



The Long Term Care Coordinating Council
Aging in Community Act Subcommittee
Wednesday, November 12
9:00-10:00am
Child & Family Services
1268 Eddy Street
Providence, RI

Draft Minutes

Michelle Szylin Greta Abbott Nicholas Oliver Heather Amaral Paula Parker Cathy Gorman Joyce Dolbec Skye Leedahl	Marianne Raimondo Susan Pomfret Deb Mack Deborah Burton Cathy Cranston Kathy McKeon Marea Tumber Maureen Maignet
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I. Welcome and Introductions

II. RI State Plan on Aging Review (overview presented by *Rhonda Schwartz, DEA*) (State Plan attached)

Each state is required by the federal government to have a State Plan. Different states are on different time lines, and RI's Plan is resubmitted every 4 years. The last one was submitted in 2011 and expires in September of 2015, so a new Plan needs to be submitted in June 2015.

GOAL #1: Enable seniors to remain in their own homes with a high quality of life for as long as possible through the provision of appropriate home and community-based services, including supports for family caregivers.

Objective 1.1: Provide affordable home and community-based care services and living options to prevent or delay institutionalization.

- The CNOM population is not eligible for Medicaid, but these individuals meet other income and need criteria (i.e. adult day, home care) under the RI Global Waiver. Paula Parker presented on this program at the LTCCC meeting on November 12, 2014. This program is funded with general revenue and is not an entitlement program. Through the global/1115 waiver, the state gets the 50/50 match, and the size of program is growing every year.
- Aging and Disability Resource Centers (ADRC) are in every state; in RI, the key partner is the Point. Designated federal funds are no longer available for the program
- DEA encourages Meals On Wheels to have plan in place during inclement weather. Heather Amaral noted that clients are provided with shelf ready food packages for use during inclement weather. We will discuss nutrition in more detail at the meeting on December 17.

Objective 1.2: Provide opportunities for seniors in nursing homes and discharging from hospitals to return to the community.

- Collaborate with RIDHS in the implementation of the Money Follows the Person grant to transition persons out of nursing homes.
- The Coleman care transitions coaching model was with Healthcentric Advisers for 2 years, but is now expired.
- Have a MOU with RIH regarding care transitions between RIH and ADRC.

Objective 1.3: Provide opportunities for community involvement.

- Increase public awareness of programs available by means of the local senior center network, public libraries and the ADRC.
- Attend fairs and expos, collaborate with EOHHS.

Objective 1.4: Provide family caregivers with the information they need to make informed decisions and to access services.

- Diocese runs the respite program for DEA. Grant funds limit scope of program. Maureen noted caregiver services, including respite, will be subject of future meeting.
- The Lifespan Respite Care grant was refunded for the next 3 years.
- Increase public awareness of the services adult day care programs.

GOAL II : Empower older people to stay active and healthy

Objective 2.1: Encourage self-management of chronic disease.

- Continue to collaborate with the RI DOH on the LivingWellRI program. Living Well is a chronic disease management program, with classes on diet and exercise.
- Empower older to people to stay active and healthy.

- Continue to promote, through local partner agencies, health promotion and medication management outreach activities.

Objective 2.2: Promote a healthy lifestyle among older adults.

- Educate older adults about the importance of a healthy diet and encourage participation in congregate meal sites and home delivered meal programs, as well as other publicly funded programs that lead to better nutrition.
- Under Title III programming, create meal sites that are less institutional and are more inviting.

Objective 2.3: Engage in falls prevention activities.

- Strengthen collaboration with the DOH on falls prevention activities, such as assisting RIDOH in the implementation of falls prevention programs.

Maureen Maignet asked if Rhonda had any performance measures regarding the objectives. Rhonda said that they produce an annual report showing participation. The meal site participation numbers are going down in RI and nationally. The demographics are changing and there is some stigma about senior meals. A common perception of meal sites is that they are for old people. Increasing the voucher program, such as the one at Newport Creamery, will help to meet the needs of the changing demographic. Transportation is a big issue if people cannot get there. It can also be expensive to pay for the bus plus make the meal donation. The sequester cuts made by Congress to nutrition were restored, but not other programs. They have been level funded for a long time.

GOAL III: Ensure the rights of older people and prevent their abuse, neglect and exploitation

- Increase awareness of elder abuse. Partner with AG's office. They also have a volunteer guardian program.

GOAL IV: Empower older people and their families to make informed decisions about, and be able to easily access, existing home and community-based options

- Empower informed decision-making.
- ADRC- Want people to be able to go to one place, or make only one call.
- Have more events at local level through regional ADRCs.

We will have a discussion about the regional ADRCs and their coverage areas at a future meeting. The ADRC funding from the Older American Act ended in September. Now, there is no federal money specific to ADRC, so they are using funds from Title 3, SHIP and SMP funding to support it.

Unlike the current State Plan on Aging, the new State Plan application does not have prescribed goals. Four years ago, DEA held 6 public hearings for proposed goals and strategies that were not well attended. The group discussed using focus groups around the state to get people involved in the process. Marianne Raimondo offered to coordinate some focus groups and public hearings with her students in the spring. DEA will wait until a new Director is named in January to begin the application process.

III. American Society on Aging “Generations” Quarterly Journal, “Aging in Community” (*Bill Flynn, Senior Agenda*)

Bill Flynn loaned copies of the journal to interested members of the group. We need to promote community with people helping each other, and rebuild communities in a sustainable way.

IV. World Health Organization (WHO) “8 Domains” of Livability (*Maureen Maigret*)

Maureen handed out a list of the 8 domains of livability. Some countries, including the US, offer certifications, and AARP is behind this effort in the U.S.

V. Transportation Research (*Bill Flynn, Senior Agenda*)

Bill has two interns who are doing a survey of transportation in RI. Other parts of country are ahead of us in this realm. The students are following up on project Maureen did a few years ago. They are looking at what types of transportation is offered in various communities: Senior Centers, municipalities, volunteers, community centers and private sector.

Next Steps: Next meeting: December 17, 2:00-3:00pm, Department of Labor and Training Workforce Regulation and Safety Building, 1511 Pontiac Avenue, Cranston, RI.