



Utilizing CMP Funds to Improve Dementia Care in Nursing Homes

October 21, 2015

8:30 AM—5:30 PM EST

Frankfort Convention Center
Frankfort, Kentucky

AGENDA

Wednesday, October 21, 2015

7:30—8:30 AM **EST** **Registration**
Frankfort Convention Center

8:30—9:00 AM **Welcome**
Maryellen Mynear, Inspector General

9:00—10:30 AM **Session 1-How to be Successful with Writing CMP Grant Proposals**
Elizabeth Shiels, PhD-C, LCSW, MSSW
Kent School of Social Work, University of Louisville

10:30—10:45 AM **Break**

10:45—11:15 AM **Session 2-AMDA Younger Adults in LTC Settings**
Mary Mulligan, Sr. Manager of Clinical Affairs
AMDA - The Society for Post-Acute and Long-Term Care Medicine, Inc.

11:15—12:15 PM **Lunch**

12:15—2:30 PM **Session 3-It's Never 2 Late**
Jack York, Founder, CEO
Dr. Gordon DeFriesse

2:30—2:45 PM **Break**

2:45—4:00 PM **Session 4-The Virtual Dementia Tour®**
P.K. Beville, Founder and President of Second Wind Dreams

4:00—5:30 PM **Session 5-Music and MemorySM**
Deborah Ferris, Regional Director

Session 1

9:00 - 10:30 AM EST

How to be Successful with Writing CMP Grant Proposals



Presenter
Elizabeth M. Shields
PhD-C, LCSW, MSSW

BETTY SHIELS, PHD-ABD, LCSW, Principal Investigator, Kent School of Social Work, University of Louisville, serves as the Director, KY Person-Centered Care Program for LTC (KYPCC) through funding from a KY Civil Money Penalty Grant (\$654,000). Shields has recently received a Civil Money Penalty grant (\$654,000) from the KY Office of Inspector General to engage Kentucky LTC in the adoption and diffusion of person-centered care across all nursing homes in Kentucky working with partners from the OIG, LTC Ombudsman, Alzheimer's Association, the Pioneer Network, the state aging network and state long term care associations. The grant is the first of its kind to develop a needs assessment of PCC practices across all LTC in a state, creating a baseline of current PCC practices and identifying gaps in adoption, learning and training of person-centered care practices. The program will offer four statewide conferences to increase training and adoption of PCC. Shields has established a Leadership Initiative of fifty LTC (out of 285) to receive intensive on-site consultation and assessment of PCC and assist in the development of QAPI Action Plans to increase and improve practices in the facilities. The needs assessment will form the foundation for future statewide collaborative CMP grants including all stakeholders and consumers. Shields is also the Director for the Kentucky Emergency Preparedness for Aging and Long Term Care Program (KYEPA). The KYEPA is funded by a state grant through the KY Dept. for Public Health and the Assistant Secretary for Preparedness and Response (ASPR, DHHS). She works with all state, regional and local community partners involved in emergency preparedness and response for older persons, including community-based seniors and those living in long term care facilities. Her work has been recognized as the "best practices" in long term care preparedness by ASPR, DHHS. She has also trained and partnered with the Area Agencies on Aging and has received the Southeastern Region 4 Area Agency on Aging Outstanding Service Award. She has recently presented to the Institute of Medicine on Emergency Preparedness and Older Persons from the perspective of national trends and concerns as well as state, regional and local issues. She chairs the Geriatric Education Preparedness and Response Special Interest group for the National Association of Geriatric Education Centers, chairs the Special Interest group for the Gerontological Society of America and collaborates with Stanford University and the University of New England-Maine on annual national webinars and a program for ASTHO and the CDC. She is also the Institutional Director for the OVAR Geriatric Education Center at UL as well as Director of the KY Emergency Preparedness for Aging Program (KYEPA). The Geriatric Education Center at the University of Louisville trains students from the UL Medical School, Department for Family and Geriatric Medicine, the UL School of Nursing, Kent School of Social Work and the Spalding University School for Professional Psychology in Transitions in Care for Older Persons with Dementia or and Diabetes using interprofessional teams. The GEC also provides specialized training to the same learners, professionals and caregiving staff working in long term care facilities in issues around Alzheimer's Disease and other forms of Dementia. Shields has presented to AGHE, the American Society on Aging, Leading Age USA and the CDC/ASTHO and Leading Age KY and KAHCF annual conferences as well as the Institute of Medicine. She has established working relationships with virtually all CNH in KY.

This training session will provide an overview of how to complete the Region IV CMS CMP Fund grant application. This session will address the overall plan for writing grants, including: purpose and summary, needs statement, program description, results measurement, key personnel, and funding.

Participants will be able to:

- Address the guidelines of proposals;
- Identify and effectively write the key elements of a proposal;
- Develop focused and realistic budgets; and
- Package a professional grant submission.

AMDA—Younger Adults in the LTC Setting

Session 2

10:45—11:15 AM EST



Presenter

Mary Mulligan
Sr. Manager of
Clinical Affairs

AMDA – *The Society for Post-Acute and Long-Term Care Medicine, Inc.* has received grant funding from CMS and the States of Alabama, Florida, Georgia, Kentucky, Mississippi, and South Carolina to develop and implement an educational curriculum using a multi-faceted approach to improve the care and behavioral management of younger adult long term care (LTC) residents (under age 65) with: (1) a primary (core) online component (2) face-to-face state trainings and (3) a learning collaborative via the Web. This training program, which will be rolled out in 2016 and 2017 will educate medical directors, nursing home staff, surveyors, long-term care ombudsman, and members of Quality Improvement Organizations/Quality Improvement Networks about how to provide quality care for the younger adult in LTC. Training will be organized around real cases of younger adults, the challenges they face, and highlight emerging practices to successfully promote overall quality of life for this population.

Participants will be able to:

- Obtain an overview of efforts under *The Younger Adult in the Post-Acute/Long-Term Care Setting CMP Funded Grant*.
- Understand the expanding growth of this population in the LTC setting and the need for more heightened awareness and training.
- Learn how to participate in the 2016 Kentucky in-person trainings as well as the online component and learning collaborative.

Improving Residents Lives Through Technology

Session 3

12:15—2:30 PM EST

**It's Never
2 Late**
empowering lives through technology



The improvements in today's technology have impacted our lives in countless ways. We use technology to stay connected to our families, our friends and the outside world. These same benefits that we enjoy should be available to nursing home residents! This session will look at how various multimedia and engagement technologies can dramatically improve the quality of life for nursing home residents, regardless of any physical or cognitive disabilities. A special emphasis will be dedicated to highlighting technologies that can reduce the use of psychotropic drugs. In addition to evaluating the technology, we will hear case studies of how this technology has worked in multiple nursing homes across the country, specifically with multiple CMP funded projects in North Carolina.



Presenter

- Demonstrate various types of interactive technologies that can improve the quality of life for nursing home residents;
- Provide case studies of how technology designed for residents with dementia has benefitted multiple senior living communities throughout the US and in particular North Carolina; and
- Provide research proving the benefits of person centered technology in nursing homes.

Jack York, Founder



Presenter

P.K. Beville

Founder & President of
Second Wind Dreams

The Virtual Dementia Tour®

2:45—4:00 PM EST

Session 4

The Virtual Dementia Tour® (VDT®) is a scientifically proven method that builds sensitivity and awareness in individuals caring for those with dementia by temporarily altering participants' physical and sensory abilities. This evidence-based program, created by geriatric specialist and founder of Second Wind Dreams®, P.K. Beville, simulates changes associated with cognitive decline. The VDT offers hope by providing practical ways to create an environment that supports the disease and increase understanding. P.K. is also a well-known speaker on the issues and latest research regarding dementia and what changes are necessary to improve the treatment and care of our elders, including ways that state grant monies might be utilized to provide better and more consistent training for caregivers.

Experts agree that education and proper training are the best ways to help caregivers to provide better care. The Virtual Dementia Tour hopes to assist in this effort by giving you an experience that will help you better understand the issues facing both the caregiver and the loved one with Alzheimer's. Sensitivity to these issues faced by those with dementia results in greater understanding which, in turn, sets the stage for better care.

The Virtual Dementia Tour®:

- Has been experienced by more than 1.5 million people in 17 countries.
- Is evidence-based and studied across cultures and time with consistent results.
- Has been implemented in nearly 1,000 healthcare facilities in the U.S., Canada and the UK in 2014.
- Has been conducted at a wide variety of organizations including the Center for Disease Control (CDC), U.S. Department of Health & Human Services, Google, Facebook, Wellstar, Johnson & Johnson, WebMD and Caesars Entertainment, among others.
- Is used in more than 200 colleges and universities as an adjunct to existing curriculum.

MUSIC & MEMORYSM

4:00—5:30 PM EST

Session 5



Discover the difference that personalized music can make for those suffering from physical challenges as well as individuals who are memory impaired. Going beyond eras or genres of music to favorite songs by favored artists sets this personalized, therapeutic music program apart, offering greater benefits to the individual, family, and care staff. This program is not only person centered, it meets the participant where they are, regardless of their level of cognition or ambulation and has established a new best practice and gold standard in the care industry. In addition to offsetting the use of pharmacologic interventions, it also helps to enhance quality of life and treatment outcomes, increase communication and social engagement, restore identity and personhood, reduce agitation and behaviors associated with Alzheimer's related Sundowning, offset boredom, isolation, pain and depression, stimulate participation in rehabilitation therapies, increase staff efficiency in the delivery of ADL's, encourage a team approach, boost care staff morale, enhance community image and perception of care. Although the program began in skilled care environments, it has quickly spread to hospitals, VA's, adult day care programs, assisted living homes, home health agencies, treatment centers and even hospice organizations in end-of-life care. Music & Memory offers staff training and program certification for businesses and care environments to provide the program to individuals in their care.



Presenter

Deborah Ferris
Regional Director

Prepare the audience to establish a successful, sustainable Music & Memory program by:

- Introducing program structure, benefits and impact;
- Providing research, survey and study results;
- Establishing a firm foundation for program certification training and support; and
- Sharing key elements for program implementation and an overview of resources and guidelines for best practices.

How to Register

<https://ky.train.org>

Search for Course ID: 1059008

You will need to have your own individual account on the KY TRAIN website in order to register and receive credit for attending the training.

Online Registration ends Monday, October 19, 2015

For TRAIN assistance contact: Jessica Lowe at 502-564-7963 ext. 3310 or
Jessica.Lowe@ky.gov.

Training Location

Frankfort Convention Center
405 Mero Street
Frankfort, Kentucky 40601

Hotel Information

Overnight accommodations can be made at any hotels
in the Frankfort area.