



Connecting Older Adults with Community-based Resources and Options

## Report to Funded Agencies October 2011

### What's New

**Care Transitions** – On April 12 the Centers for Medicare and Medicaid Services (CMS) announced a funding opportunity for community based transitional care programs. AgeOptions, in partnership with the Illinois Transitional Care Consortium and three additional CCUs are developing a proposal. Our plan is to expand the Bridge program used by Aging Care Connections, Solutions for Care and Rush Older Adult Programs to the Kenneth Young Center, North Shore Senior Center and PLOWS Council on Aging to work with high readmission rate hospitals in their service areas. We expect to have submitted the proposal to CMS by October 14, 2011. Rob Mapes and Katie Schmit will be the primary contacts at AgeOptions for this project and can be reached at [robert.mapes@ageoptions.org](mailto:robert.mapes@ageoptions.org) or [katie.schmit@ageoptions.org](mailto:katie.schmit@ageoptions.org).

**One Away** – AgeOptions has produced its third video as part of the One Away project. *One Away* is a video advocacy campaign funded by the National Council on Aging. AgeOptions is one of ten sites across the country charged with producing short documentary films featuring older adults sharing stories about their struggles in achieving economic security. The *One Away* video campaign website can be found at [www.oneaway.org](http://www.oneaway.org). This third video follows three generations of a family and focuses on the importance of programs funded by the Older Americans Act, such as congregate meals and transportation.

We are always looking for sites to show these videos to older adults and hold discussions about the topic of economic security. To find out more about hosting an event, please contact Maribeth Stein at (708)383-0258 or [maribeth.stein@ageoptions.org](mailto:maribeth.stein@ageoptions.org).

### Updates

**Caring Together, Living Better (CTLB)** - CTLB has assisted over 250 caregivers to date with services ranging from meal delivery to support groups to respite care. After receiving CTLB services, caregivers report statistically significant improvement in their feeling of having the help they need and in their scores on a standardized self-efficacy measure. In this third year of our three-year Weinberg Foundation grant, CTLB is focusing on sustainability planning for the local and regional aspects of the project.

CJE SeniorLife completed a successful pilot test of the cultural adaptation of Powerful Tools for Caregivers curriculum, taught by the Caregiver Specialists at South Suburban Senior Services. Most of the adaptation involves adding opportunities for the caregivers to brainstorm how they

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use their faith to help manage the challenges of caregiving. AgeOptions will train additional south suburban Powerful Tools for Caregivers leaders October 13 and 14, and South Suburban Senior Services will lead an orientation on October 17 to teach Powerful Tools leaders how to facilitate the new exercises involving faith.

For more information, contact Sarah Stein at (708)383-0258 or [sarah.stein@ageoptions.org](mailto:sarah.stein@ageoptions.org).

**Chronic Disease Self Management Programs (CDSMP)** – AgeOptions continues to provide stipends to agencies that host CDSMP programs and for class leaders that facilitate the workshops.

AgeOptions will be recruiting senior housing and assisted living facilities to host workshops during the winter season. If you have a facility we can contact, please send information to Annette McClain, Outreach Specialist for the Take Charge of Your Health programs at [Annette.mcclain@ageoptions.org](mailto:Annette.mcclain@ageoptions.org).

Information on the upcoming class leader trainings can be found in the Upcoming Events/Training section of this update. For more information, please contact Marilyn Cramton at (708)383-0258 or [marilyn.cramton@ageoptions.org](mailto:marilyn.cramton@ageoptions.org).

**Make Medicare Work Coalition (MMW)** –Terri Gendel, JulieAnn Chavez (Progress Center for Independent Living) and Kris Sadur (Congresswoman Jan Schakowsky’s office) worked with the Centers on Medicare and Medicaid Services (CMS) to tape a series of videos in American Sign Language at the end of September. They should soon be posted on the national Medicare website.

Approximately 43,000 people lost their ICRx benefits on September 1; the good news is that more than 175,000 people remain in the program. MMW has been developing materials and webinars to educate people about the changes.

Additionally, please be aware that the annual Medicare Part D Open Enrollment period starts and ends earlier this year. It will be from October 15 to December 7.

For more information on MMW, contact Terri Gendel or Georgia Gerdes at (708)383-0258, or [terri.gendel@ageoptions.org](mailto:terri.gendel@ageoptions.org) or [georgia.gerdes@ageoptions.org](mailto:georgia.gerdes@ageoptions.org). Please let them know if you would like a speaker or other support for an event.

**Options Counseling (ADRC)** – As part of a grant from the Illinois Department on Aging, AgeOptions has been working in partnership with Progress Center for Independent Living, PLOWS, NSSC and Northwestern Area Agency on Aging to develop draft state standards for Options Counseling. The standards have now been completed and a training was held for staff at each of the pilot sites. We begin implementing Options Counseling at these sites in October and will be evaluating the pilot over the course of the year.

For more information, contact Mariam Schrage at (708)383-0258 or [Mariam.schrage@ageoptions.org](mailto:Mariam.schrage@ageoptions.org)

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**Senior Community Service Employment Program (SCSEP - Title V)** – The federal FY2011 budget cut SCSEP funding to \$450 million beginning on July 1, 2011. This represents a 45% reduction from the current FY2010 funding level of \$825 million. The Illinois Department on Aging (IDOA) has mandated a reduction in hours for currently enrolled SCSEP participants from 20 hours per week to 13 hours per week, effective July 1, 2011. AgeOptions will continue to accept applications from older adults interested in joining the waiting list for the SCSEP program; however, IDOA has halted any enrollment into the SCSEP program from the waiting list until further notice. AgeOptions will continue to accept and process host site applications from non-profit and government agencies interested offering federally funded on-the-job training opportunities to SCSEP participants.

**Senior Medicare Patrol (SMP)** –AgeOptions continues to expand our SMP (Senior Medicare Patrol) volunteer program. We are working with the Stickney Township Office on Aging and Alivio Medical Center/Pilsen Senior Center to organize two Fraud Fairs for seniors in October. These SMP Fraud Fairs will feature information from law enforcement and fraud prevention entities, such as the U.S. Department of Health and Human Services Office of the Inspector General, the F.B.I., the Illinois State Police Medicaid Fraud Control Unit, the Illinois Attorney General’s Office, the U.S. Postal Inspection Service, and the Federal Trade Commission. We will also play fraud BINGO at both events. For more information, contact Erin Weir or Peg Tully at AgeOptions.

AgeOptions releases weekly SMP “Fraud Alerts” on Fridays with current news and information about Medicare and Medicaid fraud as well as other consumer fraud issues. Past Fraud Alert emails are available on our website: <http://www.ageoptions.org/whatwedo/SMPFraudAlerts.cfm>

If you would like to receive these weekly alerts via email, please contact Erin Weir at (708)383-0258 or [erin.weir@ageoptions.org](mailto:erin.weir@ageoptions.org).

## **Upcoming Events/Trainings**

**Advocacy Task Force Meetings** – AgeOptions Board of Directors established our Advocacy Task Force which includes older persons, Advisory Council Members and representatives of provider agencies. Meetings are monthly with the next meeting scheduled for October 18 at 2:30 pm. Please contact Katie Schmit at (708)383-0258 or [katie.schmit@ageoptions.org](mailto:katie.schmit@ageoptions.org) to be added to the email list for the Task Force.

**CPOE Exam** – All direct services staff at Central Point of Entry (CPOE) agencies **must** be certified by AgeOptions for the delivery of information and assistance which will involves attending training and passing the CPOE Exam. The next CPOE Exam is scheduled for Wednesday, October 26<sup>th</sup> at 9:30am at AgeOptions. If you have a staff member who needs to

take the exam, please contact Mariam Schrage at (708)383-0258 or mariam.schrage@ageoptions.org.

**Oro Latino** - Oro Latino's 6<sup>th</sup> Open Forum Breakfast is scheduled for Friday, October 28<sup>th</sup>, 2011, from 9:00am to 11:30am. This event will take place at Westlake Hospital's Brewster Hall in Melrose Park. If you are a service provider who works with Latino older adults in suburban Cook County and their caregivers and would like to discuss trends and/or issues, we invite you to attend. Topics will include Alzheimer's and Dementia, Medicare Open Enrollment as well as Preventive Care. For more information or to register, contact Antonia D. Gámez at (708)383-0258 or antonia.gamez@ageoptions.org.

**Powerful Tools for Caregivers** – AgeOptions is offering a two-day class leader training in the evidence-based caregiver program Powerful Tools for Caregivers, developed based on the research of Kate Lorig at Stanford University. The training will be held at South Suburban Senior Services of Catholic Charities, 8a.m.-4:30p.m. on Thursday and Friday, October 13 and 14. There is a \$75 licensure fee and \$35 materials fee for the training. An additional, free orientation will be held 9-11a.m. on Monday, October 17 at the same location for any trained Powerful Tools leaders interested in facilitating Powerful Tools with the faith exercises developed by CJESenior Life for the Caring Together, Living Better partnership.

**Take Charge of Your Health Programs Class Leader Trainings** – AgeOptions is offering free class leader trainings in the Stanford Patient Education Research Center evidence based Chronic Disease Self-Management Programs.

Training is for volunteers and agency staff who commit to offer the classes under the program guidelines. Participants must complete all training days to be certified to facilitate six week workshops in the community. All newly certified facilitators are required to conduct two workshop series within a year after being trained. Tomando Control class leaders must be fluent in written and spoken Spanish. Facilitators who conduct community workshops in suburban Cook County can receive stipends from AgeOptions until March 30, 2012.

Upcoming Training Dates:

- Take Charge of Your Health Four Day Class Leader Training: November 7-8 and 14-15
- Take Charge of Your Diabetes Two Day Crossover Training: January 9-10, 2012 ( Must be trained in Take Charge of Your Health first)
- Tomando Control de su Diabetes Four Day Class Leader Training: January 17-18 and 24-25, 2012.
- Take Charge of Your Diabetes Four Day Class Leader Training: March 15-16 and 22-23, 2012

Trainings are from 8:30 am to 4:00 pm at AgeOptions.

Space is limited. To register for either of the Take Charge trainings contact Marilyn Cramton at (708)383-0258 or takecharge@ageoptions.org. To register for either of the Tomando Control trainings contact Antonia Gamez at (708)383-0258 or antonia.gamez@ageoptions.org.

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