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Phone number:
763-464-2698

Website: www.madsa.org

e-mail:
madsa2003@yahoo.com

Mailing Address:
300 Reid Lane
South St. Paul, MN 55075

Board of Directors:
Bob Schricker, Breath of Life
Adult Day Services, Brainerd
Lynn Buckley, Redwood Falls
Hospital Day Health Center,
Redwood Falls
Diane Kramer, Grandview
Christian Ministries Adult Day
Center, Cambridge
Joyce McIntosh, CareBreak
Adult Day Program, New Hope
Laura Philbrook, AlterCare,
St. Louis Park
Randy Mertes, Rising Star
Enterprises, LLC
Wendy Roser, The Salvation
Army Lakewood Temple Adult
Day Center, Maplewood
Lynne Zimmerman, Common
Sense Services, South St. Paul

Newsletter Editor:
NancyLee Dahlin, St. Mary's
Adult Day Services, St. Paul

Contributing Writer:
Iris Freeman

Ask Me About My Day

When the Minnesota legislature convenes again, they're going to learn more about adult day services than they ever knew before. Yes, MADSA is going to bring our message to our lawmakers in St. Paul, and the messengers will be the experts on Adult Day Services: providers, participants, and families.

Ask Me About My Day (Services) is literally an invitation for legislators to visit MADSA's exhibition of pictures and real-life stories at the Capitol on Wednesday, February 9, 10 a.m. to 3 p.m. in the Great Hall of the Minnesota Capitol Building. There, they will talk to us and find out how Adult Day Services help people in need and their working families. Our goals for the day are:

- To draw attention to the quality of adult day services
- To draw attention to the value of adult day services
- To respond to the Governor's budget for community care
- To build our visibility for future generations of seniors

Adult Day Services families, caregivers and participants will share a personal perspective with their area legislators about what their days are like and what adult day services mean to them. Among the caregivers and participants will be Doug Peterson and his mother Esther. The following is a glimpse of what their day is like and what adult day services do for them.

A day in the life...

Doug Peterson's day starts with getting Esther ready to go to day care. He drops her off on his way to work at 7:30 a.m. and picks her up at 4:30 p.m. Monday through Friday. His day may seem no different than many other adults, however, Esther is his mother and she attends an adult day services program because it is no longer safe for her to stay at home alone.

His life dramatically changed four years ago when his mother had a heart attack. Following hospitalization and rehabilitation, she was ready to go home. Doug and his sister realized that their mother's health was frail and that she would need help. Doug, who lived with his mother, became her primary caregiver. Her social worker suggested St. Mary's Adult Day Services while Doug was at work.

"When faced with the changing needs of their loved one, many families are unaware of all the options available," said NancyLee Dahlin, St. Mary's Adult Day Services director. "Many think the only option is a nursing home, while that may not always be an appropriate choice. There are more options today that help a person continue to live at home with additional services such as home care and adult day services."

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MADSA leadership changes

Past President

by Lynne Zimmerman

It has been my pleasure over the past two years to serve as President of the Minnesota Adult Day Services Association. I first worked with ADS as a physical therapist in the late 1960s in Guildford Surrey, England. My next encounter with ADS was at the Wilder Foundation. I served on the DHS Licensing committee that set standards for Adult Day Services and was the first PT consultant to the Wilder adult day centers. Later I became the director of the Wilder Adult Day, Assisted Living and Geriatric Rehabilitation Programs. In 1990 I received a start-up grant from Dakota County to establish Common Sense Services for Seniors.

MADSA has been active the past few years. We have engaged Advocacy Strategy to provide continuing education in how best to represent the issues facing consumers and providers of Adult Day Services to our elected officials and the public. We sponsored two state-wide teleconferences in 2004: A "Best Practices" presentation at DHS with the MN Home Health Association and the Elderberry Institute, and "Supporting Adult Day Services At the Legislature Advocacy Training" with Iris Freeman and Representative Joe Atkins.

We were awarded an \$11,000 Grant from the Anderson Foundation to develop a marketing program for our membership.

Last year, MADSA provided input about basic standards for the new Family Adult Day Program designed by the Department of Human Services. Board members testified

before the legislature to help our state leadership understand the implications of budget cuts and changes in the lives of folks who depend on Adult Day Services to remain living in their own homes. We have an ever-improving website, professional support with our newsletter, and an excellent conference committee that has presented outstanding conferences. Our association offers a Certified Program Assistant Training for hands-on service staff working in adult day centers. MADSA Board Members serve on committees all over the state that address issues of elderly and adults with disabilities. The association represents adult day services and its members at conferences by the Senior Federation, The Alzheimer's Association and more.

This progress only comes about with tremendous hard work, dedication and volunteer time commitments made by our Board of Directors and committee members. I thank each and every one for all their hard work and incredible support.

Just as we need the continued support of a hard-working board of "true believers" to succeed, we must have a president who believes in and is passionate about ADS. With that in mind, I cannot say enough about my confidence in passing the gavel to our new president Laura Philbrook. Her years of experience in community services, program management and development, and her clearheaded view of what we are and where we want to go as an organization will make continued work with MADSA exciting and rewarding for everyone.

New President

by Laura Philbrook

I am excited to take on this challenge for the next two years. Lynne is a hard act to follow but has been an excellent model and example for me. Thanks Lynne for your dedication and work on behalf of MADSA!

My background includes a nursing degree and working over 30 years in services for seniors. I recently earned my MA in Gerontology. I've worked seven years at AlterCare Adult Day Program in St. Louis Park. For the past five years I have served on the MADSA Board and its committees for government affairs, membership and the education conference.

As a board we plan road trips in 2005 and 2006 to outstate centers to meet with directors. As members get to know the board and each other better, we become a resource for each to talk out problems and answer questions. Members may also become more involved in committees which gives more ownership to decision-making.

MADSA would like to see an increase in membership, preferably 100 percent of all adult day services programs in the state. Increased participation speaks louder to rally support for ADS.

We'd like current and new members to see what we have to offer with our new marketing program, with the ultimate goal of increasing their daily census.

The MADSA board and I are available to answer questions, address concerns or just to talk about day to day issues in adult day services. Feel free to contact us.

Annual Educational Conference Creating Premiere Service

Register now for the annual MADSA an education conference for Adult Day Services and Community Programs: Creating Premier Service, on Saturday, January 29, 8 a.m.- 4 p.m. at the Embassy Suites Airport, Bloomington, Minnesota.

The conference will help adult day services and other community programs learn how to improve their service, identify and meet their clients' needs and increase clients' participation. There are two tracks to the conference with break out sessions for administration and line staff. There will be round table discussions on health indicators, cultural considerations, consumer directed care, and more. Speakers include Jed D. Johnson, Chair of the National Association of Adult Day Services; Tom Begert-Clark, director of franchise support for SarahCare Adult Day Services, Inc.; and Catherine Johnson, Metropolitan Area Agency on Aging.

During the morning, an information fair is open to learn more about services and products for seniors. Among the participants are the Alzheimer's Association and Jewish Family and Children's Service and Sholom Community Alliance.

Cost for the conference is \$85 for MADSA members and \$100 for nonmembers with registration due January 16, 2005. Late registrations and walk-ins add \$15. The conference is approved for six CEUs for social workers.

For a brochure, e-mail your request to: madsa2003@yahoo.com or visit the MADSA website to download a copy: www.madsa.org

Dr. Carl Granger to present Measuring Outcomes in Adult Day Services

Dr. Carl Granger, Executive Director of Uniform Data Services for Medical Rehabilitation (UDSMR) and Director of the Center for Functional Assessment Research (CFAR) has accepted an invitation to speak at the January MADSA Conference in Minneapolis on *Adult Day Services: How Do We Use Data to Achieve Best Practices and Optimize Reimbursement?*

Dr. Granger, a Physical Medicine & Rehabilitation physician and Professor of Rehabilitation Medicine at SUNY-Buffalo is an internationally recognized expert in functional outcomes measurement, especially as it relates to physical and cognitive function. In 1987 under the auspices of an NIDRR grant, Dr. Granger was the lead creator of the Functional Independence Measure (FIM™ instrument) - a universal tool for documenting the severity of patient disability across the wide variety of conditions seen in rehab medicine. Dr. Granger's FIM instrument is today considered the "gold standard" for rating physical and cognitive function in all types of patients with physical disabilities. Its importance was confirmed in 2002 when the Centers for Medicare and Medicaid Services (CMS) chose the FIM to be the basis for financial reimbursement for inpatient rehabilitation services across our entire nation.

Today his main focus is the development of functional outcomes instruments for the outpatient arena, including Adult Day Services. Several years ago Dr. Granger adapted his FIM instrument to create an assessment tool that could be used in Adult Day Services and began collecting research data. The purpose of his study was to periodically assess the functional status of Adult Day Service participants in order to measure outcomes of individuals and of the program as a whole. Dr. Granger believes that collecting outcomes data will help identify best practices and optimize reimbursement for Adult Day Services. Other benefits to collecting outcomes data are that the data can serve as a business management, communication and marketing tool and provide information necessary for CARF accreditation. Ultimately, if enough data is collected in a national database, it can also serve as a means of influencing regional and national policies. At the January 2005 MADSA Conference Dr. Granger will be presenting the results of the functional outcomes data he has collected thus far and how it can benefit Adult Day Services.

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“It’s everything to have her stay at home in familiar surroundings,” says Doug. “Keeping her at home is a lot more work for me, but I like to have her at home.” When Esther is not at St. Mary’s Adult Day Services, Doug is responsible for her care day and night and weekends.

Life as a caregiver isn’t easy. Many spouses and adult children are in the role when their loved one is in need of additional care for whatever reason. It may be because of illness, injury, memory loss or the fragility that may come with age.

Doug likes that St. Mary’s Adult Day Services is close to home and the people attending are from the community so they have things in common. “It’s hard for her to get out to see friends and she enjoys St. Mary’s program. The people here

get her involved. It is important for her to interact with people and have things that stimulate her mind rather than sit at home and watch TV.”

Since starting with St. Mary’s Adult Day Services, Doug notes that Esther has made a good recovery and regained strength. It seems that her dementia has stabilized. “The more things she does keeps her sharper.”

Doug Peterson realizes his mother is “just one fall away” from a nursing home. While attending St. Mary’s Esther receives other optional services such as baths and beautyshop. “It’s one less thing we have to do at home and helps avoid falls at home,” Doug says.

“I have confidence in the people that take care of her and she knows and likes the staff,” Doug said. “She’s

happy, upbeat and not depressed. It’s a good program because it not only allows a person to stay at home but puts them in a situation to keep them physically and mentally alert and provides interaction with other people.”

Celebrate Creative Aging through the Arts

The Minnesota Creative Arts and Aging Network invites you to participate in *Creativity, Arts and Aging: A Town Hall Meeting and Celebration* on Saturday, January 15, 8:15 a.m. -4 p.m. at the Bloomington Center for the Arts. The cost for the day is \$40, or \$25 (limited means). To receive a brochure, contact patsamples@agingandcaregiving.com. To register, make out a check to “Minnesota Creative Arts and Aging Network” and send it to Sharon Anderson, 6544 Promontory Drive, Eden Prairie, MN 55346.



Mission Statement

MADSA is a non-profit organization that supports and promotes adult day services as a viable care option to meet the needs of seniors and disabled adults. We provide a framework to help MN Adult Day Service Providers work together effectively.