

FINGER LAKES ALZHEIMER'S CAREGIVER INSTITUTE

Quarterly Newsletter
SUMMER 2019

Hello,

In this summer edition, we have a variety of summer programs and previews of events this fall. Additionally, we have an article from one of our care managers about navigating MLTC (Managed Long-term Care) benefits. If you have suggestions of articles for future editions or places you would like to see more programming, please contact us at FLCnewsletter@lifespanrochester.org. We hope to see you this summer!

Sincerely,
Lifespan's FLCI team

Community Workshop

Learn more about Alzheimer's – Dementia – Memory Loss and how to best serve members of your community.



Come hear from Rev. Dr. Cynthia Huling Hummel, a Presbyterian pastor, who is living with early stage Alzheimer's. Since her diagnosis, she has made it her mission to share her story, her insights on living with the disease, and her unique perspective on faith-based respite care.

When:

Saturday, June 29, 2019
1:00 - 3:00 pm

**Free & Open to the Public
– RSVP appreciated.**

Where:

Pinnacle Lutheran Church
250 Pinnacle Rd

To register or for more information:
Jessie at 585-287-6372 or
jgyr@lifespanrochester.org

Join us July 20th at the ROC Pride Parade!



An Out Alliance Celebration

In honor of the 50th anniversary of the Stonewall riots, the parade theme this year is "What is YOUR Stonewall?" Once again, Lifespan will have a walking contingent. If you would like to walk with us, contact VolunteerFLCI@lifespanrochester.org with "Pride Parade" in the subject line.

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lifespanrochester.org

EMAIL: FLCnewsletter@lifespanrochester.org

SUMMER WELLNESS PROGRAMS

Matter of Balance

This is a workshop designed to increase activity levels and decrease the fear of falling. Classes are free for caregivers of people with memory loss. Lifespan's Finger Lakes Caregiver Institute invites caregivers to come on their own or with their loved one living with early-stage dementia. Matter of Balance is designed to benefit caregivers of people with dementia and people living with early-stage dementia who:

- Are concerned about falls for themselves or their loved one.
- Have sustained falls in the past.
- Restrict activities for themselves or their loved one because of concerns about falling.
- And are interested in improving flexibility, balance, and strength.

Eight, two-hour sessions, either twice a week for four weeks or once a week for eight weeks.



Tai Chi for Arthritis

This falls prevention workshop assists caregivers with pain reduction, stiffness, decreased range of motion and balance concerns associated with arthritis. It also promotes a fun, social means of increasing strength, flexibility, and coordination. Caregivers are invited to come on their own or with their loved one living with early-stage dementia. **Twice a week, one-hour sessions for eight weeks.**

Summer Wellness Class Listings

All classes listed below are free for family caregivers and people living with early-stage dementia. For more details and to register, contact Wendy at 585-244-8400 x130, wfambro@lifespanrochester.org, or register online at www.lifespanrochester.org/new-events/.

Orleans County

Tai Chi for Arthritis in Medina

July 10- August 30, 2019
Wednesdays & Fridays
1:30- 2:30 pm
Medina YMCA

Schuyler County

Tai Chi for Arthritis in Montour Falls

August 1-September 26
Mondays & Thursdays
10:00- 11:00 am
The Falls Home

Ontario County

Tai Chi for Arthritis in Farmington

June 3- July 29, 2019
Mondays & Thursdays
10:00- 11:00 am
St. John's Lutheran Church

Matter of Balance in Canandaigua

Mondays
June 17- August 5
1:00- 3:00 pm
Ontario Safety
Training Building



To see more offerings of Matter of Balance and Tai Chi for Arthritis classes as they are added, please visit our website at www.lifespanrochester.org/new-events/.

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers (PTC) is a six-week, evidence-based, self-care education program for family caregivers taught by trained teachers. Since the program's inception in the late 1990's in Portland, Oregon, a lot of research, evaluation, and revision has been done to ensure the program's continued success for a diverse group of caregivers including rural, ethnic minorities, adult children of aging parents, spouses/partners, caregivers at differing stages in their caregiving role, living situations, financial and educational backgrounds.

Data from class participant evaluations indicates the PTC program improves:

- **Self-Care Behaviors:** increased exercise, use of relaxation techniques, and medical check-ups.
- **Management of Emotions:** reduced guilt, anger, and depression.
- **Self-Efficacy:** increased confidence in coping with caregiving demands.
- **Use of Community Resources:** increased utilization of community services.

Visit: www.powerfultoolsforcaregivers.org

Registration is required. Classes are free to family caregivers of a loved one with dementia or a chronic illness. All participants receive a copy of *The Caregiver Helpbook*, a book developed specifically for the class. The class is offered for six consecutive weeks in either 90-minute or 2-and-a-half hour sessions.

"I really am so grateful for this opportunity. I have referred a number of people already (including my son). This is a wonderful opportunity for people to learn how to care for themselves- just the class time alone is a step in that direction." -Past PTC participant



Summer Offerings of Powerful Tools for Caregivers

Yates County Office Building in Penn Yan

Wednesdays, June 19-July 24
9:30-11:00 am

To register: Call Pro Action/
Yates Office for the Aging at
315-536-5515

RSVP by Thursday, June 6

Lifespan in Rochester

Tuesdays, June 25- July 30
2:00-4:30 PM

To register: Contact Lifespan at
585-498-4022 or online at
www.lifespanrochester.org/new-events/

Steuben County Annex Building in Bath

Tuesdays, June 18-July 23
1:30-3:00 pm

To register: Contact the
Caregiver Resource Center at
607-281-3636 or
OFAinfo@co.steuben.ny.us.

First Presbyterian Church in Honeoye Falls

Wednesdays, July 24- August 28
5:00-7:30 PM

To register: Contact Lifespan at
585-498-4022 or online at
www.lifespanrochester.org/new-events/

Upcoming Fall Offerings of PTC

Livingston County

Dansville

Monroe County

Lily Café at the Maplewood YMCA
Out Alliance
Westside YMCA

Orleans County

Medina

Schuyler County

Montour Falls

Steuben County

Corning

For general information and details on upcoming classes, contact Mara at 585-498-4022, mkouides@lifespanrochester.org or visit www.lifespanrochester.org/new-events/.

Grief After Caregiving

A support group for people coping with grief following the death of a loved one who was living with dementia.

Open to adult children, spouses, partners, and respite volunteers. Facilitated by Katherine Carr, LMSW and Matt Tschappat, LMSW.

When: Third Friday of each month
11:00 am- 12:00 pm

Where: Lifespan of Greater Rochester
1900 S Clinton Ave
Rochester, NY 14618

Registration requested:
Contact 585-244-8400 x169 or
FLCreferral@lifespanrochester.org

LGBTQ+ Caregiver Programs

All programs take place at the Out Alliance (100 College Ave #100, Rochester, NY 14607) unless otherwise stated.*

PLEASE NOTE: All programs will remain the same during ROC Pride Week 2019 (July 13-21, 2019).



Care Manager Office Hours

In-person consultation to discuss issues around aging and caregiving. Third Tuesdays from 11:00 am- 3:00pm. Walk-ins welcome or call Kat at 585-498-4021 to make an appointment.



LGBTQ+ & Allies Caregiver Support Group

Third Tuesdays from 5:30-6:30 pm. Registration requested with Mara at 585-498-4022.



Caring Grounds: LGBTQ+

Caregiver Coffee Hour

Drop-in coffee hour for care partners. Last Fridays, 10:00-11:00 am.*Equal Grounds, 750 South Ave, Rochester, NY 14620.



Powerful Tools for Caregivers at the Out Alliance

A series of PTC will be offered at the Out Alliance this fall. Stay tuned for more details:
www.lifespanrochester.org/new-events/

WELLNESS OFFERINGS CONTINUED

Urban Soul Line Dance

Lifespan's Finger Lakes Caregiver Institute (FLCI) is partnering with Lifespan's Lily Café at the Maplewood YMCA* to offer four, free sessions of Urban Soul Line Dance classes with Patricia Wood, Certified Instructor.

Caregivers are invited to come on their own or with their loved one living with early stage dementia.

When: 12:00-1:00 pm

- Monday, June 17
- Wednesday, August 14
- Wednesday, October 9
- Monday, December 18

Where: Lily Café at the
Maplewood YMCA
25 Driving Park Blvd
Rochester, NY 14624

Registration:

Contact Linda at
585-244-8400 x209 or
larmstrong@lifespanrochester.org

*You do not need to be a member of the YMCA to attend.



MLTC Benefits 101

By Nate Baldo

Care Manager, Finger Lakes Caregiver Institute at Lifespan

Committee Member, MLTC Advocacy Committee at Lifespan

Navigating the complexities of our Medicaid system to access home care can be stressful, particularly when you have multiple responsibilities to juggle such as caregiving for a loved one, raising a family, and maintaining employment. Managed Long-Term Care (MLTC) plan is one of the Medicaid-funded programs in New York State that provides coverage of long-term services and supports for older adults and people with disabilities. Let's review the MLTC benefit package.*

MLTC benefits include:

- Care management.
- Health care services (nursing, home health aide, home support).
- Personal care services (to help with dressing, bathing, grooming, etc.).
- Consumer Directed Personal Assistance Services (CDPAS).
- Nursing home (may change in the future).
- Meal delivery to your home.
- Personal emergency response systems.
- Non-emergent medical transportation.
- Home modifications & medical equipment.
- Adult day health care programs.
- Specialty health services such as audiology, dental, optometry, physical therapy and podiatry.



As mentioned, MLTCs also cover Consumer Directed Personal Assistance Services (CDPAS), a program where the Medicaid recipient (or a representative that they appoint) can hire, train, and supervise individuals they know to serve as their aides, who are then reimbursed through Medicaid. CDPAS allows an individual receiving care to have more control regarding aide services. This includes setting their own schedule of when the hours will be used. Although Medicaid is the primary payer of CDPAS, there are other payment options as well.

Qualifying for these programs and enrolling into an MLTC can be a complex process and many enrollment exclusions apply, in part to avoid duplication of services. Please feel free to reach out to the Finger Lakes Caregiver Institute at Lifespan to link you to a care manager if you are not already connected. We are here to help!

* **Note:** This article focuses on the MLTC Medicaid plans, as opposed to Program for All-Inclusive Care for the Elderly Plan, a different type of MLTC program.

Sources:

- NYMC MLTC Medicaid Guide https://www.health.ny.gov/health_care/medicaid/redesign/docs/mltc_guide_e.pdf
- Eldersource Medicaid Managed Long Term Care Plans: http://www.eldersource.org/documents/ManagedLongTermCarePlans-MonroeCounty_013.pdf
- Department of Health: https://www.health.ny.gov/health_care/medicaid/program/longterm/cdpap.htm
- CDPAP by Edison Home Health Care: <https://cdpapny.org/cdpas/>



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Finger Lakes Caregiver Institute (FLCI) at Lifespan

The Finger Lakes Caregiver Institute (FLCI), a department at Lifespan, partners with the Alzheimer's Association to offer a variety of services and supports to families caring for loved ones with Alzheimer's disease and related dementias (i.e.: Parkinson's disease-related dementia, vascular dementia, Lewy body dementia, frontotemporal degeneration, etc.) throughout our 10-county region.



To receive the FLCI Quarterly Newsletter by email, contact: FLCInewsletter@lifespanrochester.org.