

Date: Tuesday, June 21

Time: 12:00 - 1:30 p.m.

Active Support: Engaging People, Empowering Staff, Creating a New Day

Lead Speaker: Mark Olson, Project Coordinator

Organization: University of Minnesota Institute on Community Integration

Additional Speakers: Renata Ticha (Research), Cathy Tucker and Kay Halverson (providers), University of Minnesota Institute on Community Integration

Description: The Active Support Consortia will provide a brief overview of the project and present preliminary results of research related to the use of Active Support in residential settings. Trainers, researchers and consortia members will be on hand to discuss how Active Support engages people in their lives and empowers staff to provide quality support.

Objective:

- Learn Active Support philosophies and techniques.
- Review preliminary research results.
- Network with interested parties on the model.

Audience Level: Basic

Room: Exhibit Hall - Poster Session

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Caring for Veterans with war-related injuries: The burden for caregivers

Lead Speaker: Joan Griffin, Principal Investigator

Organization: Minneapolis VA Healthcare System

Description: More than 38,000 U.S. military service members have been wounded in Iraq and Afghanistan. Many of those injured have "polytrauma," defined as traumatic injuries to multiple organs or body systems, including traumatic brain injury (TBI). Because of the severity and clinical complexity of the injuries, survivors often require long-term treatment, care and support in order to perform productive activities. Care responsibilities often shift from institutionally provided care to unpaid, family-provided informal care as survivors stabilize or recover. We will describe who provided informal care to survivors of polytrauma and assess caregiver objective burden, including time spent caregiving and tasks provided.

Audience Level: Basic

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Critical Elements of Health Care Coordination

Lead Speaker: Lynda Anderson, Research Fellow

Organization: ICI

Additional Speakers: Brian Abery, Research Associate, ICI; Sheryl Larson, Senior Research Associate, ICI; Sara Mapellentz, ICI; Beth Jones, ICI.

Description: This poster session will describe the results of Participatory and Planning Decision Making groups which were conducted by SNBC care coordinators and SNBC members. The PPDM groups were part of a longitudinal study of care coordination experiences and outcomes for SNBC recipients who have physical disabilities with a focus on access to health care, health outcomes, and impact on cost for the remaining three years of the study period. The study, entitled Health Care Coordination for Persons with Disabilities: Critical Elements and Consumer Outcomes, is being conducted by the Institute on Community Integration at the University of Minnesota.

Objective:

- Present elements of health care coordination which were identified by SNBC Care Coordinators and SNBC members as critical to successful care coordination.

Audience Level: Intermediate - Participants should have a basic understanding of the purpose and function of care coordination.

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Demonstrating the Value of Independent Living Services

Lead Speaker: Cindy Guddal, Community Based Service Program Director

Organization: Courage Center

Additional Speakers: Nancy Flinn, Director of Outcomes and Research, Courage Center

Description: Courage Center has provided Independent Living Skills Services for 21 years, since the start of the CADI waiver. Over the past 7 years Courage Center has collected and examined the outcomes of this program along a range of outcomes: from accessing housing to avoiding homelessness or other negative outcomes to increasing participation in the community. Learn about the valuable outcomes achieved by program participants and how one waiver program provider was able to implement a manageable process for tracking and analyzing outcomes over time.

Objective:

- Increase skills and competence in developing meaningful program outcomes for Home and Community-based Services providers and utilizing outcomes data for program improvement.
- Identify three benefits of ILS services.
- Learn about the increased risk for homelessness and incarceration for persons with brain injury or cognitive dysfunction.

Audience Level: Basic

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Effects of Cessation of Fitness for Individuals with Disabilities

Lead Speaker: Guthrie Byard, MPH, Research Projects & Outcomes Manager, Research Project Specialist

Organization: Courage Center

Additional Speakers: Nicole Knight, Manager, Wellness Fitness and Aquatics, Courage Center

Description: For the last 10 years, Courage Center has been providing fitness services for persons with disabilities with programs targeted for persons who are unable to use other community fitness facilities. With the closure of MnDHO at the end of 2010, several hundred persons with disabilities and complex health conditions lost funding for fitness services. Courage Center is tracking the health status of these individuals, in terms of secondary conditions, use of the health care system, and the number of healthy days. The consequences of the loss of these services and the implications of the changes in health will be discussed.

Objective:

- Learn the consequences of a sedentary lifestyle for persons with disabilities.
- Learn the benefits of exercise for persons with disabilities

Audience Level: Basic

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Effects of Reduction in Personal Care Assistance Services

Lead Speaker: Leslie Nordgren, Outcomes and Research Specialist

Organization: Courage Center

Additional Speakers: Nancy Flinn PhD OTR/L, Director of Outcomes and Research, Courage Center

Description: Courage Center administered a survey about the effects of the reduction of Personal Care Assistance hours on persons with disabilities. The survey was provided to individuals who used services, family members, providers of services, and case managers. The findings included increased stress on individuals who received services, increased stress on family caregivers, and decreased community participation. In addition, there was an increase in secondary conditions, such as UTI, wounds, as well as reports of increased use of the medical system, including hospitalizations and emergency room visits. Finally, some individuals reported relocation to more restricted settings where services were available.

Objective:

- Familiarize yourself with the effects and consequences to Minnesota residents who experienced reductions in their level of PCA hours and services.

Audience Level: Basic

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Home Modifications- Accessible, Affordable & Funding!

Lead Speaker: Maria McCarthy, Co-owner/Vice President

Organization: McCarthy Builders & Remodelers Inc.

Additional Speakers: Brian McCarthy, co-owner/President, McCarthy Builders & Remodelers, Inc.; Brenday Yates, Funding/Loan Officer for Home Modifications, Center for Energy & Environment; Susan Lasoff, Occupational Therapist/Home Assessments, Susal Lasoff and Associates

Description: Poster session to enlighten case workers/social workers/ case managers on the ABC's of Barrier-Free Home Mods. Presenters will include; Provider/Contractor, Occupational Therapist and Funding Expert.

Objective:

- Learn what home modifications for your clients are most cost effective.
- Learn what modifications are most helpful for your client to stay in their homes safely and comfortably.
- Learn how to request a home evaluation with an Occupational Therapist and Provider/Contractor
- Learn what funding sources and resources are available for your clients for home modifications.

Audience Level: Intermediate

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How Does Stigma Affect the Mental Health of Family Caregivers of Veterans with Traumatic Brain Injury?

Lead Speaker: Sean Phelan, Researcher

Organization: Department of Family Medicine and Community Health, University of Minnesota

Description: Families of individuals with stigmatized conditions can also experience illness-related stigmatization. Objectives are to determine whether caregivers of veterans with moderate/severe TBI: 1) perceive discrimination toward their veteran/themselves; 2) perceive their caregiver role is devalued; 3) feel they need to conceal/explain their veteran's condition; and 4) experience poor mental health and social isolation. Our data suggest family caregivers suffer discrimination and consequent mental health effects. They may be inclined to social isolation to avoid stigmatizing situations. It is unclear how well caregivers are served by mental health professionals or whether counseling may be enhanced by focusing on family context.

Objective:

- Determine whether caregivers of veterans with moderate/severe TBI:
 - 1) perceive discrimination toward their veteran/themselves;
 - 2) perceive their caregiver role is devalued;
 - 3) feel they need to conceal/explain their veteran's condition; and
 - 4) experience poor mental health and social isolation.

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Minnesota Boomer Survey 2010: What does the future hold?

Lead Speaker: LaRhae Knatterud, Director of Aging Transformation

Organization: Minnesota Department of Human Services

Description: As one of the final activities within Transform 2010, a project that worked for five years to focus attention on the coming age wave in Minnesota, the project completed the largest every survey of boomers in Minnesota. The survey asked boomers what they are thinking and planning in the areas of housing, community, work, retirement and volunteering, long-term care and caregiving and their current and future economic situation. This session will present a summary of the findings and discuss the implications for aging and disability service providers.

Audience Level: Basic

Room: Exhibit Hall - Roundtable

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PCA with Quality all the Way

Lead Speaker: Audrey Fischer, Program Administrator Principle

Organization: Minnesota Department of Human Services Disability Services

Description: This roundtable discussion will cover legislative mandated PCA Quality Assurance (PCA-QA); the data request sent out to all PCA providers 2011; a summary of DHS's discoveries of "PCA quality" in 5 basic areas: 1. service delivery; 2. policies, procedures and business practices; 3. enrolling, affiliation and contracting; 4. recruitment, wages and benefits; 5. program integrity. We will discuss the next steps already in place by DHS and a discussion about your comments and recommendations for additional next steps.

Audience Level: Basic

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So What Are the Tools to Help Seniors Spend Money Wisely?

Lead Speaker: Patricia C Kimble, MFA, Certified Educator in Personal Finance (CEPT®), Three Rivers community Action

Organization: Three Rivers Community Action, Inc.

Additional Speakers: Larry More, Access Coordinator, Semcil

Description: Discussion of the various financial tools, education, agencies, and literature available to help seniors know how to better manage their money, avoid scams, yet feel comfortable when and how they need to spend money. Comparison of how persons with disabilities have learned to use technology and assistance to keep them in their homes longer.

Objective:

- Review the four programs with tools that are available to help understand money management.
- Learn how others have used technology to stay independent longer.
- Understand the difference between autonomy and independence and how to discuss this with seniors.

Audience Level: Basic

Room: Exhibit Hall - Roundtable

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The HomeMeds - Medication Review in a Community-based Setting by The Consortium at Carondelet Village

Lead Speaker: Georgia Lane, LGSW, Consortium Administrator

Organization: The Consortium at Carondelet Village

Additional Speakers: Sandy Atkins, VP Partners in Care Foundation; Teri Kiresuk, DNP, Geriatric Nurse Practitioner, The Consortium at Carondelet Village

Description: The HomeMeds program addresses the following four medication problems: Unnecessary therapeutic duplication, falls or confusion caused by inappropriate psychotropic drugs, cardiovascular medication problems related to continued high blood pressure, dizziness, low blood pressure or low pulse; and inappropriate use of NSAIDs.

Non-nurse case managers work with a pharmacist or Nurse Practitioner to verify the accuracy and appropriateness of the client's current medication list, identify problems that warrant re-evaluation by the physician, and follow through with the client and physician to resolve identified problems. This evidence-based program is being implemented by The Consortium at Carondelet Village, which is a program that offers care coordination and other services to seniors living at home.

Objective:

- Learn about the HomeMeds program and how it has been implemented in a variety of settings nationwide.
- Understand how a local community-based program has embedded the system into standard protocols and procedures.
- Brainstorm how this program might be implemented in your setting.

Audience Level: Basic

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2011 Care Manager Survey on Supporting Family Caregivers

Lead Speaker: Sue Wenberg, MPH, Family Caregiver Program Consultant, Aging and Adult Services Division

Organization: Minnesota Department of Human Services

Additional Speaker: Sarah Myott, MSW, Research and Evaluation Analyst, Aging and Adult Services Division, MN Department of Human Services

Description: Family and informal caregivers are a valuable vital resource for supporting the long-term care needs of older adults. Each 1% decline in caregiving is estimated to cost Minnesota \$30 million dollars in formal care costs. This session provides an overview of a statewide survey of care managers to learn about perspectives and practices for supporting family caregivers of older adults enrolled in EW and AC. It includes a discussion of recommendations and opportunities for next steps.

Audience Level: Basic

Room: Exhibit Hall, Roundtable