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Tuesday, December 17, 2013

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Look for your next ACL newsletter in January.**

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Older Americans Month Theme 2014 Announced

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme ***Safe Today. Healthy Tomorrow.***

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise

awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

Information to help your organization celebrate Older Americans Month will be coming soon!

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Affordable Care Act/Health Insurance Marketplace

New Steps to Ensure Americans Signing Up Through the Marketplace Have Coverage and Access to the Care They Need on January 1

Last week, HHS Secretary Kathleen Sebelius announced additional steps to help ensure consumers who are seeking health insurance through the Health Insurance Marketplace smoothly transition to coverage that best fits their needs. The steps taken include:

- Requiring insurers to accept payment through December 31, 2013 for coverage that will begin January 1, 2014.
- Urging issuers to give consumers additional time to pay their first month's premium and still have coverage beginning Jan. 1, 2014.

[Read more.](#)

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Medicare & the Health Insurance Marketplace Fact Sheet

The beneficiary fact sheet [Medicare & the Health Insurance Marketplace](#) (11694) has been updated with additional Q&As related to Medicare and the Marketplace. New topics covered include Medicare and Affordable Care Act (ACA) health insurance requirements, employer coverage, stand-alone dental plans, and how to get help paying for Medicare costs.

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Affordable Care Act Funding Expands Mental Health Services

\$50 million from the health care law will expand mental health and substance use disorder services in approximately 200 Community Health Centers nationwide

The U.S. Department of Health and Human Services (HHS) recently announced that it plans to issue a \$50 million funding opportunity announcement to help

Community Health Centers establish or expand behavioral health services for people living with mental illness, and drug and alcohol problems. Community Health Centers will be able to use these new funds, made available through the Affordable Care Act, for efforts such as hiring new mental health and substance use disorder professionals, adding mental health and substance use disorder services, and employing team-based models of care. [Read more.](#)

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Nearly 365,000 Americans Selected Plans in the Health Insurance Marketplace in October and November

Health and Human Services Secretary Kathleen Sebelius announced last week that nearly 365,000 individuals have selected plans from the state and federal Marketplaces by the end of November. November alone added more than a quarter million enrollees in state and federal Marketplaces. Enrollment in the federal Marketplace in November was more than four times greater than October's reported federal enrollment number. [Read more.](#)

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Uninsured African Americans May Be Eligible for Medicaid, CHIP, or Tax Credits in the Health Insurance Marketplace

95 percent of uninsured African Americans might qualify for lower costs on coverage if all states expanded Medicaid

According to a new report released last week by the Department of Health and Human Services, six out of ten (4.2 million) uninsured African Americans who may be eligible for coverage through the Health Insurance Marketplace might qualify for Medicaid, the Children's Health Insurance Program (CHIP), or tax credits to help with the cost of premiums. If all states took advantage of new opportunities to expand Medicaid coverage under the Affordable Care Act, 95 percent of uninsured African Americans who may be eligible for the Marketplace might qualify for Medicaid, the Children's Health Insurance Program (CHIP), or tax credits to help with the cost of premiums. [Read more.](#)

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HHS News

New Resource: [Mentalhealth.gov](http://www.mentalhealth.gov)

The Administration recently launched www.mentalhealth.gov, a new website featuring easy-to-understand information about basic signs of mental health problems, how to talk about mental health, and how to find help.

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HHS Awards \$55.5 Million to Bolster America's Health Care Workforce

Health and Human Services (HHS) Secretary Kathleen Sebelius recently announced \$55.5 million in funding awarded in FY 2013 to strengthen training for health professionals and increase the size of the nation's health care workforce. [Read more.](#)

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Funding Opportunity

Funding Opportunity: Transportation of Veterans in Highly Rural Areas Program

This funding opportunity will allow aging, disability, and transportation providers to partner with Veterans Service Organizations or State Veteran Service Agencies to serve this important population. Highly Rural is defined by the population density of less than 7 persons per square mile in county. Twenty-five states have counties with highly rural areas.

The application deadline is midnight on February 3, 2014. [Click here](#) to download a copy of the application.

HRTG will host an information session on four dates. The call-in information is the same for each date - telephone number: 1-800-767-1750; participant code 98544#.

Date	Time	Call Title
December 18	10:00 AM EST	HRTG5
December 23	1:00 PM EST	HRTG6
January 9	1:00 PM EST	HRTG7
January 21	2:00 PM EST	HRTG8

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Webinars

Webinar: Self-Directed Volunteer Teams

Wednesday, December 19, 2013 at 2:00 p.m. ET

Join the [Aging Network's Volunteer Collaborative](#) to learn how self-directed teams are critical to the future of volunteerism with older adults. [Register](#).

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Webinar: Statewide and Regional Mobility Management Networks

Tuesday, Jan. 7, 2013 at 2:00 p.m. ET

Offered by the National Center for Mobility Management, this webinar will focus on the different strategies for network creation and how to foster networks so that peer relationships are developed, programs are replicated, advice is sought and given, and continuing education is provided.

Registration for this webinar will begin the week of December 16. Please visit www.nationalcenterformobilitymanagement.org for information.

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Tools & Information

Experience of Voters with Disabilities in the 2012 Election Cycle

The National Council on Disability (NCD), an independent federal agency, recently released a new report, "Experience of Voters with Disabilities in the 2012 Election Cycle." The report gauges the effectiveness of the Help America Vote Act (HAVA). Enacted by Congress in 2002, HAVA sought to ensure that Americans with disabilities could vote independently and privately alongside their non-disabled peers. [Read the full report](#).

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Survey Seeks Information about Health and People with Disabilities

The Arc's [HealthMeet Initiative](#), which aims to reduce health disparities among people with intellectual/developmental disability (I/DD), is conducting a survey to be completed by family or staff who support people with intellectual disability. This survey asks about the health status of people with intellectual disability, and can also be used as a checklist to help people identify red flags about the health of an individual. [Click here](#) to take the survey.

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New Report Raises Concerns about the Well Being of Employed Family Caregivers

A new report from the United Hospital Fund and AARP Public Policy Institute shows that employed family caregivers juggle multiple responsibilities while struggling with stress. Despite workplace obligations, employed family caregivers perform a range of medical/nursing tasks including medication management, wound care, using meters and monitors, and more—raising concerns about their level of stress and need for support. The report, [*Employed Family Caregivers Providing Complex Chronic Care*](#), highlights an urgent need for employers to recognize that their employees who are family caregivers are managing complex responsibilities both at home and on the job,

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National Highway Traffic Safety Administration New 5-Year Traffic Safety Plan and Guidelines for Older Drivers and Passengers

The National Highway Traffic Safety Administration's recently released [*Traffic Safety for Older People – 5 Year Plan*](#) includes best practices from around the country and countermeasures that can be implemented to ensure the safety of older drivers, including at-risk drivers. The guidelines encourage state highway safety offices to work closely with driver license officials, state departments of transportation, medical providers, and aging services providers, among others.

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2014 Health Planners Now Available

The National Institutes of Health created the annual *A Year of Health: A Guide to a Healthy 2014 for You and Your Family* with community input for the following communities:

- African American
- American Indian/Alaska Native/Native Hawaiian
- Asian American/Pacific Islander
- Hispanic/Latino (bilingual)

[Click here](#) for more information on the free planners and to place an order.

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Stay Active During the Holiday Season

The holidays can make your already busy schedule seem even more overwhelming than usual. Don't let the holiday season derail your fitness

goals. Use the resources on **Go4Life** to help keep physical activity a high priority.

- [Sign up for a Go4Life coach](#) for a little extra motivation.
- Get tips on [Fitting Exercise and Physical Activity into Your Day](#).
- Check out the **Go4Life** sample exercise program, *Workout to Go*, and do the exercises anywhere and anytime.
- Follow along with [the Go4Life Exercises playlist on our YouTube channel](#).
- Buddy up with a family member. Fill out this [Go4Life Buddy Agreement](#) with a loved one at a family event.

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December Observance

December Observance

National Impaired Driving Prevention Month

[Presidential Proclamation](#)

Resource: [National Highway Traffic Safety Administration Impaired Driving Webpage](#)

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