



Connections

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

A Community Newsletter

Spring 2008

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Adult Day Services Advocates Impress Legislators

by Iris C Freeman

MADSA's revitalized Advocacy Committee has reduced its meeting time and increased its visibility at the MN Capitol this year.

Recently, the Governor's proposed freeze on the 2008 cost of living adjustment (COLA) would have cancelled the expected 2% increase service rates beginning this July. MADSA members seized the opportunity to speak out at public hearings on the budget proposal. Nancy Schafer, of Wingspan Life Resources *Tsev Laus Kaj Siab*, prepared testimony for the House Health and Human Services Budget Division on March 13. Owing to the very long list of witnesses, she, like many others, had to submit her information in writing.

Laura Campbell, of Volunteers of America Southwest DayElders, spoke at a March 19 hearing of the Senate Health and Human Services Budget Division, and her compelling testimony won very favorable responses from legislators. Here is a small part of what she said:

"Our staff is dedicated and work very hard. They meet the needs of participants' with a variety of mental health issues and physical disabilities. They want to stay but it's hard to move forward when they don't receive a COLA. They need to be valued and compensated for the work they do. Every time we lose a staff person it costs a minimum of \$500 to replace that person in terms of advertising and training."

She presented data comparing adult day services costs and the costs of residential long-term care and closed with this:

"The legislature has made a commitment to cost effective services for our seniors, which means keeping them out of nursing homes. To do this, we need strong



Advocacy... continued on the back page...

The President's Line...

MADSA has been busy since the first of the year!



Our Annual conference held on January 26th was a success. Conference attendees received valuable information on the types of dementias that our clients are diagnosed with. Adult day directors who attended the Friday evening pre-conference event heard our Advocate in St. Paul, Iris Freeman, speak on the importance of becoming involved in legislative advocacy. They also heard NADSA President, Beth Meyer-Arnold, speak about what is happening on the national level for Adult Day Services. Participants of both events had the opportunity to meet professionally and collaboratively share valuable stories and insights with fellow adult day providers.

A MADSA representative gave testimony in St. Paul on February 3rd about the importance of using adult day services in dementia care. Thank you to Andrea Rath for volunteering for this. Thanks to Iris for assisting.

Testimony was given on March 13th in St. Paul by MADSA representatives about the effects of flat funding for another year.

MADSA exhibited at the following March conferences giving representation to all MADSA member centers:

- Minnesota Social Services Association Conference
- Metro Resource Fair on March 10th for Metro Geriatric Care Managers
- Alzheimer's Conference

Thank you to all volunteers who assisted with these vendor opportunities.

Plans for a Spring Conference began in March. Members were sent a survey to complete regarding billing issues they may have experienced with the Department of Human Services. The results will be used as a guide to plan a conference that addresses all centers' needs.

MADSA was invited to be a panel member on the Minnesota Department of Human Services to take a look at critical issues that cross all populations and ages in the broader HCBS System. This panel will have a two-fold purpose:

- Assist in the development of a State Profile of Minnesota's system 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's choice.

- Identify and discuss strategies for simplifying and otherwise improving Minnesota's HCBS System

We are very excited to have been asked to be part of this panel.

MADSA was asked to partner with the Elder Care Expo coordinators for their expo on May 9 and 10th at the education building at the State Fair Grounds in St. Paul. MADSA is giving a presentation on the benefits of utilizing Adult Day Services and will be an exhibitor, again spreading the message for all member centers.

Many of you have asked about the requirement in this state for NSF Kitchens for Adult Day Services. I received the following information on this regulation from the Department of Health and want to pass it on:

"If you serve ten or less people you can have a residential style kitchen. However even with over ten people the equipment needed is dependent upon the food (menu) at the center".

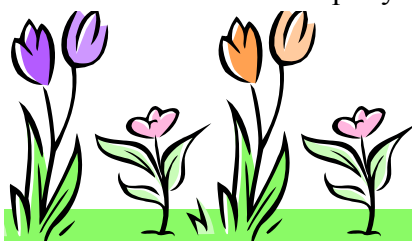
If you have questions regarding this, they can be directed to: Gary Edwards at the state DoH, email Gary.Edwards@state.mn.us

You may want to check your center's data on our website to make sure it is current. If you find that changes are required, please send those changes to me at madsa2003@yahoo.com and I will forward them to the website designer. You will not be able to make the changes from your computer.

As you can see MADSA has been working hard to continue to keep Adult Day Services on the forefront of everyone's mind. I think you can also see that assistance is needed from time to time to complete this task. If you are interested in being a Board member, serving on any of the various committees, or just in representing MADSA at a Vendor fair or in St. Paul, let me know. I would be happy to answer any questions you may have about the commitment requirements associated with any of these areas. If I don't have the answer, I will put you in touch with someone who does.

Enjoy the summer and Thank You for your continued commitment to MADSA and to the people in your care!

Lynn Buckley



Caregiver Support Groups Helping Your Census... and Your Community

by Bob Schricker

Many times caregivers begin to feel isolated and alone. Friends and family may not interact like they once did. The immediate family may not know how to interact with the loved one going through the disease process, may feel uncomfortable, or may not have the patience or time to give to their care. As the disease progresses, the caregiver feels more isolated because of the additional time that is needed for their loved one's care.

By the time caregivers come to seek the services of an Adult Day Service, many are burnt out. It is very important for them to know that they are not alone, that there are others out there experiencing the same thing. An opportunity for caregivers to connect on a regular basis is a Caregiver Support Group. A support group is a place for the caregiver to be encouraged, a place to share their thoughts and struggles, and a place to laugh and cry with other caregivers who understand.

Education is critical so that the caregiver learns how to cope with and understand the changing behaviors of their loved one. The Adult Day Service Caregiver Support Group can help provide that education. It can meet the needs of the caregiver by finding out the areas where they need assistance, giving them new ideas to help cope

with the challenging behaviors, and assist them with finding available resources to help them in their journey of care.

As a benefit to the caregiver, consider opening up your adult day center at a reduced rate, or at no charge, to care for their loved one while they attend the support group meeting. It allows the one in need of care to join in your program while the caregiver's needs are also being met. You could also invite caregivers that are thinking of using your Adult Day Service to come to a caregiver support group and bring their loved one to join in the program activities at your center. It will help show them how both services – the support group and the day center - are much needed and very important! Providing this opportunity to show your love and compassion for them and their loved one reduces barriers that a caregiver might have about using your service. The Adult Day Center is able to develop a closer bond with caregivers that are using your service because of the support group. Additional information about what type of care the loved one needs and what the caregiver desires for them can be effectively communicated in the support meetings. It is a win, win situation!

Share...
Encourage...
Cry...
Laugh!!

Know about NADSA and MADSA Membership

by Laura Philbrook

Many members have asked about their membership to our national organization, NADSA. You have posed good questions, bringing to light important issues. I will try to answer these as best I can.

New NADSA Staff:

Sara Myers is our new National Managing Director. Teresa Johnson and Rachel Painting will be working with her. They all can be reached by phone (1-877-745-1440), or email (info@nadsa.org). They welcome your questions, concerns, and suggestions.

Answers to Your NADSA Membership Questions:

All of our Minnesota membership information will be entered on the National website within the next month. Our Minnesota membership coordinator has confirmed that our information is correct, up to date, and forwards new members to National as they come in.

According to our new Managing Director at NADSA, a member number is no longer necessary to purchase publications from the NADSA website. This update was

NADSA, MADSA... continued on the back page...

Advocacy... (continued)

community programs with qualified and consistent workers which the Governor's plan puts in jeopardy."

The results...

Both the House and Senate leadership have now restored that 2% COLA. In the House, the law is exactly as it was written in 2007. In the Senate, the raise would be three months later, coming in October instead of July.

Funding aside, these public hearings are important because they increase lawmakers' recognition of adult day services and of MADSA. Earlier this year, on February 6, Andrea Rath, Salvation Army Lakewood Adult Day Center, gave testimony on the role of adult day services in the continuum of dementia care to an appreciative House Health and Human Services Policy Committee.

We can support our front line MADSA advocates in many ways: calling or writing our local legislators to talk about adult day centers, inviting our legislators to visit our centers, and by sharing our concerns and issues with the Advocacy Committee.

NADSA, MADSA... (continued)

made in early April, and we now are able to pay with our credit card or PayPal. What a welcome, simple addition! (NADSA will know that you are a member when you make a purchase.)

HCBS Expert Panel

MADSA was asked to participate in a series of discussions with many other organizations in Home and Community-Based Services for disabled adults and seniors. We are called, "HCBS Expert Panel." I am delighted to represent MADSA membership and those we serve. Other organizations represented on the panel are care providers and MHHA, MN Home Care Association, Alzheimer's Association, AAA's from the metro area and other areas and counties throughout the state. DHS will facilitate the meetings and work groups.

Our first meeting was February 26 at DHS in St. Paul. This was primarily an introduction session. We will meet 2-3 times more this year, and 5-7 times in 2009. This is part of a Federal program and there are already 10 other states working on this project. We will look at gaps in services, where more is needed, and what might work best. Costs and benefits will be discussed, of course. A standardized tool will be used. Our findings and recommendations will be forwarded to federal decision-makers. I will keep you informed and updated as time goes on.

To contact me, just email or call me, or send an email to MADSA at madsa2003@yahoo.com and put my name (Laura Philbrook) in the subject line.