



From Senior Center
to
Long Term Care Central

Shelly Zylstra
Northwest Regional Council
zylstra@dshs.wa.gov



Overview

- Senior Centers Today
- Suggestions for Activities
- Caregiver Support
- Respite and Adult Day Health
- Evidence-based Health Promotion
- Health Screening
- Supporting Long Term Care



Senior Centers Today

- Vary Tremendously
 - Active and Vibrant
 - Not so active or vibrant!
- Most active on meal days
- Have to fund raise for many activities so money is tight
- Support elders on the run.



Activities



- In today's center, activities are generally focused on entertainment
 - Bingo --Puzzles
 - Movies --Cards
 - Crafts --Travel
- While there is nothing wrong with this, there are other possibilities



The Director

- Should not be just someone who gets along with elders
 - Should be interested in training themselves on the needs of elders and ways to meet them
- Social Worker vs. Recreation Director
- Should be an expert in services for older adults



Health Care

- Medicare
 - Parts A, B, C, and D
 - QMB and SLMP—and qualifications for each
 - Able to explain why elders should apply even if they have Tribal Health
- Prescription Drug Scholarship/ Assistance plans and how to apply
 - Medication Management
 - Proper Drug Disposal
 - Protecting Elders' Medication
 - End of Life/Power of Attorney



Health Care

- Medicaid
 - Understanding the process and the paperwork for application
 - Have the materials at the Senior Center and the ability to help the elders apply at the time they mention they are having problem



Health Care

- Understand the Medicaid rules
 - What is covered
 - What is not covered
 - How to file an appeal
 - What is involved in seeking payment for back expenses
 - “Side benefits”
 - Interpretation
 - Transportation to appointments
- Medicaid can “dovetail” nicely with other benefits through tribal health
 - Give the tribe the flexibility to determine what services to offer
 - Extends the resources that the tribe can get for the elders’ care
- Group medical care
 - BP, footcare, screening

Basic Needs

- Food Stamps or Commodities...
 - What are the benefits of each?
 - What are the requirements for Food Stamps and how do you use them?
 - If commodities, programs on how to make foods which are good for chronic illnesses
- Recipe Contest for healthy commodity foods
- Energy Assistance
 - On the reservation or in town
 - Rebates for upgrades
 - Household insulation programs
 - Firewood, light bulbs, windows, appliances
- Both Educational programs and access materials
 - Have a meeting with the program directors before the time comes

Long Term Care

- Know what options exist in your state
 - SNF, AL, AFH
- Know the requirements for accessing all of these
- Know about the Medicaid Waiver system in your state
 - Know how to access
 - Financial and functional assessment
- Assessment
 - Medicaid usually requires some type of interview or assessment of the elder's ability
 - Don't ever let an elder go through this without previous discussion of what will be said and what they will say.
 - Stay with the elder if you can to be their advocate

Long Term Care

- As you can, find caregivers for elders
 - Recruiting
 - Training
 - Providing oversight
 - Home Care Agency?
- Keep a list of people who may be available to provide care in the home or assist with chores



Caregiver Support



- Title VI Part C gives some ideas for services to support the CAREGIVERS of Elders
 - Doing this can help support the elders themselves
- Some services are required and a good place to start is with Information and Assistance



Caregiver Support

- Caregiver Services
 - Training
 - Information
 - Support Groups
 - Honor Day/Conference
 - Loan Closet--DME
 - Lending library for books and items to help keep elders occupied at home
 - Games, videos, activities
 - Music
- Look for reimbursement from other funding sources



Respite Care



- Respite gives Caregivers a break from their caregiving so they can do whatever they wish to do
 - In-home/Out-of-home
 - Trained workers to stay with elder or have elder stay at another location
 - SNF, AL, AFH



Adult Day Care

- Most meal sites have some folks who come who need assistance
- Pick one day per week to have less able elders come to the center
 - Have extra help on hand
 - Have activities planned that they can find successful and interesting.
- Count the hours that each elder with a caregiver stays while the caregiver goes out—hours are respite service hours.
 - Have emergency contact information handy
 - Medications
 - Phone number/people to contact
- Might be licensure?
Check with State
 - Reimbursement through other sources—AAA, State, Medicaid

Evidence Base Health Programs

- **Number of them out there**
 - <http://www.healthyagingprograms.org/content.asp?sectionid=123>
- **There are grant opportunities to get funds to conduct these**
- **EnhanceWellness**
 - www.projectenhance.org/pro/wellness.html
- **EnhanceFitness**
 - www.projectenhance.org/pro/fitness.html
- **Active Choices**
 - hprc.stanford.edu/pages/store/itemDetail.asp?118
- **Strong for Life**
 - www.bu.edu/hdr/products/stronglife/items.html
- **Chronic Disease Self-Management Program**
 - patienteducation.stanford.edu/programs/cdsmp.html

Evidence Base Health Programs

- **A Matter of Balance**

- www.bu.edu/hdr/products/balance/index.html
- www.mainehealth.org/mh_body.cfm?id=432

- **Prevention & Management of Alcohol Problems in Older Adults: A Brief Intervention**

- www.healthyagingprograms.org/content.asp?sectionid=71&ElementID=338preventionpathways.samhsa.gov//res_videos.h

- **Healthy IDEAS or PEARLS**

- www.shelteringarms.org/index.cfm/CFID/28004092/CFTOKEN/96693372/MenuItemID/278.htm
- www.cdc.gov/prc/tested-interventions/effectiveinterventions/program-encourage-active-rewardinglives-seniors-depression-management.htm
- www.ci.seattle.wa.us/humanservices/aging/Staff-Peers/Pearls.htm

Health Screening

- Tying Evidence-based Health Promotion to health screening program is one way to document progress for elders
 - Helps the elders to identify with the Senior Center as more than a place for fun and games



Long Term Care Central

- Go-to Place for elders and caregivers
- Contact for long term care programs from town
 - First name basis with the policy makers and AAA
 - Senior Information and Assistance
- Well-trained and current
- Successful track record
- Good Record Keeping
- A Heart for Elders
- An Advocate for needs
- Guiding the way toward successful Long Term Care!

