



Bluegrass Area Agency on Aging and Independent Living

Advisory Council Presentation

March 12, 2014



The Acronyms

- DAIL = Kentucky Department of Aging & Independent Living
- BGADD = Bluegrass Area Development District
- BGAAAIL = Bluegrass Area Agency on Aging & Independent Living
- BGADRC = Bluegrass Aging & Disability Resource Center
- OAA = Older Americans Act
- CDSMP = Chronic Disease Self Management Program

Federal Government/ Older Americans Act

Administration for Community Living

Centers for Medicare & Medicaid Services



State Government

Department for Aging & Independent Living

Department for Medicaid Services



Bluegrass Area Development District

Bluegrass Area Agency on Aging & Independent Living



Local Governments & Counties, Regional Subcontractors

Your Local Senior Center



What is an AAAIL?

- Every community in America is served by an Area Agency on Aging (AAA)
 - Nationwide, contact Eldercare Locator at **1-800-677-1116** or **www.eldercare.gov**
 - In Kentucky, contact the Department for Aging & Independent Living at **(502) 564-6930** or <http://chfs.ky.gov/dail/>
- Independent Living (IL) reflects recent shift toward serving younger people with disabilities



Bluegrass Area Agency on Aging and Independent Living

Mission: The BGAAAIL will promote & provide for the development of community-based systems of care, which include:

- Planning, access & delivery of services;
- Coordination of activities & programs;
- Advocacy on behalf of & education for older persons, disabled individuals & caregivers in the communities of the Bluegrass.



The Bluegrass Region

- Anderson County
- Bourbon County
- Boyle County
- Clark County
- Estill County
- Fayette County
- Franklin County
- Garrard County
- Harrison County
- Jessamine County
- Lincoln County
- Madison County
- Mercer County
- Powell County
- Nicholas County
- Scott County
- Woodford County



The Services & Programs

- Aging & Disability Resource Center
- Senior Centers
- Nutrition Program
- Adult Day Care Program
- Homecare Program
- Nursing Home Ombudsman
- Legal Services
- SHIP Program
- Senior Community Service Employment Project
- Senior Companion Program
- Health Promotion & Disease Prevention Programs; CDSMP
- National Family Caregiver Support Program
- Medicaid HCB and SCL Waiver/ Consumer Directed Option
- Tailored Activities Program for Dementia
- Personal Care Attendant Program
- Bluegrass Help at Home
- Bluegrass Mental Health & Aging Coalition
- Elder Abuse Prevention
- Kentucky Caregiver Program



Bluegrass Aging & Disability Resource Center (ADRC)

- Information about and centralized intake for BGAAAIL's programs
- Information and referral to other community resources related to aging and disabilities
- Periodic e-mail newsletter
- Contact ADRC at 866-665-7921 or adrc@bgadd.org



Homecare Program

- Statewide program designed to keep frail elderly in their homes as long as possible.
- **Eligibility:**
 - 60 years or older
 - Functional disability (impairment in 2 physical activities of daily living or 3 instrumental activities of daily living or impaired in 1 ADL and 2 IADLs)
- **Payment:** sliding fee scale based on income. Can deduct medical expenses when determining income.
- May be a waiting list for services.



Homecare Services

- **Homemaking** – light housekeeping, laundry, grocery shopping, etc.
- **Personal Care** – help with bathing, dressing, grooming, etc.
- **Home Delivered Meals** – must meet criteria
- **Respite Care** – relief for regular caregiver
- **Escort** – accompaniment to doctor, dentist or other essential service
- **Chore** – heavy household tasks
- **Minor home repair** – for safety and mobility



Elder Nutrition Program

- **Congregate Meals** – served at Senior Center and Griffith/Ballard Towers (downtown)
- **Eligibility:**
 - Age 60 or older
 - Spouse of an individual age 60 or older
 - Have a disability or live at home with an eligible older individual
 - Donations requested, but no one turned away



Elder Nutrition Program

- **Home Delivered Meals:**
- **Eligibility:**
 - Homebound due to illness or disability
 - Aged 60 or older, spouse of individual age 60 or older, or have a disability and live at home with an eligible older individual
 - Unable to attend congregate site
 - No one at home to prepare a nutritious meal



National Family Caregiver Support Program

- Provides up to \$800/year for Respite Care
- Up to \$300/ year for Supplemental Supplies and Services
- Eligibility **does not** consider income or assets of caregiver or person cared for
- Deficits in ADLs and IADLs



National Family Caregiver Support Program

- **Eligibility:**

- Caregivers of any age who care for a frail individual age 60 or older. (**Do not** have to be related.)
 - Same functional disability criteria as Homecare Program.
- Caregivers of any age who care for an individual of any age with Alzheimer's Disease or related dementia. (**Do not** have to be related.)
- Grandparents or other relatives at least 55 years old who are the primary caregivers for children aged 18 or younger.



KY Family Caregiver Program ("Grandparents Program")

- Supports grandparents who are raising grandchildren age 18 or younger
- Financial assistance for clothes, respite, school supplies or assistance, medical and dental services, and other authorized expenses
- Information and assistance



KY Family Caregiver Program ("Grandparents Program")

- **Eligibility:**

- Child's parents may not live in the home.
- Gross household income no more than 150% Federal Poverty Level.
- Grandparent must be:
 - Kentucky resident
 - Child's primary caregiver
 - Related to grandchild through blood, marriage or adoption



Medicaid HCB Waiver/ Consumer Directed Option

- Home & Community Based Waiver = alternative to nursing home care
- Medicaid pays for nonmedical services to help elderly and disabled stay in home/community
- No age restrictions
- Includes Medicaid coverage for medical services



Medicaid HCB Waiver/ Consumer Directed Option

- **Eligibility:**

- Elderly or disabled or blind
- Those who meet nursing facility level of care (as defined in [907 KAR 1:022](#)), who, without services, would be admitted to a nursing facility.
- Financially eligible for Medicaid services (special financial eligibility for Medicaid is applied for this program).
- BGAAAIL also administers the Supports for Community Living (SCL) waiver which provides Adult Day Training, Community Living Supports, Supported Employment and Respite
- The Michelle P. waiver (MPW) provides homemaking, personal Care, Attendant Care, Respite and Community Living Supports

*Both SCL and MPW have different eligibility requirements than HCB



Medicaid HCB Waiver/ Consumer Directed Option

Services:

- **Support Broker:** Limited case management
- **Homemaker:** Limited housekeeping assistance
- **Personal Care:** Help with ADLs (bathing, grooming, eating, dressing/undressing, toileting, walking)
- **Attendant Care:** Supervision while primary caregiver is at work
- **Unskilled Respite Care:** Relief for primary caregiver
- **Goods and Minor Home Adaptation:** Incontinence supplies, etc
- **Adult Day Care** (“blended services”)



Supports for Community Living (SCL) Waiver

- BGAAAIL provides Case Management for SCL waiver recipients
- The case manager assists individuals and/or their family to develop a plan to meet the individual need
- The case manager works closely with the individual to ensure they are satisfied with the services they receive



Nursing Home Ombudsman Agency of the Bluegrass

Mission:

The mission of The Nursing Home Ombudsman Agency of the Bluegrass, Inc. (NHOA) is to improve the quality of care for residents of long-term care facilities. These are nursing homes, family care homes, and personal care homes.



Nursing Home Ombudsman Agency of the Bluegrass

Objectives

- Protect the rights of nursing home residents;
- Identify, investigate and work to resolve residents' concerns;
- Empower residents to make informed choices;
- Monitor and work to enact laws protecting older Kentuckians;
- Be a regular friendly visitor to residents.



Nursing Home Ombudsman Agency of the Bluegrass

Contact Information

- Sherry Culp at Lexington Senior Citizens' Center
(1530 Nicholasville Rd., Lexington, KY 40503)
- www.ombuddy.org or info@ombuddy.org
- (859) 277-9215, (859) 278-6072 or
toll free at 1(877) 787-0077
- Kimberly Goode State LTC Ombudsman
- kimberlygoode@ky.gov
- (800) 372-2991



State Health Insurance Assistance Program (SHIP)

- Provides information, counseling and help with applying for benefits to anyone 60 or older and disabled people, their family members and their caregivers.
- Focus on Medicare recipients and questions, including assistance with Medicare Open Enrollment
- No charge for services



State Health Insurance Assistance Program (SHIP)

Goals:

- Educate seniors on health insurance coverage, benefits and consumer rights;
- Provide assistance and education, on a one-on-one basis or through educational forums;
- Protect consumers against fraud or misdirected collections; and to
- Empower consumers to make informed health insurance choices.



State Health Insurance Assistance Program (SHIP)

Services:

- One-on-one counseling by telephone or in person;
- Presentations to community groups;
- Printed materials; and
- Referrals (connections to other agencies).



State Health Insurance Assistance Program (SHIP)

Contact Information:

- Legal Aid of the Bluegrass
498 Georgetown Street
Lexington, KY 40583
- Phone: 1-866-516-3051
- www.lablaw.org/SHIP/
- Statewide: 1-877-293-7447



Legal Services: Legal Aid of the Bluegrass

- Free civil legal advice, assistance and referrals for older Kentuckians (60 and older) and their caregivers.
- No assistance or advice in matters of criminal law.
- No income restrictions but many services are targeted at low and moderate income individuals.



Legal Services: Examples of Issues Handled

- Medicare
- Medicaid
- Prescription Drug Assistance
- Consumer Issues
- Family Law
- Power of Attorney
- Guardianship
- Housing and Property
- Estate Planning
- Debt Collection;
- Living Wills



Legal Services: Legal Aid of the Bluegrass

Contact Information:

- Legal Aid of the Bluegrass
498 Georgetown Street
Lexington, KY 40583
- **(859) 233-4556 or (800) 928-4556**
- www.lablaw.org or help@lablaw.org
- For other areas contact your AAAIL



Senior Employment Programs

- Senior Community Services Employment Program (SCSEP)
 - Federally funded employment program to help build skills
- Senior Companion Program
 - Small hourly stipend for providing companionship for homebound seniors
- Must be 55 or older for both programs



Bluegrass Area Agency on Aging and Independent Living

Chronic Disease Self Management Program

- Six week workshop series meeting once a week for 2.5 hours
 - Developed by researchers at Stanford University Patient Education Research Center
 - Assists participants to better manage their illness regardless of the disease
 - Helps participants decide what successful health changes they are ready to make



Bluegrass Area Agency on Aging and Independent Living

Topics Include:

- Goal Setting
- Exercise
- Nutrition
- Communicating Effectively
- Managing Emotions
- Problem Solving
- Symptom Management



Bluegrass Area Agency on Aging and Independent Living

Senior Center Services

- The Older Americans Act (OAA) of 1965 laid the foundation for what was to become Senior Centers and the Aging Services Network, including the Area Agencies on Aging that support them. In 1973 amendments to the OAA created grant funding that was made available to community agencies to create both the Area Agencies on Aging and multi-purpose Senior Centers. As a the historical focal point for aging services and aging services programs, Senior Centers have continued to grow and prosper under the various reauthorizations of the Older Americans Act.
- These reauthorizations have expanded senior nutrition services; established supportive services to help seniors remain independent; and added distinct appropriations for the establishment of in-home services for the frail elderly, a long-term care with special needs, health education and promotion, elder abuse prevention, and SSI, Medicaid, and Medicare outreach efforts.



Bluegrass Area Agency on Aging and Independent Living

Services

- Information and Assistance
- Enrollment and Outreach events
- Health Promotion Activities and Programs
- Educational programs
- Employment assistance
- Telephone Reassurance and Friendly Visiting
- Intergenerational Programs
- Nutrition programs with home delivered meals and on site meals
- Advocacy
- Opportunities for community volunteerism both to and by the Centers
- In Home Services



Bluegrass Area Agency on Aging and Independent Living

Eligibility

- 60 Years of Age or Older
- Volunteers and guests of all ages are welcome and encouraged to visit
- Adult disabled dependents of those over 60 years of age are also welcome at Senior Centers and can share meals with their senior participant



Bluegrass Area Agency on Aging and Independent Living

Adult Day Care and Alzheimer's Respite

Adult Day Care and Alzheimer's Respite Center services are community-based group programs with specialized plans of care designed to meet the day-time needs of individuals with functional and/or cognitive impairments. Adult day centers provide this comprehensive and structured care in a protective setting and generally operate during normal business hours five days a week. Some centers offer services in the evenings and on the weekends as well.

Adult Day Care and Alzheimer's Respite Center services can help people with disabilities live at home and postpone or avoid nursing home or assisted living care. The centers provide important respite to informal caregivers and help to those care giving family members or friends who juggle work with care giving responsibilities by providing services and supervision during working hours.



Bluegrass Area Agency on Aging and Independent Living

Adult Day Services

- Almost all Adult Day Care and Alzheimer's Respite Centers offer some personal assistance and therapeutic activities, but vary in the extent of the services.
- Many centers focus on the provision of non-medical services including: transportation, meals, and social opportunities.
- Some centers adhere to a more medical model of care by offering a range of health services, including weight and blood pressure monitoring and distribution of medications, provided by a nurse on staff.
- Memory stimulation and reality orientation
- Music, art and gardening
- Current events, field trips and games
- Guest speakers, appropriate physical activity for body tone and strength, and pet therapy



Bluegrass Area Agency on Aging and Independent Living

Bluegrass Mental Health and Aging Coalition

- The Bluegrass Mental Health and Aging Coalition (BMHAC) is a partnership of professionals and consumers who have come together around the need for outreach and education in the area of mental health and aging.
- The Coalition coordinates the yearly "Empowering Mindfulness" conference in June, featuring topics on elder abuse prevention and mental health and aging.
- The coalition has published a directory of mental health resources, creates billboards and street banners, and undertakes various activities all in an effort to raise awareness about the effects of mental illness on the elderly.
- In 2014 BMHAC funds will be used to provide training for professionals who work with the elderly to be followed by training tailored for consumers and their families that are dealing with mental illness. These training activities will focus on signs and symptoms of mental illness, resources available, and distinctions between dementia and mental illness.



Bluegrass Area Agency on Aging and Independent Living

Current Grants

- Chronic Disease Self Management Program (CDSMP)
- Diabetes Self Management Program (DSMP)
- Tailored Activity Program (TAP)
- Arthritis Foundation Exercise Program (AFEP)
- Mental Health and Aging Coalition Mini-Grant
- Functional Assessment Service Team (FAST)
- Health Benefits Exchange (HBE)
- Medicare Improvement Patient & Provider Act (MIPPA)



Bluegrass Area Agency on Aging and Independent Living

Bluegrass Community Health Coalition

- A patient centered collaborative health initiative for a healthier Bluegrass community.
- The **mission** is to create a community model that supports care Transitions to improve health outcomes across the continuum.
- Participation in the Bluegrass Community Health Coalition is open to organisations and individuals interested in fostering the vision by actively engaging in the planning work of the coalition.

For more information contact Celeste Collins at (859) 229-8021.



Bluegrass Area Agency on Aging and Independent Living

Bluegrass Elder Abuse Prevention Councils

- The mission of the Bluegrass Elder Abuse Prevention Councils are to aid in the prevention of elder abuse through community education and identifying those at risk.
- The Bluegrass Elder Abuse Prevention Councils are reflective of the communities they serve. They consist of members from professional agencies that serve seniors, law enforcement entities, banking institutions, and concerned members of the public.
- All councils are involved in recognition events around World Elder Abuse Prevention Day celebrated June 15th every year.
- 1 in 9 seniors, nationally, reports being abused, neglected or exploited in the last 12 months nationally. Only 1 in 15 actually takes the step to make a report.



Bluegrass Area Agency on Aging and Independent Living

Kentucky Adult Abuse Statistics

- 2012 statistics indicate 16,971 reported cases of adult abuse or neglect of those over the age of 60.
- Investigations of abuse by type:

• Adult abuse	1108
Spouse abuse	467
Partner abuse	85
Care taker Neglect	2318
Self-Neglect	2605
Exploitation	1146

Source: Kentucky Elder Abuse Committee Annual report 2012



Bluegrass Area Agency on Aging and Independent Living

Who Reports Elder Abuse

Kentucky is a **mandatory** reporting state

Kentucky Revised Statute: 209

Any person, including but not limited to, physician, law enforcement officer, nurse, social worker, cabinet personnel, coroner, medical examiner, alternate care facility employee, or caretaker, having reasonable cause to suspect that an adult has suffered abuse, neglect, or exploitation, shall report or cause a report to be made in accordance with the provisions of this chapter. Death of the adult does not relieve one of the responsibility for reporting the circumstances surrounding the death.



Bluegrass Area Agency on Aging and Independent Living

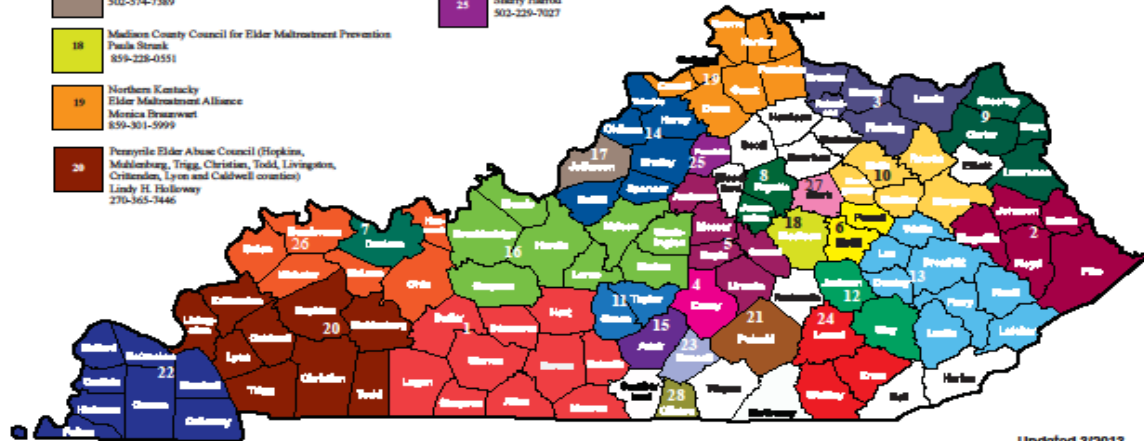
2013 Local Coordinating Councils on Elder Abuse

- 1** Barren River Elder Abuse Council
Daniel Cary
1-800-782-1924
- 2** Big Sandy Elder Abuse Council
Misty Pugh
606-886-2374
- 3** Buffalo Trace Elder Abuse Council
Heather Fuller
- 4** Casey County Elder Abuse Council
Todd Bryant
606-787-6889
- 5** Together Elder Abuse and Mental Health
(Boyle, Garrard, Lincoln, Mercer, Anderson)
Anna Duncan
859-236-2726
- 6** Edill County Council on Aging
Darlene McKinney
606-723-4787
- 7** Daviess County
Debra Jacob
270-687-7491
- 8** Blugrass Elder Abuse Prevention Council
Troy Johnson
859-278-6072, ext. 321
- 9** Fincos Elder Abuse Council
Sharon Carter
606-836-3187
- 10** Gateway Elder Abuse Council
Regina Beck
606-780-0090
- 11** Owen/Taylor Elder Abuse Council
Stacy Arnett
270-932-7485
- 12** Jackson and Clay County Elder Abuse Council
Melissa Davidson
606-598-2027

- 13** Kentucky River Council against Maltreatment of Elders
Stacie Noble
606-436-3158
- 14** KIPDA Rural Elder Abuse Council
Ben Kennedy
502-647-9245
- 15** Lake Cumberland Elder Abuse Council
Patricia Harper
270-884-6411
- 16** Lincoln Trail Elder Abuse Council
- 17** Louisville Metro Elder Abuse Council
Homesite Jennifer Leibson
502-574-7389
- 18** Madison County Council for Elder Maltreatment Prevention
Paula Strunk
859-228-0551
- 19** Northern Kentucky
Elder Maltreatment Alliance
Monica Braunwart
859-301-5999
- 20** Penzance Elder Abuse Council (Hopkins,
Madisonburg, Trigg, Christian, Todd, Livingston,
Crittenden, Lyon and Caldwell counties)
Lindy H. Holloway
270-365-3446

- 21** Pulaski County Elder Abuse Council
Brian Jiggers
606-679-7421
Christine Dudley
800-937-8596
- 22** Purchase Elder Abuse Council
Susan Hill
270-653-4314
- 23** Russell County Elder Abuse Council
Christy Cusdoff
270-866-2899
- 24** Tri County Abuse Council for Elders
Denise Harmon
606-878-8844
- 25** Franklin County Council on Family Abuse
Sherry Harrod
502-229-7027

- 26** Green River Triad/Elder Justice Coalition
Vivian McNetten and Ashley Glenn
800-928-9094 or 270-626-4433
- 27** Clark County Mental Health and Aging Coalition
Salena Packett
859-271-3765
- 28** Clinton County Elder Abuse Council
Vicky Lohren
606-387-9011
- None



Updated 3/2013



Bluegrass Area Agency on Aging and Independent Living

How to Report Elder Abuse

To report suspected abuse in your community, contact your local Adult Protective Services agency.

To reach the Kentucky APS Abuse Hotline:

1-800-752-6200 or 1-877-597-2331.



Bluegrass Area Agency on Aging and Independent Living

Ways to Connect

Facebook: @bgaaail

Twitter: @bgaaail

Podcasts: www.bgaaail.org



Bluegrass Area Agency on Aging and Independent Living

Contact Information:

Celeste Collins, Director ccollins@bgadd.org

Mary Crowley-Schmidt, Assistant Director

maryc@bgadd.org

Lydia Jacobs, Aging Program Specialist

ljacobs@bgadd.org

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