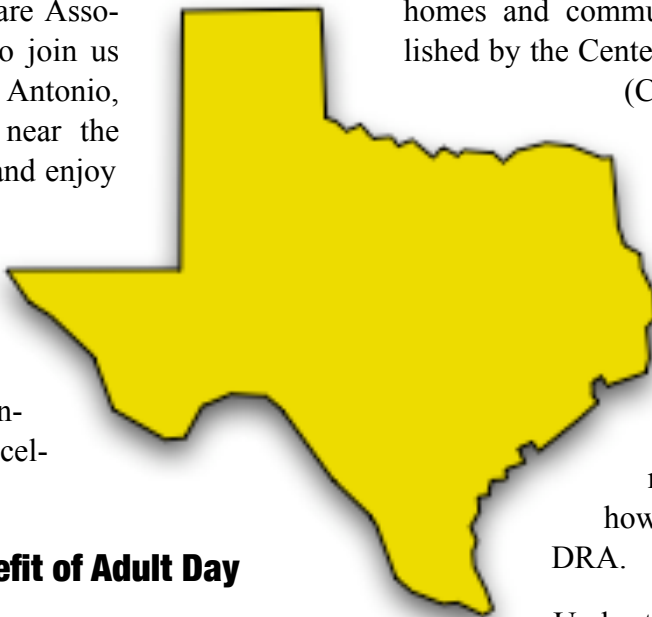
Celebrate National Adult Day Services Week!
September 21-27

The National Adult Day Services Association Annual Conference

in partnership with the Adult Day Care Association of Texas

November 7-9, 2008, San Antonio, TX

The National Adult Day Services Association and the Adult Day Care Association of Texas invite you to join us November 7-9, 2008, in San Antonio, Texas, at The St. Anthony near the River Walk. Visit the Alamo and enjoy delicious Texas food and hospitality while forging new relationships, learning creative ideas, discovering new resources, sharing your experience and gaining inspiration to pursue excellence in adult day services.



may now be given the option to receive that care in their homes and communities, under a proposed rule published by the Centers for Medicare & Medicaid Services (CMS), the agency said in a news release.

The Deficit Reduction Act of 2005 (DRA) gave states a new option to provide home-and-community based services (HCBS) to Medicaid beneficiaries without applying for a demonstration waiver. The proposed rule provides guidance to states on how to implement this provision of the DRA.

Under this option, states will now be able to set their own eligibility or needs-based criteria for providing HCBS. Previously, to qualify for assistance with personal care, home health care or other services in the home or community setting, beneficiaries were required to be at imminent risk of institutionalization. The DRA provision eliminates this requirement and allows states to cover Medicaid recipients who have incomes no greater than 150% of the federal poverty level, or \$15,600 per individual in 2008, and who satisfy the needs-based criteria.

Report on Economic Benefit of Adult Day Health Care

A report entitled "Adult Day Health Care Services: Serving the Chronic Health Needs of Frail Elderly Through Cost-Effective, Non-Institutional Care," was issued by the Washington D.C. policy and research firm Health Management Associates. Commissioned by the California Association of Adult Day Services, the report includes a description and comparison of six states that provide adult day health care as a Medicaid Optional Benefit under their respective State Plan. The report offers an economic perspective on the benefits of adult day health care in light of the demographics of an aging population. The United States Census Bureau estimates that by the year 2030, the number of individuals age 65 and older will double, totaling 70 million. The U.S. Department of Health and Human Services estimates that 50-80% of these individuals will need some type of long term care.

New CMS Medicaid Proposal Opens Door for Increased Adult Day Services

Will allow states to set own criteria for qualification

Thousands of Medicaid beneficiaries who were previously limited to receiving care in an institutional setting

Caregiving Across the States Interactive Database

This interactive database, accessible in map format on the FCA website, is a valuable resource to inform State administrators and policymakers about support programs for family caregivers of adults with chronic illnesses or disabilities. It also allows caregivers and service providers to access information they need to seek assistance and benefits for themselves or their clients. To learn more about the family caregiving landscape in your state, visit FCA's Caregiving Across the States webpage at Caregiving Across the States.

“Creativity and Innovation: Moving Adult Day Services Forward”

National Adult Day Services Week is September 21-27, 2008.

This special week has been celebrated annually since it was proclaimed on September 27, 1983, by former President Ronald Reagan. An excerpt of the proclamation reads

These centers provide opportunities for adults who are socially isolated to find friends and learn skills. Day care centers enable individuals to obtain the care they need without being forced to live in institutions, and they offer needed respite to families whose infirm relatives live with them.

In recognition that adult day care centers and their dedicated professional staffs serve many health maintenance functions, provide vital medical care, including medication monitoring, therapies, and health education, and provide invaluable opportunities for social interaction to disabled elderly Americans, the Congress of the United States, by House Joint Resolution 132, has designated the week beginning September 25, 1983, as "National Adult Day Care Center Week" and has authorized and requested the President to issue a proclamation in observance of that week

Ever since 1983, the third complete week of September is set aside to raise awareness of the availability and accessibility of adult day programs nationwide. Here's how some centers across the state are celebrating:

Walker Senior Club

3737 Bryant Avenue South
Minneapolis, MN

Monday, September 22

10:00 a.m. Thank You Continental Breakfast

11:00 a.m. Special Entertainment: Mary Hall

Tuesday, September 23

11:00 a.m. Pearson's Animal Ambassadors

Wednesday, September 24

11:00 a.m. Wii Games

1:30 p.m. Special Entertainment: Piano with Scott Gordon

Thursday, September 25

12:00 p.m. Lunch with Southwest Senior Center

1:15 p.m. Special Entertainment: Piano with Malcolm Anderson

Friday, September 26

10:00 a.m. – 12:00 p.m. Craft and Used Book Sale

1:30 p.m. Bingo

Caring Connection

Adult Day Program
Redwood Falls MN

Monday September 22

Client Recognition Meal with City Officials

Wednesday September 24

Client Fishing Trip and Picnic

Thursday September 25

Caregiver Education Series Kick-off:
Topic presented:

Dementia and Driving

Friday September 26 - Musical Entertainment by Leo's Trio

Circle of Friends Adult Day Program to Host Health Fair

Celebration in Honor of Adult Day
Services Week

September 23rd 2008

4:30-6:30 pm

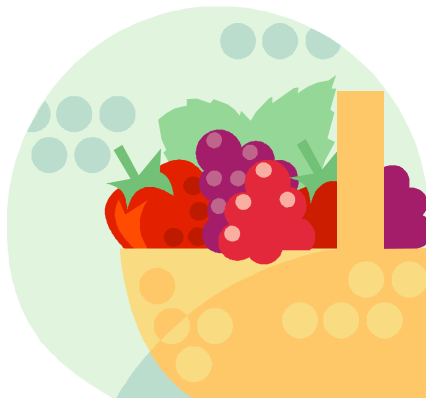
Circle of Friends Adult Day Program
5610 Norwich Parkway
Oak Park Heights MN

Community Health Fair

to celebrate the

25th Annual National Adult Day
Services Week

Vendors will be available to discuss their services and illustrate how health care and social services are provided in the community. This event is open to caregivers, social workers, health care professionals and the public to show how Community Programs can improve people's quality of life without changing where they live.



Profile... (continued from pg 1)

at Augustana most importantly gives participants an opportunity to socialize. In some cases elderly people who intentionally remain isolated are encouraged by family members to become part of ADS just to be with others. And, such as for the Brock family, ADS was an important resource to give Don some rest from caring for his wife.

“It is just so helpful to have that third party advocating for and taking care of your loved one,” Mary added. ADS also gives family members a chance to see all Augustana Homes has to offer. “When a participant and the family get familiar with Augustana through ADS, it makes any potential transition to another level of care we offer that much easier,” Mary said.

Families are also made aware of other services available such as home care or hospice care. There are health services available to participants through the ADS program at Augustana.



Minnesota Falls Prevention Initiative

Keep Minnesotans Right Side Up!

The word is spreading...falls are not a normal part of aging. Through the Minnesota Falls Prevention Initiative the message is getting out. Many organizations have featured the issue of fall prevention for their members. Take a minute and read their stories:

Minnesota Medicine

<http://www.minnesotamedicine.com/CurrentIssue/PulseFallsOctober2007/tabid/2300/Default.aspx>

Minnesota Health Care News

<http://www.mppub.com/MHCNMay08.pdf>

Share your story with us so we can help keep the message going to Keep Minnesotans Right Side Up!

Breaking News

Minnesota Falls Prevention information handouts are now available in **English, Spanish, Vietnamese, Somali, Lao, Khmer, and Hmong**. They are easy to distribute to your clients, patients, colleagues and anyone that would benefit from being “falls-free”.

Download the handouts at:

<http://www.mnfallsprevention.org/consumer/index.html>

More Resources

Use the Minnesota Falls Prevention Listserv to quickly share information with colleagues throughout Minnesota.

To subscribe (or unsubscribe) to the listserv, please visit:

<http://mailman.stpaul.visi.com/mailman/listinfo/fallsprevention>

To post to the listserv, send your message to:

fallsprevention@mailman.stpaul.visi.com

To learn more about the Minnesota Falls Prevention Initiative, please contact Kari Benson, Minnesota Board on Aging, at

kari.benson@state.mn.us