



**New Community Opportunities Center
at ILRU Presents...**

ABCs of Nursing Home Transition

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Presented by:

Bruce Darling

Jane Schiele



Good Morning!

- Do you have any questions from the first two days of training?
- Today's agenda
 - The Day of the Move
 - Post Transition Advocacy
 - Voices from the Field
 - Documenting Success

Transition Planning

When confronted with a unique situation:

- Be creative
- Ask for help

As the transition date gets closer, people become more anxious. Offer peer counseling.

Discharge Planning Meeting

Review the plan.

Have everyone look it over.
(Other people catch things you
may have missed.)

Even the most critical person can
help you develop a better plan.



The Day of Transition

- Review any discharge instructions
- Getting prescriptions
- Individual's transportation
- Moving personal effects
- Help the person settle in



The Day of Transition, cont'd.

Know the services are in place.
Know something will fall apart.
Know that you will all get
through it.

Stay calm. Seriously. Breathing
helps.





The Day of Transition, cont'd. 2

Money and food solve a lot of problems.

(I have also learned they can create them too,
but for today they are helpful.)

Have cash on hand on the day of the move.

Pack a lunch and snacks for the day of the
transition.



The Day of Transition, cont'd. 3

People may change their minds... even at the last minute.

It's OK.



Post Transition Responsibilities

- Maintain contact based on the individual's needs and preferences
- Provide empathy
- Be aware of and prepare for emotional challenges
- Assist the individual in looking to the future



Get Folks Involved!

- Get the individual involved in your Center for Independent Living and local disability rights community
- The person can provide peer support to others making the transition



Get Folks Involved, cont'd.

- The person you have assisted in transitioning has a unique perspective that needs to be heard by policy makers
 - Consolidated Plan for Housing
 - State's Olmstead Planning Process

Post Transition Support and Advocacy



- Review and modify the Independent Living Plan as needed
- Assist individuals in getting their needs met
- Advocate on their behalf
- The following slides review “next steps” for each of the components of the Transition or Independent Living Plan

Housing

- Is the housing appropriate to the individual's needs?
- Have the needed modifications all been completed and do they meet the person's needs?
- Are there additional modifications still needed?

Housing, cont'd.

- Is the rent being paid? Has rental assistance and/or subsidies been obtained and are the payments working as expected?
- If there is a roommate, is this working out?
- Are additional furnishings needed?

Personal Assistance

- If the individual has personal assistance, how is this working out? Are the hours of assistance sufficient? Are the person's needs being met?
- Is the person able to provide adequate direction to the personal assistant? Does the individual need additional information on managing personal assistants?

Assistive Technology

- Did the individual receive the AT devices specified in the Transition Plan?
- Are the devices working properly and is there a plan for them to be serviced if needed?
- Is there additional assistive technology that might further support the individual to live in the community?

Health Care

- Have all medical needs been addressed?
- Have all health care appointments been made and kept?
- Has all durable medical equipment such as transfer benches, wheelchairs, commodes, etc. been obtained and is it working properly?



Mental Health Services and Supports

- How is the person handling the stress of the transition? Are there any mental health needs that should be addressed?
- Does the individual acknowledge these needs and does she want assistance?
- How would the individual prefer to have these needs addressed?

Mental Health Services and Supports, cont'd.



- Has the transition improved the individual's mental health status and reduced the need for medications or treatment?
- Is the person having any issues with post-traumatic stress?



Addiction Services and Supports

- Are there any needed services or supports related to an addiction?
- Does the individual acknowledge these needs and does she want assistance?
- What do I do if the person has begun drinking or using drugs again?

Transportation

- Is the plan meeting the individual's transportation needs?
- Is accessible transportation available in the local area? Is the individual making use of what is available?
- Is there a need for training on how to use the transportation system?



Volunteering

- Does the individual have volunteer activities?
- Is the individual interested in volunteering?
- Are any supports needed to assist the individual with this?

Volunteering, cont'd

- Are there any specific barriers that need to be addressed, like access to personal assistance outside the home or transportation?

Education and Employment

- Is the individual in school? If not, does the individual want to be?
- Does the individual have a job? If not, does the individual want to be employed? Full-time? Part-time?
- Are supports needed to assist the individual with this?

Family and Friends

- Have family and/or friends been involved in the individual's transition?
- Do family or friends have any questions or concerns about the transition?
- If family or friends provide supports as part of the plan, is this effective? Do the informal caregivers need any support?



Social, Faith, and Recreation

- What recreational activities is the individual participating in or would like to be involved in?
- What support is the individual receiving for social, faith, and recreational activities?
- If he chooses, is the individual involved in the religion of his choice? Has the person been supported in this?

Finances

- You may need to assist the consumer in paying the first month's bills. If you are not, are the bills being paid on time?
- Does the budget meet the person's needs?
- Do you need to work with the person to adjust budget?



Sample Moving Checklist

Appendix E, page 91 in the ABCs manual

Voices from the Field



Document Your Success!

- Report on your work in the Center's Annual Report
- Documentation can help change the system. New York State Centers track the savings associated with our transition work.



End of Day Three

- Do you have any questions on the third day's topics?

Wrapping up the training...

- Do you have any other questions?





Contact Information

Jane Schiele

Director, Satellite Offices
Disability Center for
Independent Living,
Denver, Colorado
Phone - 303-617-2480
schielejane@yahoo.com

Bruce E. Darling

President/CEO
Center for Disability Rights,
Rochester NY
Phone - 585-546-7510
BDarling@CDRNYS.org

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