



New Community Opportunities Center at ILRU Presents...

ABCs of Nursing Home Transition

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Good Morning!

- Do you have any questions on the first day of training?
- Today's agenda
 - Confidentiality and HIPPA
 - Transition Planning

Confidentiality

- An individual must give written consent when you share information between the Center and other organizations or people.
- The person has the right to limit the release of information.



Confidentiality, cont'd.

Many people with disabilities are concerned that information about themselves will be used against them, so:

- Acknowledge the concern
- Set a high standard for yourself and others
- Watch your own conduct with regard to confidentiality
- Explain how you use the information you obtain or why other folks need the information

Legal Guardians

- Basic cognitive ability is the ability to understand their living situation, form intent, and communicate that intent.
- A person with a disability may need a guardianship if:
 - they have a significant cognitive impairment;
 - lack appropriate alternatives to guardianship; and
 - lack appropriate social services that the person is unable to meet their health, safety and welfare.

Legal Guardians, cont'd.

- Guardianship is a state court function, all fifty states have their own laws and are different.
- Your state's guardianship statute should have substantial procedures in place. The best ones:
 - make it hard to get a guardianship in the first place,
 - give a person with disabilities substantial due process rights, and
 - make it easy to revoke a guardianship or restore the individual to legal capacity

Legal Guardians, cont'd. 2

- Good guardianship laws require petitioners to allege and prove that they have exhausted attempts for less restrictive alternatives like powers of attorney, living wills, and joint tenancies. Ask if this has been done.
- Ask to see their Letters of Guardianship. This is the court order that sets out the powers of the guardian.

Legal Guardians, cont'd. 3

Many guardianship statutes expressly require certain actions by a guardian, like:

- ensuring they live in the least restrictive setting,
- exercising authority only to the extent necessary,
- encouraging participation, encouraging the ward to act on their own behalf, and
- encouraging an independent living plan toward full restoration.

Legal Guardians, cont'd. 4

- Good guardianship laws may also:
 - prohibit a guardian from placing a ward in an institution or nursing facility,
 - require a court order for more restrictive placement,
 - prohibit the guardian from denying marriage,
 - prohibit experimental surgery,
 - prohibit denial or withdrawal of essential nutrition or health care, and
 - prohibit sterilization.
- Become familiar with the duties and prohibitions of guardians in your state.

Legal Guardians, cont'd. 5

- When there are legal guardians or surrogate decision-makers, their consent is necessary!
- You can help the guardian understand their responsibilities and work with the guardian to help the individual return to the community.

Confidentiality is a Protection... NOT a Barrier!



- Do not allow confidentiality laws to be used as an obstacle to working with an individual in a nursing facility
- What to do when this happens...



Small Group Activity



Now it's your turn.

Small Group Activity

Answer these questions:

- What types of issues would you ask about and consider as you review the components of an assessment?
- What do you think would be the most effective methods to learn about this individual and what they want?
- How would you establish a relationship with consumer, the nursing home and family members or support person?

Group Reports





Transition Plan Components

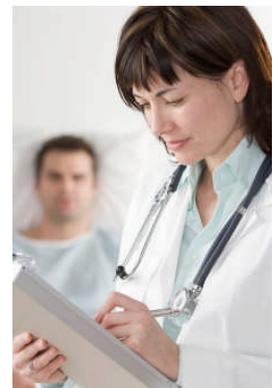
- Assistive Technology
- Health Services
- Housing
- Social Supports
- Transportation
- Volunteering / Employment
- Social, Faith and Recreation
- Community Integration
- Advocacy
- Finances

Assistive Technology

- Hearing aids and other amplification devices
- Environmental controls
- Toilets and showers equipped with grab bars
- Door levers instead of knobs
- Low-tech (and inexpensive) solutions

Health Care

- General medical care, including primary care physician and dentist
- Specialty medical care
- Durable medical equipment, including wheelchairs, hospital beds, transfer benches, commodes



Personal Assistance

Based on the needs assessment, identify:

- Available formal services
- Available informal supports
- Training needs for managing attendants
- Additional gaps that need to be addressed

Potential Barriers to Personal Assistance



Some barriers to securing personal assistance include:

- History of non-compliance with home care agencies
- Lack of informal assistance
- Criminal convictions

Mental Health Services and Supports



Address needs identified during the assessment.

These supports could include:

- psychiatric services
- peer counseling
- crisis-intervention
- medication



Addiction Services and Supports

Addiction issues may have been the cause of institutionalization and can have a significant impact on the transition plan.

Addiction issues may be masked by lack of access in the facility and medical issues.

Services and supports include treatment, counseling and twelve-step programs.

Housing

Locating affordable accessible housing:

- Across the United States, one of the most difficult components of transitioning into the community is finding affordable accessible housing. So start immediately searching for housing.

Housing

- A realistic budget
- Desired living arrangements
- Accessibility requirements/needed modifications
- Security and utility deposits
- Furnishings
- Assistance with moving

Potential Barriers to Housing

Some barriers to securing personal assistance include:

- Unpaid utility bills
- Negative credit rating or poor rental history
- Criminal convictions



Individual Advocacy Skills

- Work together to bring back or create the advocacy skills individuals will need in order to live successfully in the community

Safety Planning

They always scream "FIRE!!!!" in the middle of a transition planning meeting.

"Mary isn't safe in the event of a fire!"

Do NOT respond with...

"WHO IS?"

Develop a Safety Plan instead.



What is a Safety Plan?

A Safety Plan is a written plan that shows that potential concerns about safety have been considered and addressed within the plan.

It is a tool that you can use to help the individual address critical transition issues and secure support for the move.

What is a Safety Plan?, cont'd

It is not a guarantee of safety when the person moves into the community, but it does address real issues of liability.

It doesn't need to be fancy.

Issues that need to be addressed	How they get addressed

Safety Planning Example: Fire Safety



Some common approaches:

- Firewalls
- Sprinklers
- Smoke detectors
- Notification of the fire department
- Personal Emergency Response System
- Multiple exits from the apartment



Safety Planning: More Fire Safety

Don't forget PREVENTION!

- Consumer is aware of common fire hazards
- Consumer will avoid potential hazards like the inappropriate use of extension cords
- Consumer will implement a “No smoking” rule on guests or have a plan for safer smoking

Safety Planning: Common Issues

- Risk of falling
- Need for 24-hour "care"
- Need for back-up assistance
- Medication administration and management
- Medical monitoring (Diabetes)



Safety Planning

If you are ever unsure what the concern is...

ASK QUESTIONS!

Don't assume what people mean.

"He's non-compliant" can mean many different things... including refusing a vitamin tablet.

Small Group Exercise

- Based on the profile and discussion from the first small group activity, identify which of the components of the transition plan might be the most challenging to address. Identify several ways to overcome these challenges.
- As you consider the issues raised during these discussions, what are the boundaries between acceptable risk and unacceptable risk? Who should determine what is unacceptable risk?

Employment and Volunteering

Employment, Education and Volunteering provide:

- Socializing
- Confidence Building
- Pride



Transportation

- Accessibility
- Bus Training
- Making use of the transportation available



Financial Benefits

Having adequate income is essential.

Some of the critical activities include:

- Filing a change of address
- If the individual has no income, apply for SSDI or SSI
- If the individual has SSI, assist the individual in notifying SSA



Financial Benefits, cont'd.

- Apply for food stamps and other financial benefits (workers compensation, VA benefits)
- Complete paperwork for “community” Medicaid (including arranging spend-down or trust)

Finances: Set up a monthly budget

- Does the budget support paying for necessities and the things that are important to the person?
- Are there other “informal” financial resources available to the person?
- One last detail: Arrange to have cash on hand for the day of the move.

Financial Management

- People hate talking about how they manage their money.
- Not everyone is good at it.
- If this is needed, work with the individual to identify a strategy that will work and is acceptable.

Community Activities

Transition is more than moving to a new location. It is building or reclaiming your life. Don't forget...

- Social
- Faith
- Recreation



Tools and Checklists

- There are a lot of different tools and checklists.
- Samples are included in the ABCs Manual (Appendices C & D, pages 75 and 83).
- Find and use what works for you.

End of Day Two

- Do you have any questions on the second day's topics?
- Give us feedback: How can we better meet your needs?
- Tomorrow
 - The Day of the Move
 - Post Transition Advocacy
 - Voices from the Field





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