



# Newsletter

**Monday, March 25, 2013**

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

## **In This Issue:**

**[Affordable Care Act at Three Years](#)**

**[Connecting to Combat Alzheimer's Is the People's Choice](#)**

**[Good Nutrition Is a Key to Health: A Conversation with Kathy Greenlee, Assistant Secretary for Aging](#)**

**[2013 Marks Older Americans Month's the 50<sup>th</sup> Year](#)**

**[Study Shows People Who Use Wheelchairs Can't Access 1:5 Specialty Doctors](#)**

## **Funding Opportunities**

**[RWJF Roadmaps to Health Prize](#)**

## **Stay Informed**

**[PHI's State Data Center on the LTC Direct Care Workforce](#)**

**[What the Pension Rights Center Can Do for You and Your Clients](#)**

**[Improving Care Transitions: Engaging Older Patients on the Issue of Preventing Re-Hospitalization](#)**

**[High Rise Evacuation for People with Disabilities](#)**

## **Tools & Information**

[Transportation Champions of Change: Solutions for the 21<sup>st</sup> Century](#)

[Nominate a Hero for the 2013 Citizens Medal](#)

[Persons with Disabilities Asked to Share to Their Disaster Experience](#)

[n4a Aging Innovations and Achievement Awards](#)

[National Prescription Take Back Day](#)

[Recent Reports](#)

[March Observances](#)

---

[Share this on Facebook](#)

[Tweet this to a friend](#)

[Email this to a friend](#)

---

*Don't forget to check-out the new [ACL website](#).*

### **Affordable Care Act at Three**

Saturday, March 23, 2013, marked the third year since President Obama signed the Patient Protection and Affordable Care Act into law. In the three years since, the growth of health care costs has slowed and initiatives to deliver smarter care, to fight healthcare fraud and to focus on the quality of care rather than the quantity of care have been put in place that help to curb previously skyrocketing private insurance premiums and to make Medicare and Medicaid stronger.

The nonpartisan Congressional Budget Office recently estimated that Medicare and Medicaid spending would be 15 percent less -- or about \$200 billion— in 2020 than was previously projected, thanks to this slower growth. Medicare spending per beneficiary rose by just 0.4% in 2012, while Medicaid spending per beneficiary actually dropped by 1.9% last year. With the Affordable Care Act, those who count on Medicare and Medicaid will have them for years to come.

In several recent announcements and blogs, Health and Human Services Secretary Kathleen Sebelius highlighted accomplishments resulting from

provisions of the Affordable Care Act that have been taken advantage of by millions of Americans and have saved taxpayers billions of dollars.

Follow Secretary Sebelius on Twitter at [@Sebelius](#).

### **1. Looking Forward and Expanding Access**

*Healthcare.gov Blog by Kathleen Sebelius, Secretary of Health and Human Services, Posted March 22, 2013*

Three years ago, the Affordable Care Act ushered in a new day for health care. Since then, more than 6.3 million seniors and people with disabilities with Medicare have saved more than \$6.1 billion dollars on prescription drugs. Nearly 71 million Americans got expanded access to preventive service at no charge through their private insurance plans, and 47 million women now have guaranteed access to additional preventive services without cost sharing. More than 3.1 million young adults who were uninsured were able to gain coverage by being able to stay on their parents' insurance policies until they turned 26. And parents no longer have to worry about insurers denying coverage to their children because of a pre-existing condition.

Americans are getting more value for their health care dollars due to the health care law. Affordable Care Act initiatives are promoting coordinated care; paying for quality, not quantity; and dramatically reducing fraud and waste, contributing to the slowest growth in national health spending in 50 years.

[Read more.](#)

### **2. Seniors Saved Over \$6 Billion on Prescription Drugs as a Result of the Health Care Law**

Health and Human Services Secretary Kathleen Sebelius announced last week that more than 6.3 million people with Medicare saved over \$6.1 billion on prescription drugs because of the health care law. The Affordable Care Act makes Medicare prescription drug coverage (Part D) more affordable by gradually closing the gap in coverage where beneficiaries must pay the full cost of their prescriptions out of pocket. This gap is known as the donut hole.

People with Medicare in the donut hole now receive discounts when they purchase prescription drugs at a pharmacy or order them through the mail, until they reach the catastrophic coverage phase. The Affordable Care Act gave those who reached the donut hole in 2010 a one-time \$250 check, then began phasing in discounts and coverage for brand-name and generic prescription drugs beginning in 2011. The law will provide additional savings each year until the coverage gap is closed in 2020.

[Read more.](#)

### **3. Paying for Quality Saves Health Care Dollars**

*Healthcare.gov Blog by Kathleen Sebelius, Secretary of Health and Human Services, Posted March 20, 2013*

For decades before the passage of the Affordable Care Act, health care costs outstripped inflation, without corresponding improvements in health care quality. Our system didn't incentivize quality or efficiency. We paid providers for the quantity of care, not the quality of care. And we were not using technology to deliver smarter care.

The Affordable Care Act includes steps to improve the quality of health care and lower costs for you and for our nation as a whole. This means avoiding costly mistakes and readmissions, keeping patients healthy, rewarding quality instead of quantity, and creating the health information technology infrastructure that enables new payment and delivery models to work. Here are just a few ways that the health care law builds a smarter health care system and incentivizes quality of care – not quantity of care - to drive down costs and save you money.

[Read more.](#)

### **4. Affordable Care Act Extended Free Preventive Care to 71 Million Americans with Private Health Insurance**

*Health Care Law's third anniversary sees health costs slowing down, more value for consumers*

Health and Human Services (HHS) Secretary Kathleen Sebelius announced today that about 71 million Americans in private health insurance plans received coverage for at least one free preventive health care service, such as a mammogram or flu shot, in 2011 and 2012 because of the Affordable Care Act. The new data was released today in the issues brief [Seventy-One Million Additional Americans Are Receiving Preventive Services Coverage without Cost-Sharing under the Affordable Care Act](#).

Additionally, an estimated 34 million Americans in traditional Medicare and Medicare Advantage plans have received at least one preventive service, such as an annual wellness visit at no out of pocket cost because of the health care law.

[Read more.](#)

### **5. Consumer Protections**

*Healthcare.gov Blog by Kathleen Sebelius, Secretary of Health and Human Services, Posted March 18, 2013*

In the past, too many parents had to worry about how they would pay the mortgage or the car payment if their sick children were dropped from insurance coverage. Victims of breast cancer worried about what would happen to them or their families if they reached a lifetime limit on coverage and no longer could afford treatment.

These were real concerns for real people. Because of the health care law, however, they can put these worries aside and know they are getting a better value for their premium dollars.

The Affordable Care Act brings an end to some of the worst insurance industry practices that have kept affordable health coverage out of reach for millions of Americans, especially when they needed it most. Under the health care law, consumers can be confident that their insurance will protect them if they get sick and their families won't be crushed by medical bills.

As we observe the third anniversary of the President signing the health care law, let me tell you what this means in real terms to many American families.

[Read more.](#)

[Back to the top](#)

### ***Connecting to Combat Alzheimer's Is the People's Choice***

Congratulations to the Administration for Community Living (ACL) and the National Institute on Aging (NIA) for winning the coveted [HHSinnovates Program's](#) People's Choice Award for its [Connecting to Combat Alzheimer's](#) initiative. 23,000 people participated in public voting to select *Connecting to Combat Alzheimer's* from among the [six initiatives](#) that made it to the final round.

The announcement was made on March 19<sup>th</sup> by Health and Human Services Secretary (HHS) Kathleen Sebelius at an HHSinnovates Program awards ceremony. HHSinnovates was created as part of the HHS Open Government efforts to celebrate innovation by its employees.

*Connecting to Combat Alzheimer's* brings together ACL aging services agencies, which annually reach over 10 million older people and family caregivers with NIA-funded Alzheimer's Disease Centers (ADCs) that conduct research. With the National Alzheimer's Plan as a spark, ACL and NIA collaborated across disciplines and learned about each other's work. Activities have included free webinars and presentations for both the research and aging services communities.

The Initiative has helped to inform and connect more individuals to the services provided by ACL and help to spur a 25 percent increase in prospective research participants. These efforts continue to inspire collaborations at the state, local and grassroots levels. As Secretary Sebelius said, “These projects are dazzling examples of creativity at its finest. This is one of the most exciting things that goes on here in HHS.”

Thank you to everyone who participated in voting! We look forward to furthering our efforts to improve research participation awareness and help people affected by Alzheimer's disease.

[Back to the top](#)

### ***Good Nutrition Is a Key to Health: A Conversation with Kathy Greenlee, Assistant Secretary for Aging***

In honor of National Nutrition Month, the [National Resource Center on Nutrition and Aging](#) will host “Good Nutrition Is a Key to Health: A Conversation with Kathy Greenlee, Assistant Secretary for Aging (ASA).”

During the presentation, the ASA will speak directly to our many partners whose dedication and hard work help make the AoA Nutrition Program a success. ASA Greenlee will also answer questions posed by the network, and discuss her vision for the future as we jointly strive to serve the diverse generations of older Americans.

Participation is free and open to the public.

Date: Wednesday, March 27, 2013

Time: 11:00 a.m. ET

Be sure to join the conversation by visiting the [event website](#) on March 27<sup>th</sup>.

[Back to the top](#)

### **2013 Marks Older Americans Month's the 50<sup>th</sup> Year**

This May, we will celebrate Older Americans Month's 50<sup>th</sup> year. To help communities get ready for this year's celebration, the Administration for Community Living (ACL) has updated its [Older Americans Month](#) website for 2013.

The Older Americans Month website contains resources and ways to help you spread the word about Older Americans Month and to plan an event in your community. On the website, you will find information on:

- “Unleash the Power” Challenge. Get information about how to participate in the “Unleash the Power of Age in Your Community Challenge”—a contest in which organizations can nominate individuals who have used their talents and expertise to make a positive impact in their communities. (See below for more information.)
- Activity Ideas. Get inspirations and ideas on how you can celebrate Older Americans Month locally by unleashing the power of age through community and creativity.
- Social Media Gallery. Get content you can use to promote Older Americans Month to your social media networks. This page also includes images and content you can post on Facebook, Twitter, and Pinterest. With the growing use of Pinterest (a social network based on sharing images), ACL has created its own “[Pinboard](#)” about unleashing the power of age that you can check out and pin your own content.
- Download Center. Access a collection of images for your organization’s website, and text for newsletters. ACL has also provided a template for a proclamation your community can use to officially designate May as Older Americans Month.

Visit the [Older Americans Month](#) website for more information.

Submit Your Nomination Now for the “*Unleash the Power of Age in Your Community Challenge*”

ACL is pleased to announce the “Unleash the Power in Your Community Challenge.” This challenge, in celebration of Older Americans Month 2013, invites organizations to recognize older Americans by nominating people 60 or older who are putting their talents and expertise toward inspirational achievements in their communities and beyond.

Nominees can be volunteers or paid professionals whose contributions are improving society as a whole. Examples of eligible activities include civic engagement, creative arts, and technology and innovation.

The submission deadline is 11:00 p.m. on Monday, April 22, 2013.

[Click here](#) to learn more about the challenge and to nominate someone.

[Back to the top](#)

**Study Shows People Who Use Wheelchairs Can’t Access 1:5 Specialty Doctors**

*ACL Blog by Daniel S. Davis, Policy Analyst, Center on Disability and Aging Policy, Posted March 25, 2013*

The highly respected [Annals of Internal Medicine](#) recently published a study which found that 22% of 256 medical specialists said they were not able to serve a female mystery shopper who uses a wheelchair. The doctors represented several, common medical specialties in four U.S. cities. Nine of the doctors said the patient would be unable to get into the building and another 47 said they could not assist her onto an exam table.

Though the study made waves, with articles running in the Boston Globe, Reuters and Bloomberg News, it merely confirms something that Administration for Community Living (ACL) and many of those with disabilities and older adults with mobility issues have known for years—that the lack of accessible examination equipment and offices creates serious problems in connecting people with the specialists they need.

[Read more.](#)

[Back to the top](#)

## **Funding Opportunities**

---

### **RWJF Roadmaps to Health Prize**

The Robert Wood Johnson Foundation ([RWJF](#)) Roadmaps to Health Prize is awarded annually to honor outstanding community efforts and partnerships that are helping people live healthier lives. The prize honors the efforts and accomplishments of U.S. communities working at the forefront of health improvement.

Up to six winning communities will each receive a \$25,000 cash prize and have their success stories celebrated and shared broadly with the goal of raising awareness and inspiring locally-driven change across the country.

The application deadline is May 23, 2013.

For more information on the RWJF Roadmaps to Health Prize, please contact Kirstin Siemering, Manager, RWJF Roadmaps to Health Prize at [RoadmapsPrize@match.wisc.edu](mailto:RoadmapsPrize@match.wisc.edu)

#### Information Webinar on the RWJF Roadmaps to Health Prize

The Robert Wood Johnson Foundation will host an informational webinar about the RWJF Roadmaps to Health Prize. The webinar will provide details about the Prize, including the application and selection processes. We encourage anyone having an interest in the Prize to participate.

Date: Tuesday, April 2, 2013

Time: 1:00 pm-2:00 pm EDT, 12:00 pm-1:00 pm CT, 11:00 am-12:00pm MT, 10:00 am-11:00 am PDT, 9:00 am -10:00 am for Alaska, and 7:00 am-8:00 am for Hawaii.

[Register.](#)

[Back to the top](#)

**Stay Informed**

---

### ***PHI's State Data Center on the LTC Direct Care Workforce***

This webinar will introduce the [PHI State Data Center](#) (Center)--the nation's largest data and information source on the direct care workforce. The online Center provides up-to-date state-level profiles of the direct-care workforce, including workers from service delivery systems for individuals of all ages with physical, developmental, or intellectual disabilities, and with chronic illnesses and end-of-life care needs. These profiles feature key workforce statistics presented in easy-to-read downloadable charts. Information includes the size of the direct service workforce, wage rates, benefits, and notable workforce initiatives for individual states and the United States as a whole.

The webinar will introduce the information featured at the Center as well provide practical examples of how policymakers and other stakeholders can use the data.

Date: March 27, 2013

Time: 2:00 p.m. – 3:00 p.m. ET

To access this conference, dial: 877-267-1577; the meeting ID number is 9952 (No password is required).

[Back to the top](#)

### ***What the Pension Rights Center Can Do for You and Your Clients***

This webinar is a joint sponsorship of the National Council on Aging ([NCOA](#)) and the [Pension Rights Center](#). You are invited to join the speakers for a discussion on what the Pension Rights Center can do for you.

Speakers:

Rebecca Davis, Legal Director, Pension Rights Center  
Joellen Leavelle, Outreach Manager, Pension Rights Center

Date: Friday, March 29, 2013  
Time: 2:00 p.m. – 3:00 p.m. EST

[Register.](#)

[Back to the top](#)

### ***Improving Care Transitions: Engaging Older Patients on the Issue of Preventing Re-Hospitalization***

Each year, thousands of older patients are discharged from the hospital, but later re-admitted. Avoiding preventable re-hospitalizations has become a major cost-savings goal for our health care system. In pursuit of that goal, Medicare has stopped paying hospitals for additional costs that result when preventable conditions cause patients to end up back in the hospital.

This webinar, hosted by the [National Council on Aging](#) and sponsored by [IlluminAge](#), will examine some of the resources and best practices available at the community level for educating and engaging with older patients and their caregivers on the issue of avoiding re-hospitalization.

Learn:

- The importance of educating and empowering older patients and caregivers as part of efforts to reduce the need for re-hospitalization;
- The role senior care and aging service professionals can play in providing needed support services and other resources to older persons returning home following a hospital stay;
- Resources you may find helpful in your community, practice, or organization.

Speaker:

Joanne Lynn, M.D., Director of the Center on Elder Care and Advanced Illness for Altarum Institute

Date: Thursday, April 4, 2013

Time: 1:30 p.m. - 2:30 p.m. EDT

[Register.](#)

[Back to the top](#)

### ***High Rise Evacuation for People with Disabilities***

This webinar is the next session in the Pacific ADA Center's free "Emergency Management and Preparedness - Inclusion of Persons with Disabilities Webinar Series."

When emergencies strike and people in high rise structures are involved, organized evacuation of the building is necessary. People with disabilities are often thought to be hindrances to this organized evacuation or, worse, are afterthoughts in the evacuation process – putting them at greater risk.

This session will include representatives from building code, evacuation chair development and fire agencies to discuss how planning, building codes and evacuation chair and other technologies are being used to improve the evacuation of people with disabilities from high rise buildings.

Presenters:

Marsha K. Mazz, Director of the Office of Technical and Information Services at the U.S. Architectural & Transportation Barriers Compliance Board (Access Board)

Kimberly Paarlberg, Senior Staff Architect in Technical Services with the International Code Council (ICC)

Glenn Hedman, Clinical Associate Professor, Department of Disability & Human Development and the Director, Assistive Technology Unit at the University of Illinois at Chicago

Allan Fraser, Senior Building Code Specialist, National Fire Protection Association

Date: Wednesday, April 10, 2013

Time: 2:00 pm ET; 1:00 pm CT; 12:00 pm MT; 11:00 am PT; 8:00 am Hawaii

[Register.](#)

[Back to the top](#)

## **Tools & Information**

---

### **Transportation Champions of Change: Solutions for the 21<sup>st</sup> Century**

The White House [Champions of Change](#) program highlights the stories and examples of citizens across the country who are “Building an America to Last” with projects and initiatives that move their communities forward. All across the country, ordinary Americans are doing extraordinary things in their communities to out-innovate, out-educate and out-build the rest of the world. Each week, The White House invites Champions of Change to share their ideas and to empower and inspire other members of their communities.

This year’s Transportation Champions of Change will focus on *Transportation Technology Solutions for the 21<sup>st</sup> Century*. **The deadline for submitting nominations is Thursday, March 28, 2013.** [Click here](#) for more information, including details on the nomination process and how to submit a nomination.

[Back to the top](#)

### **Nominate a Hero for the 2013 Citizens Medal**

For more than 40 years, the Presidential Citizens Medal has recognized Americans who have "performed exemplary deeds of service for their country or their fellow citizens." The Medal is among the highest awards a civilian can receive.

The 2013 Citizens Medal nomination period is now open. You can help the White House recognize the exemplary citizen from your community -- and bring them the public attention they deserve by taking a moment to nominate them for this year’s medal. **The deadline is March 31, 2013.**

[Click here](#) for more information, including nomination criteria, and to submit your nomination.

[Back to the top](#)

### **Persons with Disabilities Asked to Share to Their Disaster Experience**

The [Center on Disability at the Public Health Institute](#) along with the [Center for Personal Assistance Services, University of California at San Francisco](#) is collecting emergency and disaster experience stories from individuals with disabilities who use personal assistance services (PAS). This is an opportunity to share what you have learned in surviving an emergency.

To participate, you must:

- Use one or more personal assistant (also known as an attendant or caregiver). This can be someone who you pay for, or someone who volunteers to assist you, including family members or friends.
- Have in the last 5 years (since 2008), lived through a large emergency such as, but not limited to, a storm, tornado, hurricane, earthquake, fire, flood, heat or cold wave, power outage, or chemical spill. In this case, a large emergency means an incident that effects a large physical area, affects many people and overwhelms local resources which leads to the state and possibly FEMA responding.
- Be interested in helping others understand and learn from your emergency experience.
- Be willing to share your written or recorded story on the Center for Personal Assistance Services website.

[Click here](#) to submit your story.

If you have questions, please contact Lewis Kraus, Project Director at [deputy@adapacific.org](mailto:deputy@adapacific.org).

[Back to the top](#)

#### **n4a Aging Innovations and Achievement Awards**

Aging Innovations and Achievement Awards honor programs implemented by n4a members. Programs that meet all of the award eligibility criteria receive Aging Achievement Awards. The highest-ranking programs among these winners, as determined by a panel of reviewers representing n4a's Board of Directors, receive Aging Innovations Awards.

The awards will be presented during the n4a Annual Conference—this year in Louisville, KY, July 27– 31, 2013.

The deadline to submit nominations is Friday, April 12, 2013.

[Click here](#) to learn more and to submit a nomination.

[Back to the top](#)

## **National Prescription Take Back Day**

Help older adults and persons with disabilities in your community empty their medicine cabinets of unwanted or expired medications on National Prescription Drug Take-Back Day. The Drug Enforcement Administration (DEA) and its national and community partners are giving the public a chance to prevent accidental overdose, abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

On Saturday, April 27<sup>th</sup>, 2013 from 10:00 a.m. – 2:00 p.m., DEA and local partners will hold a National Prescription Drug Take-Back Day at sites nationwide. The service is free and anonymous, no questions asked.

In the four previous Take-Back events, DEA in conjunction with state, local and tribal partners collected more than 2 million pounds (1,018 tons) of prescription medications.

If you are interested in partnering with a local law enforcement agency to provide a venue for your community to dispose of unwanted or unused medications [click here](#). You will also find helpful resources to promote this event, such as the [Partnership Toolbox](#).

[Back to the top](#)

## **Recent Reports**

[\*Adults with Mental Illness or Substance Use Disorder Account for 40 Percent of All Cigarettes Smoked\*](#)

Source: Substance Abuse and Mental Health Services Administration

Date: March 20, 2013

[\*Changes in Prevalence of Parent-reported Autism Spectrum Disorder in School-aged U.S. Children: 2007 to 2011–2012\*](#)

Source: Centers for Disease Control & Prevention and HHS Health Resources and Service Administration

Date: March 20, 2013

[\*Medicaid Managed Care for People with Disabilities\*](#)

Source: National Council on Disabilities

Date: March 2013

[\*Economic Security Initiative Demonstration: Lessons Learned\*](#)

Source: National Council on Aging

Date: March 2013

[\*The HCBS Opportunity: Recommendations for the Commission on Long-Term Care\*](#)

Source: National Senior Citizens Law Center

Date: March 2013

[\*State Studies Find Home and Community-Based Services to Be Cost-Effective\*](#)

Source: AARP Public Policy Institute

Date: March 2013

[\*A Behavioral Weight-Loss Intervention in Persons with Serious Mental Illness\*](#)

Source: The New England Journal of Medicine

Date: March 21, 2013

[\*2013 County Health Rankings\*](#)

Source: Robert Wood Johnson Foundation

Date: March 20, 2013

[\*Overview of Current Long-Term Care Financing Options\*](#)

Source: The Scan Foundation

Date: March 20, 2013

[\*The Weinberg Caregiver Initiative\*](#)

Source: Harry and Jeanette Weinberg Foundation

Date: March 2013

[Back to the top](#)

**March Observances**

*Developmental Disabilities Awareness Month*

Theme: "Look Beyond"

Resources:

[The U.S. Department of Health and Human Services Administration for Community Living Administration on Intellectual and Developmental Disabilities](#)  
[The Arc](#)

*National Nutrition Month*

Theme: "Eat Right, Your Way, Every Day"

Resources:

[Administration on Aging Nutrition Program](#)  
[Academy of Nutrition and Dietetics](#)

*Women's History Month*

Theme: "Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics"

Resource: [National Women's History Project Presidential Proclamation](#)

[Back to the top](#)

*ACL News and Info* is an electronic newsletter distributed by the ACL Office of External Affairs. Its contents are for informational purposes. [For information on ACL](#). You can also contact us at 202-619-0724 (phone); 202-357-3555 (fax) or by Email at [ACLinfo@acl.hhs.gov](mailto:ACLinfo@acl.hhs.gov)

Use of trade names and commercial sources is for identification only and does not imply endorsement by ACL. References to non-ACL sites on the Internet are provided as a service to *ACL News and Info* readers and do not constitute or imply endorsement of these organizations or their programs by ACL or the U.S. Department of Health and Human Services. ACL is not responsible for the content of pages found at these sites. URL addresses listed in *ACL News and Info* were current as of the date of publication.