Information & Referral/Assistance (I&R/A) Intensive for State and Local I&R/A Professionals

National Home and Community Based Services Conference

December 2021



Welcome



Part 1: Resources and Updates from Your National Partners



Part 2: Trauma-Informed Care



Presenters:

Sherri Clark, Aging Services Program Specialist, Administration on Aging, Administration for Community Living

Lindsay Baran, Policy Director, National Council on Independent Living

Sara Tribe Clark, Director, Eldercare Locator and DIAL, USAging

Nanette Relave, Senior Director, National I&R Support Center, ADvancing States

2021 HCBS Conference

ACL Info & Resources You Can Use

Sherri Clark
Program Specialist





Overview

- Update on the RAISE Act
- New ACL Resource Centers
- Social Isolation Efforts
 - Commit to Connect
 - Engaged Resource Center
- Home Modifications
- Research Reports

The Recognize, Assist, Include, Support, and Engage (RAISE) Act

- 53 million people in America are family caregivers, and while rewarding, caregiving often impacts a caregiver's physical, emotional, and financial well-being
- Signed into law January 22, 2018.
- The Act has two primary goals:
 - Establish a Family Caregiving Advisory Council made up of Federal and non-Federal members. The Council will provide recommendations and identify best practices to better recognize and support family caregivers; and
 - Establish a national Family Caregiving Strategy with recommendations for ensuring person- and familycentered care, assessment, service planning and information on accessing a range of support options.

The Recognize, Assist, Include, Support, and Engage (RAISE) Act

Recognize, Assist, Include, Support, & Engage (RAISE)
Family Caregivers Act

Initial Report to Congress

Prepared by: RAISE Family Caregiving Advisory Council

With assistance from: Administration for Community Living,
an operating division of the U.S. Department of Health and Human Services















September 22, 2021

5 Priority Areas

- 1. Increased awareness of family caregiving
- 2. Increased emphasis on integrating the caregiver into processes and systems from which they have been traditionally excluded
- 3. Increased access to services and supports to assist family caregivers
- 4. Increased financial and workplace protections for caregivers
- 5. Better and more consistent research and data collection

https://acl.gov/RAISE/report

New Resource Centers

- National Technical Assistance Center on Grandfamilies and Kinship Families
 - 5 year cooperative agreement awarded to Generations United
 - The goal of the NTAC is to measurably increase the capacity and effectiveness of states, territories, tribes/tribal organizations, nonprofits and other community-based organizations to serve and support families in which grandparents and other relatives are raising children of family members.

New Resource Centers

Modernizing Senior Centers Resource Center

- 3-year cooperative agreement awarded to NCOA
- Goal: Ensure senior centers have the capacity, tools, and resources necessary to develop and implement programs that meet the current and future needs of diverse older adults across the U.S.

Commit to Connect Campaign Overview

 A public-private partnership targeting those most isolated and disconnected from needed services and supports in order to connect them with appropriate, informed solutions to decrease isolation and loneliness among older adults and people with disabilities.

Goals:

- 1. Connect/engage up to 10 million people that are socially isolated
- 2. Develop and launch a clearinghouse of solutions to address social isolation
- 3. Engage a coalition of relevant organizations to support a public awareness campaign and build a nationwide network of champions that advances inclusion, social engagement and connected communities

Coordinating Center

- Establish a partnership among organizations dedicated to addressing social isolation and loneliness among older adults and people with disabilities. Coordinating Center is governed by a **Steering Committee**
- Support the development of a Clearinghouse focused on the dissemination of relevant interventions to address social isolation at community, state, and national levels.
 - Clearinghouse Council that informs governance and maintenance of the Clearinghouse.
 - Scientific Advisory Group that assesses the evidence base to support program and technology solutions and develop a methodology for ranking the evidence on those solutions.

Nationwide Network of Champions

- A community of practice and a nationwide network of national, state and local champions and organizations that work together to address social isolation.
- The nationwide network will enable real-time sharing of successful efforts and help develop a collective understanding of evidence based or evidence informed practices and programs that can be replicated across communities.
- Visit the nationwide network platform currently accepting applications to join nationwide network.
 https://committoconnect.org/about/

engAGED: The National Resource Center for Engaging Older Adults

- Administered by USAging
- Funded by the Administration for Community Living
- Guided by 18 Project Advisory Committee members
- National effort to increase social engagement of older adults, people with disabilities and their caregivers
- Identifies, develops and disseminates resources, replication tools and best practices for the Aging Network

www.engagingolderadults.org



How engAGED Can Support Your Work

Training & Technical Assistance Offerings

- Participates in conference workshops
- Holds annual Virtual Summits
- Offers monthly webinars
- Offers bimonthly office hour calls
- Developed the Innovations Hub, an online database of social engagement innovations

Outreach

- Produces a monthly newsletter
- Disseminates a monthly blog
- Engages on social media
- Produces an annual consumer brochure
- Updating the engAGED Community Toolkit and consumer flyers and fact sheets

New Tech Brochure



- engAGED, in partnership with <u>Older Adults Technology</u> <u>Services</u> and the <u>Eldercare</u> <u>Locator</u>,
- publication designed to help older adults learn about the technology options that can help them access social engagement activities.

Innovations Hub

 Database of social engagement innovations developed to facilitate shared learning and replication

www.engagingolderadults.org/hub

Promoting Aging in Place by Enhancing Access to Home Modifications Project

Funded by:





Goal: Maximize older adults' ability to age in place by increasing the availability and awareness of home modifications











https://homemods.org/acl/

Project Overview

Goal: to maximize older adults' ability to age in place by increasing the availability and awareness of HM at the local, state, and national levels

Develop a knowledge base

Improve coordination among HM programs

Train aging network to deliver, promote access to HM

Improve access to and use of HM by older adults and caregivers

Home Modification Information Network

Ongoing data collection documenting and sharing home modification activities at the local and state levels

State and Local Activities
Local Providers
Funding Sources

www.homemods.org/hmin



Home Modification for the Aging Network Training Program

Four Series: Oct. 2020,

Jan. 2021, April 2021,

and Oct. 2021



Week 1: Home Modification: The 5 W's (What, Why, Where, Who and When?)

Week 2: 1) Positive Developments in Home Modification and Repairs: Aging Network and Home Modification Case Studies and 2) Making Home Modification a Reality: Consumer and Professional Issues

Week 3: Beyond Assessment, Finding the Right Solutions

Week 4: Stalking the Elusive Buck

Week 5: 1) Working in the Field and 2) Ethics in the Home Modification Field

Week 6: Final Assignment and/or Final Exam

Consumer Fact Sheets & Videos

eonard Davis

Home Modifications for Caregivers: Special Considerations



Most older adults prefer to remain in their homes as long as possible. To do so, it is essential that their home environment supports them to do their daily activities safely. Home Modification - making changes to the home environment to support a person's changing needs - can promote health, safety, and independence, and support the work of caregivers.

Why are Home Modifications Important for Caregivers?

People who provide care for others-relatives, friends, or clients-are called caregivers. Caregivers assist with daily activities such as bathing and dressing, as well as keeping their care recipients safe in their home.

Caregivers may experience their own physical and emotional strains from caregiving: for example, transferring the care recipient from a wheelchair or shower. The environment in which they provide care can make their work easier or more difficult: reduce the likelihood of injury, or increase it. Making the home environment safer can help relieve the burden, and help care recipients to live more safely.

Home Modification:

- · Reduces accidents by making the home a safer place to live and age in place
- · Supports independent living by making daily activities easier
- · Reduces physical and emotional strain on caregivers

How Can Home Mods Help? A woman who has rheumatoid arthritis and macular degeneration is cared for in her home by her daughter. To address her vision problems, the daughter increases the bathroom lighting, installs a light switch by the door, and removes a rug that is a tripping hazard. Her daughter helps her obtain a shower chair, elevated toilet seat, and grab bars by the toilet and shower. These changes increase the woman's independence while relieving some of the daughter's stresses with caregiving.

Leonard Davis

Home Modifications for LGBTQ Older Adults: Special Considerations



Most older adults prefer to remain in their homes as long as possible. To do so, it is essential that their home environment supports them to do their daily activities safely. Home Modification - making changes to the home environment to support a person's changing needs - can promote health, safety, and independence.

While LGBTO adults have

support systems often made

up of Significant Others.

Friends, Family, and Allies

(SOFFA), they are more likely

than non-LGBTQ adults to

live alone with inadequate

caregiving or planning for

their long-term needs.

Why are Home Modifications Important for Lesbian, Gay, Bisexual, Trans, and Queer (LGBTQ) Older Adults?

There are an estimated 3 million LGBT adults over age 50, and this group is expected to grow to 7 million by 2030. LGBT older adults face unique challenges and are:

- . Twice as likely to be single and live alone than non-LGBTQ adults
- · Four times less likely to have children
- · Much more likely to have faced:
 - o Discrimination and social stigma o Lack of access to knowledgeable providers
 - o Barriers such as unemployment or poverty
 - Refusals of service

Due to these barriers, LGBT individuals have:

- . Lower rates of accessing health care (up to 30%)
- · Increased rates of depression
- · Health conditions that are often worsened by
- inadequate healthcare

Health conditions, including depression, can increase fall risk. A safe and supportive home environment can reduce fall hazards and promote independence, especially when living alone.

Leonard Davis

Home Modifications for Older Adults in Rural Areas: Special Considerations



Most older adults prefer to remain in their homes as long as possible. To do so, it is essential that their home environment supports them to do daily activities safely. Home Modification - making changes to the home environment to support a person's changing needs - can promote health, safety, and independence.

Why are Home Modifications Important for Rural Older Adults?



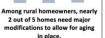




About 80% of rural older adults own their homes.



3 in 5 rural homes were built before 1980.







Most rural homes are single-family residences, which often require a high level of maintenance.

Research Reports https://bit.ly/3aljolN

- Understand Capacity of the Aging Network Grant
 - Survey of Title VI Programs 2020 Report and Toolkit
 - Case Studies: Innovations from the Field: How Area Agencies on Aging and Title VI Programs Address Brain Health
 - Case Studies: Innovations from the Field: AAA Housing and Homelessness Programs
 - Continued Impact of COVID-19 and Future Directions for Area Agencies on Aging
 - Data Brief: Meeting the Needs of Older Adults Living in Rural Communities

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National Council on Independent Living *Updates and Resources*

The Independent Living Network: NCIL

- The National Council on Independent Living (NCIL) is the longest-running national crossdisability, grassroots organization run by and for people with disabilities.
- NCIL represents thousands of organizations and individuals throughout the US including:
 - Individuals with disabilities
 - Centers for Independent Living (CILs)
 - Statewide Independent Living Councils (SILCs)
 - Other organizations that advocate for the human and civil rights of people with disabilities.

www.ncil.org



The Independent Living Network: CILs

- Centers for Independent Living consumercontrolled, community-based, cross-disability, nonresidential, nonprofit agencies designed and operated by people with disabilities
- CIL Core Services
 - Information & referral
 - Independent living skills training
 - Individual and systems advocacy
 - Peer counseling
 - Transition from institutions to community-based residences
 - Assisting individuals to avoid institutional placement
 - Youth transition
- Additional services (vary by community needs)

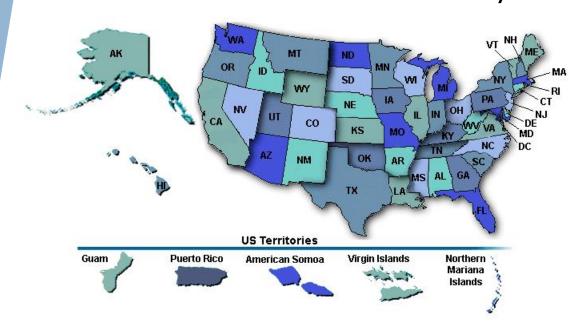


The Independent Living Network: SILCs

- Statewide Independent Living Councils (SILCs)
 - Each state must establish and maintain a SILC
 - Develop the State Plan for Independent Living (SPIL)
 - Monitor, review, & evaluate implementation of SPIL
 - Coordinate activities with other entities in the state



Resource: CIL/SILC Directory



http://www.ilru.org/html/publications/directory/index.html

Update: COVID-19

- CARES Act
- ARP Act
- ACL/CDC Grants
- Disability Vaccine Access Opportunities
- FEMA Category B



Update: COVID-19

- Resource sharing
- T&TA
- Capacity building





Update: Inclusion and Equity

- Racial Justice
- Intersectionality
- Accessibility

2020 Annual Conference on Independent Living



2020 Annual Conference on Independent Living

July 20 - August 7, 2020



NCIL Executive Director Selected for Ibram X. Kendi's Antibigotry Convening

September 17, 2021 By theadvocacymonitor + Leave a Comment

The National Council on Independent Living (NCIL) is pleased to announce that its Executive Director, Reyma McCoy McDeid, has been selected to serve as a Fellow for Dr. Ibram X. Kendi's Antibigotry Convening. Dr. Kendi, author of the best-selling book, How to be an Antiracist, is the founder of the Center for Antiracist Research at Boston University, which is home to the Antibigotry Convening, a program that 'aims to define bigotry in structural terms, examine the ways that structural bigotry harms diverse communities, generate an antibigotry policy report, and motivate an antibigotry movement. The project will involve a series of virtual workshops in the Fall of 2021, and will culminate in

NCIL's Commitment to People with Intellectual Disabilities

September 16, 2021 By theadvocacymonitor • Leave a Comment

Accessibility and inclusion are very important. They are important for all people with disabilities. The Centers for Disease Control (CDC) says that there are 6 million people with intellectual disabilities. The National Council on Independent Living (NCIL) wants to make sure that people with intellectual disabilities can be members and leaders, just like any other person with a disability. This is why we want to make sure that NCIL is accessible and inclusive to people with intellectual disabilities. This inclusive to people with intellectual disabilities. This

NCIL and the Ford Foundation: Partnering to Create an Intersectional Future for the Disability Community

September 24, 2021 By theadvocacymonitor - Leave a Comment

The National Council on Independent Living (NCIL) is pleased to announce our newest partnership with the Ford Foundation that will both support the development of the next generation of disability advocates and enhance our efforts to fully establish independent Living (IL) as a part of the disability justice movement.



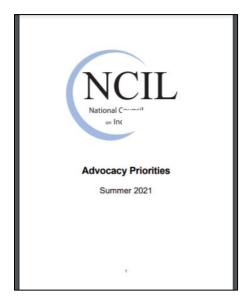
Project Updates

- Provider Accessibility Initiative
 - Continuation of 2018 initiative
 - Aims to increase accessibility of offices and services to people with disabilities
- Visitability
 - www.visitability.org
- Civic Engagement
 - Elevate 2021 (https://ncil.org/elevate/)
 - www.ncil.org/VotingRights



Resource: 2021 Advocacy Priorities

- Rehabilitation Act/ IL Funding
- Long Term Services and Supports
- Housing
- Civil Rights/ ADA
- Transportation
- Healthcare
- Employment
- Emergency Preparedness
- Voting Rights
- Mental Health



www.ncil.org/press-room



Resource: Upcoming Events

Upcoming Trainings

- Know Your Resources Orientation to the IL-NET National Training & Technical Assistance Center for CILs and SILCs- November 7, 2021
- COVID Treatments and Resources Date TBD

All upcoming trainings:

https://ncil.org/training/

Training archives can be found here:

https://www.ilru.org/training-on-demand



Resource: Weekly Advocacy Monitor



www.advocacymonitor.com



For additional information or questions:

www.ncil.org

Lindsay Baran, Policy Director, NCIL, Lindsay@ncil.org



US/ging







Your primary vaccine access resource

National I&R Call Center Expansion

Sara Tribe Clark
Director, Eldercare Locator and DIAL

About the Eldercare Locator

Hours of Operation:

- Monday Friday
- 9:00 am 8:00 pm ET

Contact Information

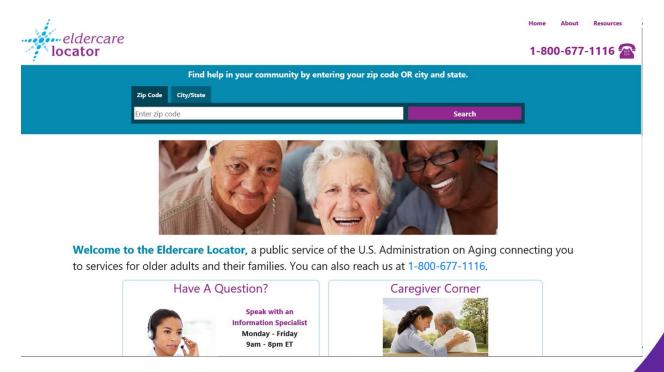
- Phone: 800-677-1116
- Email: eldercarelocator@usaging.org
- E-Chat: eldercare.acl.gov

Monthly Volume:

26,000-36,000 contacts



Database of Key Local Resources





Service Listings in the Eldercare Locator Database

- Information and Assistance
- Aging and Disability Resource Center
- Area Agency on Aging
- Title VI American Indian, Alaskan Native and Native Hawaiian Program
- State Unit on Aging
- Elder Abuse Prevention
- Health Insurance Counseling
- Legal Service Program
- Long Term Care Ombudsman



Expanding COVID-19 Vaccination Access

USAging leveraged call center infrastructure to assist older adults and people with disabilities in:

- Finding a vaccination site
- Appointment scheduling and coordination
- Transportation to vaccination appointments
- Companion/Peer support
- Figuring out whether in-home vaccination is available



Eldercare Locator Call Center Expansion

Helping older adults and caregivers with COVID-19 vaccine access

- Increasing staffing
- Expanding resource lists
- Staying current on in-home vaccination resources
- Promoting the Eldercare Locator as a resource for information on vaccine access
- Proactively offering COVID-19 vaccine access information to all callers



Disability Information and Access Line (DIAL)



ACL and USAging leveraged existing call center infrastructure to assist people with disabilities in:

- Finding a vaccination site
- Appointment scheduling and coordination
- Transportation to vaccination appointments
- Companion/Peer Support
- Figuring out whether in-home vaccination is available



DIAL Partners

- The Association of Programs for Rural Independent Living (APRIL)
- Association of University Centers on Disabilities (AUCD)
- Independent Living Research Utilization (ILRU)
- The National Association of Councils on Developmental Disabilities (NACDD)
- The National Council on Independent Living (NCIL)
- The National Disabilities Rights Network (NDRN)
- The Partnership for Inclusive Disaster Strategies



DIAL Partners: Critical Contributions

- Naming the new call center
- Training DIAL Call Center Specialists
- Developing quick-reference scripts
- Advising on where to refer DIAL contacts
- Keeping databases current
- Promotion of DIAL



Reasons for Contacting DIAL

- Seeking In-Home/On-sight vaccination
- Seeking General COVID-19 Vaccination information and appointments
- Transportation to vaccine appointments
- Legal assistance
- Housing options
- Financial assistance
- In-home services



Most Frequent Referrals

- Centers for Independent Living (CILs)
- Aging and Disability Resource Centers (ADRCs)
- Area Agencies on Aging (AAAs)
- DD Councils
- State and Local Health Departments
- State COVID Lines
- Vaccine.gov



Promotion Activities

- DIAL Promotion Workgroup
- Market Survey
- Focus Groups
- MAT Releases
- Social Media Toolkit
- Video and Radio PSAs



What can you do to spread the word?

Promotion Materials

- Social Media Templates
- Newsletter Templates

DIAL webpage for webinar materials:

www.usaging.org/dialconnect

- Video recording of webinar
- PowerPoint slides
- Webinar transcript



DIAL Contact Information

Phone: 888-677-1199

Email: DIAL@usaginganddisability.org

Webpage: acl.gov/DIAL

Hours of Operation: Monday – Friday

9:00 am - 8:00 pm ET





Leadership, innovation, collaboration for state Aging and Disability agencies

Resources from ADvancing States and the National I&R Support Center

National Home and Community Based Services Conference

December 2021



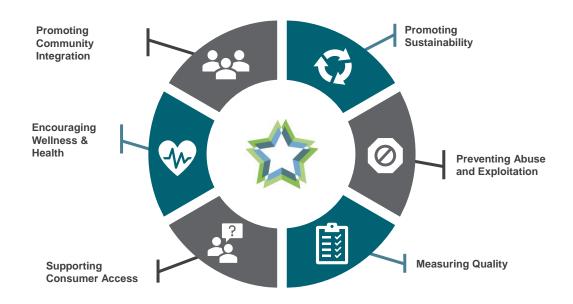




Our mission is to design, improve, and sustain state systems delivering long-term services and supports for older adults, people with disabilities, and their caregivers.



Provide Leadership, Technical Assistance, and Policy Support to State LTSS Systems in the Following Areas





About Us



Celebrating our 30th Anniversary

The National I&R Support
Center provides training,
technical assistance, and
information resources to build
capacity and promote
continuing development of
aging and disability
information and referral
services nationwide.

- Technical Assistance and Training Webinars
- Online Training; AIRS Certification Training; and CRS-A/D Training Resources (train-the-trainer initiative)
- Distribution list for sharing information and resources
- Sign up at: <u>www.advancingstates.org/community-opportunities/stay-informed</u>
- Knowledge building: Surveys of the Aging and Disability I&R/A Networks
- Training events at national conferences



Online Learning





Training for CRS-A/D Certification

Certification for I&R/A Specialists in Aging/Disabilities (CRS-A/D) Online Training Provides an overview of key competencies needed for aging and disability I&R/A professionals

Provides preparation for the AIRS Certification exam for Community Resource Specialists in Aging/Disabilities

Covers essential topics

- •The fundamentals of I&R;
- •The I&R/A process;
- Key communication techniques;
- •AIRS Standards & Quality Indicators;
- •The exam and practice questions.



Building Knowledge: I&R/A Technology Survey

Aging and Disability I&R/A Technology Survey, administered spring 2021.

A few takeaways:

- Expansion of chat and text since the pandemic began
- Increased call volume and telephone reassurance
- Greater use of video conferencing
- Using social media in new ways
- A transition to hybrid workplaces
- New technologies for engagement



"A New Standard of Innovation: Findings from the I&R/A Technology Survey" advancingstates.org/initiatives/information-and-referralassistance/irnews



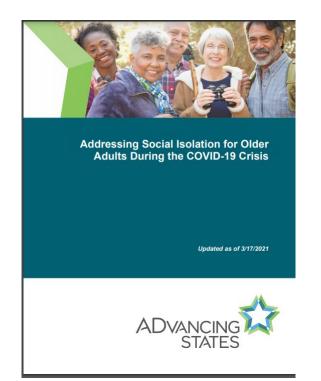
State Aging and Disabilities Agency Profiles







Resources on Social Isolation



Conversation Tips Toolkit: Supporting Reassurance and Check-In Programs





Resources on Home Modification



Funding Sources for Home Modifications and Repairs



A Technical Assistance Brief for State Units on Aging

Home modifications are changes to the home to make daily activities easier and safer. These changes can help people to stay in their homes and communities as they age. While many home modifications, such as removing clutter from the floor, are free or low cost, others, such as remodeling bathrooms for accessibility, can be more expensive.

Funding sources for home modification are available but often difficult to identify and access. Home modification service delivery and funding involves professionals and agencies from the aging, disability, housing, and health care sectors, and funding cuts across these sectors as well.

Why is Home Modification Funding Important?

- More than ¼ of all U.S. homes are multi-story and lack a bedroom and full bathroom
 on the first floor that would help ensure accessibility
- Only 10% of housing units are "aging ready," with a step-free entryway, bedroom and full bathroom on first floor, and at least one accessibility feature in the bathroom
- 28% of households with an adult age 65+ have at least 1 person who has difficulty using some element of the home (e.g., climbing stairs, using bathtub)
- Unmet housing needs are especially common among older households that are economically disadvantaged

Source: U.S. Census Bureau, 2020 (Data from American Housing Survey, 2011)

Home Modification and Repairs for Older Adults: Challenges and Opportunities for State Units on Aging Summer 2020

KEY FINDINGS

- Nearly all State Units on Aging (94%) reported engaging in home modification and repair efforts.
- About 86% of State
 Units on Aging have
 home modification and
 repair funding
 collaborations with
 other agencies; and
 92% cooperate with
 others to provide home
 modification and repair
 services in their state.
- Most State Units on Aging (94%) target limited resources to specific groups of older adults, with 78% targeting two or more groups.
- State Units on Aging rate home modification and repairs as moderate to high in importance.
- Procuring greater funding for home modification and repair services is viewed as the highest priority of State Units on Aging moving forward.



Introduction

The home environment plays a critical role in adults' ability to stay in their homes and communities as they age, commonly referred to as aging in place. Yet the majority of older adults' homes lack supportive features. Home modification is the process of making changes to a home to increase independence, safety, and health. Often combined with related repairs, home modification and repair (HMR) can be minor, such as adding grab bars and removing tripping hazards, or major, such as installing roll-in showers and ramps. Although HMRs can support people as their needs change and even preclude moves to institutional settings, numerous barriers challenge the ability of older adults and caregivers to access them.

In response, the Administration for Community Living (ACL) funded the University of Southern California (USC) Leonard Davis School of Gerontology to implement the project, "Pormotting Aging in Place by Finhancing Access to Home Modifications." Its goal is to address the barriers to home modification access and service delivery by increasing the availability and awareness of home modification at the national state, and local levels.







Leadership, innovation, collaboration for state Aging and Disability agencies

Nanette Relave, I&R Support Center Senior Director nrelave@advancingstates.org

Thank You!