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DEPARTMENT OF DEVELOPMENTAL SERVICES AGING SERVICES NEWSLETTER

June 2009

Aging Services 460 Capitol Ave, Hartford CT 06106

Aging In Place

What does that mean?

An Aging In place community is a grass roots organization started by a diverse group of local residents determined to age in their own homes and community. It means that as a society we need to create homes or communities that are safe, secure and allow people to live as independent as possible regardless of their abilities.

Over the last eight months there have been many opportunities presented to us to have this discussion and expand our knowledge:

On October 30, 2008 the DD Council, OPA and UCEDD sponsored a symposium involving 20 organizations and agencies. Aging In Place principles and an action plan were developed and shared with all the participants. The information is located at <http://www.ct.gov/opapd/cwp/view.asp?Q=429582&A=1742>. The Aging In Place DVD developed for the DD Council debuted at this symposium.

On April 6, 2009 the DD Council once again provided an opportunity for us to hear from Aging in Place pioneers from Beacon Hill Village in Boston <http://www.beaconhillvillage.org/> and Staying Put in New Canaan from New Canaan CT <http://www.stayingputnc.org/contact>. We worked in small groups to explore how Aging in Place communities can be inclusive of people with disabilities.

On May 1, 2008 CCADD, AAIDD and DDS held their annual conference that featured presentations by providers in CT who are committed to supporting people as they age in place.

Jim Albert from Masonicare based in Wallingford presented **SMART House 's**. A panel discussion with Ed Dobihal, Chairman, Board of Directors—Aging at Home, Inc., Molly Gavin, President CCCI and Melissa Morton, MSW Field Representative/Nursing Home Diversion Grant State Coordinator, State of Connecticut DSS, Aging Services Division.

To allow people to stay in their homes and communities regardless of their ability or age we must supply appropriate services. Affordable and accessible housing, transportation, employment opportunities, social services and social opportunities that allow people to function independently or with some assistance and continue living their lives within the community.

Other Aging in Place communities in CT

Greenwich - <http://www.athomeingreenwich.org>

Shoreline - <http://www.connecticuthomecare.com>



Here are ten simple tips to make living with low vision more manageable.

By Deborah Kogler

1. Lighting

Increase the amount of lighting directly over the task that you are doing. Focus the light directly onto what you are doing. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights as fluorescent light causes glare.

2. Brushing Teeth

Use colored or striped toothpaste as these are easier to see on the white bristles of a toothbrush. Or, simply squirt the toothpaste directly into your mouth and brush!

3. Money Identification

By feeling the edges of your coins, you will notice that there are different edges on each coin. The dime and quarter have a rough or serrated type edge, and the penny and nickel have a smooth edge. For paper money, turn the paper bill so the back of the bill is facing you. You will notice that the number on the bottom right corner is the largest on the bill. This is true for the \$5, \$10, \$20 and \$50 bills.

4. Reading the Numbers on Your Credit Card

Place a piece of paper over the credit card and then take a pencil and color over the raised numbers of the credit card. Be sure to also color the expiration date. Then keep this in a safe place. When you need to give out your credit card number, it will be easier to see.

5. Using a Cell Phone

Many cell phones today are voice activated and can be used by voice commands. Have someone help you program yours to use voice activation features.

6. Marking the Dials on the Stove

Use puff paint or tactile paint, available at fabric stores, to mark key points on the dial. Or, liquid Wite-Out can be used to mark black or dark colored stove dials.

7. Marking Items in the Cupboard/Pantry

When unpacking groceries, label them with extra wide masking tape and black marking pen before putting the items in the cupboards.

8. Matching Socks

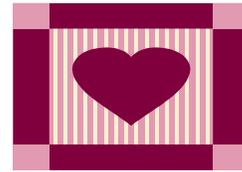
Pin socks together before placing in the laundry. Use brass or stainless steel safety pins as they will not rust.

9. Pouring Liquids into a Cup

Pour coffee into a white mug; the contrasting color of the coffee and the mug will make it easier to see how filled the cup is. Or place index finger into the cup; you will feel when the liquid touches your finger.

10. Writing Made Easier

Use a dark, bold point marker such as a 20/20 pen, or a bold tip gel pen (1.0 mm tip) and print. Do not write in cursive as it is harder to see and maintain a straight line.



Angel Food Ministries

Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60.

Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe.

*******There are no qualifications, minimums, income restrictions, or applications.**

<http://www.angelfoodministries.com/>

OTHER INFORMATION.....

“Money Follows the Person Update” (MFP)

Money Follows the Person (MFP) is an option that allows people who live in an institutional setting to return to live with family or in another setting in the community.

For DDS consumers this means they can use the money that the Connecticut Department of Social Services pays for their current care in a nursing home to move back to the community.

DDS had one consumer this past April move to a CTH after four years in a nursing facility.

DDS currently has 20 plus individuals exploring the option of using MFP to move back to the community.

If you know of anyone currently in a nursing home that DDS provides case management or day services to and would be interested please use the link below.

<http://www.ct.gov/dss/cwp/view.asp?Q=414524&A=2345>

If you would like additional information please contact Siobhan.Morgan@ct.gov

Commission on Aging

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<http://www.cga.ct.gov/coal/>



Check out the Long term care website

The goal of this web site is to provide you easy access to comprehensive information on private and public long-term care (LTC) services and supports in Connecticut, including: Home Care, Community Care, Housing, and Residential or Nursing Home Care. Helpful information is also available for those who provide care and for people interested in the options for planning for their own future needs.

Area Agencies On Aging AKA Triple A's

Area Agencies on Aging are private, nonprofit planning agencies, each guided by its own Board of Directors and Advisory Council. Through funding provided by the Department of Social Services, Aging Services Division, each AAA receives Federal Older Americans Act (Title III) funds and State funds that are allocated to elderly service providers.

<http://www.ct.gov/agingservices/cwp/browse.asp?A=2509>



Legislative Program Review and Investigations Committee

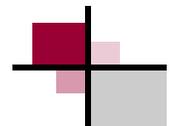
have finished their study of Planning for the Needs of Aging with Developmental Disabilities in CT. The final report is available at:

<http://www.cga.ct.gov/pri/year2008studies.htm> DD



CCADD

Connecticut Coalition on Aging and Developmental Disabilities is a partnership of individuals who provide services to older people including those with developmental disabilities.



State Assistance Programs

Adult Services: <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305138>

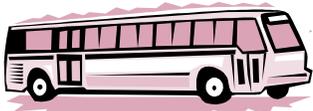
Medicaid Program: <http://www.ct.gov/dss/lib/dss/pdfs/basicmaabd.pdf>

State Administered General Assistance (SAGA):
<http://www.ct.gov/dss/lib/dss/pdfs/sagacashandmedical.pdf>

Supplemental Nutrition Assistance Program (SNAP):
<http://www.ct.gov/dss/cwp/view.asp?A=2353&Q=411676>

State Supplement: http://www.ct.gov/dss/lib/dss/pdfs/state_supplement.pdf

Transportation Website



Places to go! People to see! How do I get there? Transportation! Transportation!

This month DDS unveils an addition to its website for transportation resources.

Visit the site at

<http://www.ct.gov/dds/cwp/view.asp?a=2653&q=429550>

You will find information on buses, Para transit, ridesharing, trains, and travel training.

Check out how to get reduced fares and what transportation may be available in your town.

Scheduled Care Giver Education Programs



A four week series that will provide residential, legal and financial information to help families and guardians plan for their loved ones future. Program is open to parents, siblings and guardians. DDS collaborates with a local Area Agency on Aging to provide the necessary information.

This spring we successfully completed two additional Care Giver Programs in Trumbull sponsored by the Kennedy Center and in Ellington sponsored by the Senior Center.

Coming September 2009

Quinepaug ARC in cooperation with Senior Resources and DDS...

WATCH for the Dates!!!!

Alzheimer's Association of America

http://www.alz.org/living_with_alzheimers_4521.asp



*The Connecticut Commission on Aging
Informational Forum
The Federal Stimulus Package:
What's it Mean for CT's Aging Population?
Wednesday, May 20, 2009*



Highlights: 3.5 Billion Dollars Coming to Connecticut!

Spencer Cain, Section Chief Health and Human Services, Office of Fiscal Analysis provided an overview of the American Recovery and Reinvestment Act (ARRA):

CT will receive \$3.5 Billion from ARRA for programs as wide ranging as education, health care, energy, infrastructure and local fiscal relief.

Funding is meant to supplant and supplement state spending and offer grant opportunities.

Sixty programs in CT will be affected, including \$1.3B in a temporary increase in our federal matching rate for Medicaid (going from 50% to 60% or higher).

Pamela Giannini, Director Aging, Community and Social Work Services, State Department of Social Services discussed some specific programs that will be impacted by ARRA:

SNAP, formerly Food Stamps (\$152 Million): SNAP recipients began receiving increased benefits in April, ranging from \$2 to \$24 per person per month. DSS will hire additional eligibility workers and make technology changes to simplify and expedite the application process. Finally, DSS may increase income limits and remove asset tests for certain applicants.

Elderly Nutrition (\$1.1 Million): Additional funding includes \$775,000 for congregate meals and \$382,000 for home-delivered meals. These funds provide older adults with meals and can also be used to provide nutrition counseling and education.

Senior Community Service Employment Program-SCSEP (\$1.3 Million): An additional 122 low-income older adults will be able to receive intensive job training and development, with the goal of securing meaningful employment after one year.

Homelessness Prevention and Rapid Rehousing (\$16.9 Million): The State and five cities will receive an additional \$10.8M and \$6.1M (total) respectively to prevent individuals and families from becoming homeless and help people who are homeless to be quickly re-housed and stabilized.

Weatherization (\$64.3 Million): The state plans to weatherize 7500 housing units, which will create or retain 640 jobs. Residents will reduce energy costs and the state will be able to stretch energy assistance dollars further when homes are weatherized.

Extra Social Security Payments (\$137.5 Million): 550,000 Connecticut residents will receive an extra \$250 this spring, in the form of Social Security, Supplemental Security Income (SSI), Railroad Retirement and disabled veterans payments.

Please visit the Commission on Aging web site: www.cga.ct.gov/coa.

Aging and Disability Resource Centers in CT aka ADRC

You should contact them:

If you:

- don't know where to go for help
- have been denied benefits or services for which you feel you are eligible
- need assistance with communicating your needs
- have a complaint about service
- need information and/or assistance about community resources, Options Counseling, referrals for employment assistance, referrals for care management, or planning for the future



Contact Community Choices by calling 1-800-994-9422.

<http://www.ct.gov/agingservices/cwp/view.asp?Q=385896&A=2510>

Health & Human Services (HHS) Secretary Kathleen Sebelius today announced a funding opportunity that will make it easier for older people, younger adults and their families to learn about and access health and long-term care through Aging & Disability Resource Center Programs (ADRCs). ADRCs provide one-on-one counseling and streamlined access to programs and services that can enable people to remain in their own homes and communities.

Find your local ADRC.

This information has recently been updated, and can be read by visiting this link:

<http://www.disabilityinfo.gov/digov-public/public/DisplayPage.do?parentFolderId=138>

Follow DisabilityInfo.gov updates at <http://twitter.com/Disabilitygov>.

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