



Newsletter

Monday, January 7, 2013

2013 Older Americans Month Theme: *Unleash the Power of Age*

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Number of States Receiving Approval of Health Exchanges on the Rise

Health and Human Services (HHS) Secretary Kathleen Sebelius last week announced that eight additional states are on track to implement the health care law and establish health insurance marketplaces, or Exchanges, in their states. Sebelius also announced that HHS is also providing more guidance to states on marketplaces that will be operated in partnership with the federal government.

Added to the growing list are Arkansas (to operate a State Partnership Exchange), California, Hawaii, Idaho, Nevada, New Mexico, Vermont and Utah are conditionally approved to operate a State-based Exchange. The new approvals follow those issued previously granted to Colorado, Connecticut, the District of Columbia, Kentucky, Massachusetts, Maryland, Minnesota, New York, Oregon, Rhode Island and Washington to operate State-based Exchanges

and to Delaware to operate a State Partnership Exchange. The remaining states having until February 15, 2013 to apply for a State Partnership Exchange.

Because of the Affordable Care Act, consumers and small businesses will have access to a new marketplace starting in 2014 where they can access quality, affordable private health insurance. These are similar to those choices that will be offered to members of Congress. Consumers in every state will be able to buy insurance from qualified health plans directly through these marketplaces and may be eligible for tax credits to help pay for their health insurance.

Click [here](#) to learn more about the Exchange approvals.

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Conference Call on Evidence-based Alzheimer Interventions: New Resource Available

The Alliance for Aging Research, in partnership with the Administration on Aging and with support of the MetLife Foundation, announces the release of a new white paper, *Translating Innovation to Impact*. The paper outlines research into evidence-based interventions to help people with Alzheimer's remain healthy and independent in the community while reducing the stress on their caregivers. Findings and recommendations from a review of the state of the art of non-pharmacological treatments and care practices for people with Alzheimer's or other dementias and their family caregivers are presented.

Join us on January 10 for a lively discussion with the paper's author, Katie Maslow, MSW, Scholar-in-Residence at the Institute of Medicine.

Presented by the Administration for Community Living, this conference call is part of the Alzheimer's Disease Supportive Services Program (ADSSP) Technical Assistance Call Series. The purpose of these calls is to provide helpful, current, and applicable information for professionals who work with people with dementia and/or their caregivers.

Participants will learn about:

Current state of evidence-based research for people with Alzheimer's disease and other dementias and their caregivers

Current state of translation of interventions for people with Alzheimer's disease and other dementias and their caregivers

Recommendations for future work to support the needs of people with Alzheimer's disease and other dementias and their caregivers

Topic: *Translation of evidence-based interventions for people with Alzheimer's disease and other dementias and their caregivers*

Date: Thursday, January 10, 2013
Time: 3:00 p.m. – 4:15 p.m. Eastern

[Register](#). Note: Space is limited.

This call will also be recorded and posted under the Resources and Useful Links section in the [ACL Administration on Aging Alzheimer Alzheimer's Disease Supportive Services Program webpage](#).

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Webinar on Suicide Prevention among Older Adults

Older adults die by suicide at a higher rate than the national average and when older adults attempt suicide, they are more likely to die. Prevention is key to reducing suicide risk among older adults.

This free webinar will discuss risk factors for suicide, screening tools and effective prevention interventions, and provide information about suicide prevention resources available from the Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) and the Administration for Community Living (ACL). A network of community agencies will describe their experience implementing an in-home mental health and substance abuse prevention and early intervention program, including implementation process, program partners and outcomes realized so far.

This webinar is supported through a partnership between ACL and SAMSHA.

Date: Wednesday, January 16, 2013
Time: 2:30 p.m. - 4:00 p.m. EDT

To register, please [go here](#).

If you experience difficulty registering or signing on, please contact Donna Siu at JBS International, Inc. at dsiu@jbsinternational.com or 240-645-4898.

Once the host approves your registration request, you will receive a confirmation email with instructions for joining the meeting. Please register no later than one day prior to the webinar.

You will receive audio call in information when you log-on to the webinar.

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New NIH Study Addresses High Rates of Emergency Department Use among Adults with Disabilities

In a recent report, National Institutes of Health (NIH) researchers found that despite representing 17 percent of the working age US population, adults with disabilities accounted for 39.2 percent of total emergency room visits. Those with a severely limiting disability visited an urgent care department more often than their peers and were more likely to visit the department more than four times per year. The researchers concluded that given the volume of health conditions among people with disabilities, the emergency department will always play a role in their care. However, some of the visits could potentially be avoided if ongoing care were optimized. The report, *Use of Emergency Departments among Working Age Adults with Disabilities: A Problem of Access and Service Needs*, was published online in Health Services Research on December 26, 2012.

Click [here](#) to read the report abstract.

Click [here](#) to view the researchers discuss their findings.

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SSA Announces 35 New Compassionate Allowances Conditions for Disability Benefits

Michael J. Astrue, Commissioner of Social Security, last month announced 35 additional Compassionate Allowances conditions are in effect, bringing the total number of conditions in the expedited disability process to 200.

Compassionate Allowances are a way to quickly identify diseases and other medical conditions that, by definition, meet Social Security's standards for disability benefits. The program fast-tracks disability decisions to ensure that Americans with the most serious disabilities receive their benefit decisions within days instead of months or years. These conditions primarily include certain cancers, adult brain disorders, and a number of rare disorders that affect children.

Click [here](#) for more information on the Compassionate Allowances initiative.

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Funding Opportunity

CNCS Extends Application Deadline for 2013 Funding Opportunity

The Corporation for National and Community Service (CNCS) has extended its application deadline for AmeriCorps State and National funding opportunities. **The new deadline is Wednesday, February 6, 2013 at 5pm Eastern Time.**

CNCS will fund programs that can demonstrate community impact and solve community problems using an evidence-based or evidence-informed approach. The focus on grant making for fiscal year 2013 will be in six areas identified by the Serve America Act (SAA):

- Disaster Services
- Economic Opportunity
- Education
- Environmental Stewardship
- Healthy Futures
- Veterans and Military Families

Available Documents:

- [Click here to view the Notice of Funds Availability \(PDF\)](#)
- [Click here to view the Application Instructions \(PDF\)](#)

Additional Information:

- [Frequently Asked Questions](#)
- [Technical Assistance Information](#)

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Kessler Foundation Invites Concept Proposals for Signature Employment Grants Program

The [Kessler Foundation](#) is accepting applications for its Signature Employment Grants program, an annual program that supports non-traditional solutions and/or social ventures designed to increase employment outcomes for individuals with disabilities.

The program awards grants nationally to fund new pilot initiatives, demonstration projects, and social ventures that lead to the generation of new ideas to solve the high unemployment and underemployment of individuals with disabilities. Preference is given to interventions that overcome specific employment barriers related to long-term dependence on public assistance, advance competitive employment in a cost-effective manner, or launch a social enterprise or individual entrepreneurship project. Signature grants are not

intended to fund project expansions or bring proven projects to new communities.

Applicants may seek funding for \$100,000 to \$250,000 per year, for maximum project funding of \$500,000 over two years.

The application deadline is February 1, 2013. [Link to Complete RFP](#)

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Letters of Intent Invited for Everyday Technologies for Alzheimer Care Grant Program

Established in 2003 as a cooperative research initiative between the [Alzheimer's Association](#) and [Intel Corporation](#), the Everyday Technologies for Alzheimer Care program seeks proposals having to do with personalized diagnostics, preventive tools, and/or interventions for adults coping with the spectrum of cognitive aging and neurodegenerative disease, particularly Alzheimer's disease.

Submissions should be for groundbreaking studies on emerging information and communication technologies as well as their clinical and social implications. Strongest consideration will be given to innovative ideas rather than more evolutionary incremental research. Originality of the study is more important than extensive evidence for why it is a logical next step in a research program.

The association anticipates funding two awards under this program. Each award is limited to a total of \$200,000 (direct and indirect costs) for up to three years. Requests in any given year may not exceed \$90,000 (direct and indirect costs). Indirect costs are capped at 10 percent.

The application deadline is February 1, 2013. [Link to Complete RFP](#)

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Academic-Community Partnership Conference Series Funding Opportunity

The purpose of this grant opportunity provided by the National Institutes of Health is to bring together academic institutions/organizations and community organizations to identify opportunities for addressing health disparities through the use of Community-Based Participatory Research (CBPR). The objectives of meetings conducted as part of this award will be to: (1) establish and/or enhance academic-community partnerships; (2) identify community-driven

research priorities and (3) develop long-term collaborative CBPR research agendas.

[Link to Full Announcement](#)

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Stay Informed



NASUAD I&R/A Support Center Call

The next National Association of State Units on Aging and Disabilities I&R/A Support Center Call is scheduled for Wednesday, January 9, 2013 at 3:00 p.m. ET.

The call will review general information about how mental health and substance abuse issues affect older adults and people with disabilities. The featured presenter, David Truzman, the Public Education Manager at the Mental Health Association of New York City, will discuss the concept and comprehensive training model of Mental Health First Aid, a two day training that teaches participants how to recognize the warning signs of an emerging mental health problem in 5 main areas: Depression, Anxiety, Psychosis, Substance Use, and Eating Disorders.

In addition, Mental Health First Aid teaches a 5 step guideline on how to approach and provide initial help for someone who is exhibiting signs of an emerging disorder or for someone who is in an acute crisis. Mental Health First Aid does *not* teach participants how to make a diagnosis, or how to provide long-term help, such as therapy. This call will lay the foundation for their February monthly call which will cover Mental Health coalitions, the Mental Health support structure, changes in co-pay rules and state examples of successful partnership between the aging/disability services network and Mental Health network.

To participate in the call:

- Dial in: 1-888-346-3659
- Access Code: 39660

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Tools & Information

The National Study of Long-Term Care Providers

The National Center for Health Statistics (NCHS) is currently conducting the 2012 National Study of Long-Term Care Providers (NSLTCP). NCHS would like to thank the many long-term care providers who have already participated. The information they provided will be invaluable in planning for long-term care in the future.

For those providers who have received a FedEx packet of information and/or a phone call indicating that they have been selected for the study, but have not yet responded, we strongly urge them to please do so now. Their participation is voluntary but is needed to make this study a success. By law, all data collected and released will be kept in strict confidence and used only for statistical purposes and no individual provider, staff or individual can be identified.

Results from this study are expected to be released late 2013. Click [here](#) to learn more about NSLTCP.

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John Hartford Foundation Report on Mental Health

Large majorities of older Americans with depression, anxiety or other mental health disorders are receiving treatment that does not meet evidence-based standards, and many do not know that depression can put their health at increased risk, according to a national survey, “Silver and Blue: The Unfinished Business of Mental Health Care for Older Adults,” released last month by the John A. Hartford Foundation.

For more details on the poll findings, the below supporting materials are available for download.

[Press Release](#)

[Summary of Results Memo from Lake Research Partners](#)

[PowerPoint presentation of results \(PDF\)](#)

[Topline Poll Results](#)

[Recording of Poll Briefing Webinar](#)

[Health AGenda blog post](#)

Click on the links below to view first-hand accounts by real people showing the courage, passion and determination so many older adults and those who love them show every day in the face of devastating circumstances and illnesses, as well as the amazing work being done by teams of committed, caring health professionals to improve their lives and provide hope for an even better future:

[Roberto's Story: Giving Voice to Family Caregivers](#)
[David's Story: Research Crucial to Managing Bipolar Disorder](#)
[Patty's Story Illustrates Importance of Geriatric Psychiatry](#)
[Slow Down and Listen: The 2011 Annual Report Video Series](#)

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It's Not Too Late to Vaccinate

It's not too late to get vaccinated for this winter's flu season. Flu season usually peaks in January or February, but it can occur as late as May. Early immunization is the most effective, but it is not too late to get the vaccine in December, January, or beyond.

The best protection against the flu is to get the [vaccine](#). Everyone 6 months of age and older should get vaccinated. It is especially important to get the vaccine if you, someone you live with, or someone you care for is at [high risk of complications](#) from the flu.

[Video: What is the best protection against the flu?](#)

[Video: How can I prevent the spread of the flu?](#)

[Find a place to get the flu vaccine in your area](#)

Everybody can do their part to help prevent the spread of germs and protect themselves from the flu. Follow us on [Twitter](#) (@FluGov) for a different flu tip each Friday (#FluTips).

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Flu App for Physicians

The Centers for Disease Control and Prevention ([CDC](#)) recently launched an [influenza mobile application](#) for physicians and health care professionals.

Medical staff are constantly on the move, taking care of patients and juggling all the demands of life, which can make it difficult to find time to go online for the latest flu news and recommendations.

The new App provides access to CDC's latest recommendations and influenza activity updates on iPads, iPhones, or iPod touch devices.

[Learn more about this new app](#)

[View the Flu.gov Infographic for the 2012-2013 Flu Season](#)

[Find a place to get the flu vaccine in your area](#)

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Time is Running Out: Help People Switch Now to Electronic Federal Benefit Payments

Seniors and others who still receive their federal benefit payments by paper check are required by law to switch to an electronic payment option by March 1, 2013. That's less than two months from now.

This is our last chance to make one final push to help people comply with this law before time runs out. Urge check recipients to act now and switch to direct deposit or the Direct Express® Debit MasterCard® card by calling the US Treasury Electronic Solution Center at (800) 333-1795 Monday – Friday from 8:00 a.m. to 8:00 p.m. EST.

For direct deposit, people can also sign up online at www.GoDirect.org or at their bank or credit union.

The US Department of the Treasury's *Go Direct*® campaign offers [free materials](#) and [information](#) you can use to help spread this important message.

To download or order materials, go to www.GoDirect.org.

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The Ins and Outs of Selling Evidence-Based Programs to Health Care

Are you interested in offering an evidence-based healthy aging program and want to explore funding options? View the National Council on Aging's Center for Healthy Aging webinar as Tim McNeill, consultant for the Administration for Community Living/Administration on Aging, shares the low down on selling Evidence-Based Programs (EBPs), including who buys EBPs, the cost of delivering EBPs, understanding your market, and how to sell EBPs to potential payers. [Watch the webinar now](#).

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Americans Commitment to Volunteering Reaches New High Mark

Americans significantly increased their commitment to volunteering and civic engagement in 2011, a new report from the [Corporation for National and Community Service](#) and the [National Conference on Citizenship](#) finds.

According to [Volunteering and Civic Life in America](#), 64.3 million adults (26.8 percent) volunteered through a formal organization in 2011 — a year-over-year increase of 1.5 million and the highest rate nationally since 2005 — contributing a total of 7.9 billion hours valued at more than \$170 billion.

The report ranks states, large cities and metropolitan areas by volunteer rate and provides data on volunteer hours per resident, number of volunteers and hours of service, value of service contributed, and other indicators of social connectedness and civic engagement.

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January 2013 State Medicaid Expansion Tracker Now Available Online

Published by the National Association of States United for Aging and Disabilities (NASUAD), the most recent [State Medicaid Expansion Tracker](#) is now available online. This monthly publication focuses on actions and activities around the implementation of the Affordable Care Act's (ACA) optional Medicaid expansion.

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