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CACL Fall Newsletter 2013



Fall 2013 Newsletter

CACL
CENTER ON AGING AND
COMMUNITY LIVING

University of New Hampshire

Promoting Person-Centered Options for
Living & Aging in our Communities



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About CACL

CACL is a collaboration

CACL and Belnap SLRC Present to National Audience about New Hampshire's Care Transitions Experience

CACL Co-Director, Laura Davie and Amy Newbury, former director of the Belnap County ServiceLink, a Care Transitions Pilot Site, presented at the [Home and Community Based Services Conference](#) in Arlington, Virginia on September 10, 2013. The presentation, *Community-Hospital Partnership to Facilitate Improvements in Care Transitions*, highlighted how improving health care with an eye to truly quantifiable results will require non-traditional partnerships that extend beyond the traditional medical model.

In 2010, CACL received a grant from the Administration for Community Living on behalf of the NH Department of Health and Human Services (DHHS) to implement care transitions pilot programs in NH. Under this grant, Belnap County ServiceLink Resource Center (SLRC), an Aging and Disability Resource Center, and Lakes Region General Hospital, both located in Laconia, NH, partnered to pilot a unique approach to enhance the Better Outcomes for Older Adults through Safe Transitions (BOOST) care transition model. The project focused on linking individuals to community-based services during transitions from the acute care setting utilizing the long-standing SLRC infrastructure. The project was successful in reducing readmission rates, improving patient connections with community based resources, and cultivating communications between medical system providers and community service providers.

The success of the NH SLRC care transitions project led to an invitation from the Center for Health Care Strategies to present at a September 26th *Implementing New Systems of Integration for Dual Eligible (INSIDE)* initiative meeting, held in Washington, DC. [INSIDE](#) provides an information-sharing platform to assist states that are implementing integrated care programs for Medicare-Medicaid enrollees. Laura presented during the session "Coordinating LTSS, Physical Health and Behavioral Health Services to Meet Complex Needs". While this grant has ended, there is ongoing work within NH DHHS and the ServiceLink Aging and Disability Resource Center Network to partner with local hospitals to assist individuals to successfully transition across multiple care environments.

between the [Institute on Disability](#) (IOD) and the [New Hampshire Institute for Health Policy and Practice](#) (NHIHPP) at the University of New Hampshire (UNH). CACL constructively engages partners within and outside the University in applied research that advances sustainable, person-centered options for aging and community living.

Contact Us!

cacl.chhs@unh.edu

National Coalition on Mental Health and Aging – assisting professionals in addressing mental health in older adults

The National Coalition on Mental Health and Aging (NCHMA), recently released [Talking Points for Community Conversations about Mental Health](#). In addition to identifying older adults as a priority population for mental health services, these talking points will help guide professionals in long term care on how to address mental health in older adults as well as help educate consumers on the preventative benefits of seeking treatment. Talking points include ageism, the benefits of a healthy older adult population; and the importance of integrating mental health and substance abuse prevention and treatment services into the system of treatment. These points will serve to encourage further conversations having to do with these topics.

Aging a New Priority for the Endowment for Health

The Endowment for Health recently released their [new strategic plan](#) for 2014-2018. While the Endowment's core vision remains unchanged, population trends have led to a new focus on the health and dignity of Elders. By taking a broad perspective in all of its focus areas, the Endowment seeks to maximize its impact. With formal planning slated to begin in 2014, the Endowment for Health will begin to convene stakeholders to identify the foundation's most effective role concerning NH's aging population. This year of planning will also include the development of a foundation of knowledge (based on research) concerning Elders and their unique issues. CACL was pleased to provide input during the Endowment's strategic planning process and looks forward to working with the Endowment on their new priority area, *Ensuring the Health and Dignity of Elders*.

Person-Centered Care is Key to the Healing Process – No ID Required

Person-Centered Care has been an important part of recent trainings to providers working in the long term care and aging field. In a recent article, [How 'Person-Centered' Care Helped Guide Me Toward Recovery From Mental Illness](#), published by Health Affairs, Ashley Clayton shares her experience as a teen recovering from a mental illness and a traumatic experience. In her tale, she describes how nurses, by utilizing an early form of the person-centered approach, helped her to accomplish the internal shift she needed to move toward recovery. *"Nothing they did cost extra money or required intensive training, but the fact that they saw me as a person—and treated me like one—helped transform my life."*

Items of Interest

- The [Disability and Health Data System](#) (DHDS), created by the CDC, is an excellent resource for identifying disparities in health between adults with and without disabilities.
- Administration on Aging celebrates Older Americans being active in their communities through [Older Americans Month 2013 Community Challenge](#)
- [Health Equity & LGBT Elders of Color](#) is a policy brief that examines policy topics, like funding gaps,

- health reform implementation and marginalized people, LGBT and Social Security, etc.
- [Helping Americans Age in Place](#) is a new brief from the Population Reference Bureau. The findings from researchers focuses on the areas of disability, elder abuse, caregiving, long-term care, cognitive impairment, and civic engagement.
 - The Associated Press-NORC Center for Public Affairs Research recently published [Long-Term Care: Perceptions, and Attitudes among Americans 40 or Older](#). The Center conducted interviews with over 1,000 adults 40 years and older in an effort to generate new data to advise the national conversation around long term care and aging.
 - [Consumer Choices and Continuity of Care in Managed Long-Term Services and Supports: Emerging Practices and Lessons](#), a paper funded by AARP Public Policy Institute, examines 3 states transitioning their Medicaid long-term services and supports system from fee-for-service to models of managed care and found that consumer choice and services did not diminish.

Events & Professional Development

Trainings

- CACL presents *Picture This! The Art of Graphic Facilitation* on November 14th. [Register Here](#)
- Register for the November 13th *Drug Abuse and Misuse in Older Adults*, hosted by the Northern New England Geriatric Education Center at the Fireside Inn, West Lebanon, NH [Register Here](#)
- Attend the *15th National Lifespan Respite Conference: The Freedom Trail to Respite* being held in Boston from October 15th to the 17th. [Register Here](#)
- *AutumnLogic 2013 -Health Care TransITions: We Need IT!* hosted by Southern New Hampshire Area Health Education Center on November 22nd will examine electronic health record products. [More info here](#)
- The 7th Annual Statewide Caregiver's Conference will be held on Wednesday, November 6 at the Courtyard Marriott Grappone Conference Center in Concord, NH. Registration scholarships and caregiver respite stipends are available for those who qualify. [Register and learn more](#)

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