



Phone: 860-418-8723

Fax: 860-622-2769

Email: Siobhan.Morgan@ct.gov

## DEPARTMENT OF DEVELOPMENTAL SERVICES AGING SERVICES NEWSLETTER

March 2009

Aging Services 460 Capitol Ave, Hartford CT 06106

### *Caregiver Education*

On May 9, 2008, the CT DDS, CCADD and AAIDD hosted a one-day conference entitled "Aging Matters: Healthy Aging and End of Life Issues" at the Keeney Center in Wethersfield, CT. One of their keynote speakers was Dr. Anne L. Botsford a full professor in the School of Social and Behavioral Sciences at Marist College who presented "Aging Parents & Permanency Planning: Helping Aging Parents Plan for their Adult Offspring with Developmental Disabilities". Dr. Botsford's work with these families identified three different models for encouraging families to plan ahead both for their needs as elders and for the needs of loved ones with a developmental disability. One of the models outlined by Dr. Botsford entailed a six-week psycho-educational parent group wherein three primary planning areas were addressed: the residential, legal, and financial.



Shortly thereafter, and inspired by Dr. Botsford's vision, NCAAA and DDS teamed up to provide our own version of this training program. Held on six consecutive Tuesdays and graciously hosted by the Newington Senior and Disabled Center, the program focused on the three core planning areas listed above but also included information on employment services and an overview of community resources for elders.

Still in the experimental stage, this course will next be provided in conjunction with the Kennedy Center in New Haven and dates are now being finalized for a turn in Ellington in May of 2009.

Attendees of A Time for Laughter and Loving celebrate National Family Caregiver Support Month on November 4, 2008. The event was the culmination of a six-week effort between DDS and NCAAA.

Fuel Assistance  
Call 211 for the nearest location

## FUNERAL FUNDS FOR DDS INDIVIDUALS



Following is information that may be used to assist individuals served by DDS to plan burial and funeral arrangements in advance.

1. An individual may set aside up to \$5,400 from their own savings in an Irrevocable Trust for a pre-paid funeral/burial arrangement. By establishing an irrevocable trust it is not considered an asset and cannot be used for any other need. These trusts can be easily arranged with any local funeral home. They can be of any amount below the maximum and can be added to over time.
2. An individual can also purchase a burial plot, headstone, crypt, or mausoleum. It is important to know these expenses **are not covered by an Irrevocable Trust.**
3. There are no limitations on the amount of money a family member may spend on a individual's funeral or burial arrangements.
4. If the individual does not have a pre-paid trust arrangement, the funeral home looks to payment from the last town the person lived or from DSS. The maximum amount available through either is \$1,800. The funeral home usually does the necessary paperwork for this.
5. The state will pay up to \$ 1,800 towards funeral expenses. The amount increased from \$ 1,200 in 2006. (The legislature previously raised it in 1986, with the \$ 1,200 amount going into effect on July 1, 1988. ) But the state's funeral assistance is reduced by: (1) the amount in any revocable or irrevocable funeral fund, (2) any prepaid funeral contract, and (3) the face value of any life insurance policy the decedent owned. For SAGA recipients, indigent residents who did not receive assistance, and Medicaid recipients, the state's contribution is further reduced by any other contributions towards the funeral expenses in excess of \$2,800. This is specifically for SAGA and regular Title XIX and not for those receiving State Supplement or TFA. <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305152> or <http://www.cga.ct.gov/2007/rpt/2007-R-0604.htm>.

## Funeral Funds Cont'd.

6. If an individual has a burial plot purchased for him/her through his/her family or with their own funds, that information should be provided to the funeral home and incorporated into the Individual Plan. That information should also be clearly marked in the individual's record at his or her residence and in the Master file.
7. Social Security does not provide any death benefit unless there is a surviving spouse. If so, the amount is \$255. <http://www.ssa.gov/pubs/10008.html>
8. Veteran Information: [http://www.vba.va.gov/benefit\\_facts/index.htm#BM7](http://www.vba.va.gov/benefit_facts/index.htm#BM7)

## How A BenefitsCheckUp® Can Help?

As more people are living on limited incomes, BenefitsCheckUp® is a resource that can help self-advocates 55 and older. Make sure you are getting all the benefits for which you are eligible.

### **What is BenefitsCheckUp®?**

BenefitsCheckUp® is the nation's most comprehensive Web-based service to screen for over 1,550 benefits programs available to **those 55 and over**. This Website was launched by the National Council on Aging (NCOA) in 2001.

## “Money Follows the Person” (MFP)

Connecticut’s “Money Follows the Person” (MFP) is a \$56 million demonstration that is intended to assist with rebalancing Connecticut’s long-term care system so that individuals have the maximum independence and freedom of choice about where they live and receive services. DSS is overseeing Connecticut’s initiative.

DDS’s focus will be helping those individuals who want to move from LTC/ Institutional settings move to the community. An institution is defined as an ICF/MR, Regional Center, or LTC/Nursing Home. Individuals can move to a residential setting which has 4 or fewer non-related individuals.

Applications are now available. There is no age restriction or limit.

DDS will transition approx 70 people over the next 3 years. Aging Coordinator will coordinate with DSS Eligibility Specialist specifically working with MFP.

MFP Transition Coordinators have been hired by Centers for Independent Living and Area Agencies on Aging. DDS case managers will work with each participants transition coordinator to develop a person centered plan. DDS Regions currently analyzing status on waiting list of eligible individuals. When individuals have been identified case managers will participate in MFP specific training around Assistive technology, person centered planning, Values based training, and Dignity of Risk (Role of Medicaid).

### **CRITERIA:**

- Must have resided in setting for 6 months
- Must be TITLE XIX/ Medicaid eligible
- Must be eligible for one of DDS waivers

### **PROCESS:**

- Application will be done by DDS Aging services or other
- DSS MFP will process application
- Verifies eligibility for Medicaid and DDS services
- Six month criteria will be part of eligibility
- Provisions for how to work with a guardian have been added to the protocol.
- MFP Transition Coordinator assigned to each participant.
- DDS Case Manager will develop a plan with input from MFP Transition coordinators.
- First 365 days after leaving institution individuals funding under MFP.
- MFP provides 24 hr back up system for the first 365 days.

## 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>

## Connecticut Statewide Respite Program.

This program offers relief to stressed caregivers by providing information, support, the development of an appropriate plan of care, and services for the individual with Alzheimer’s Disease or related dementias. There is a maximum of three thousand five hundred dollars in services available per year to each applicant, and a maximum of 30 days of out of home respite care services (excluding Adult Day Care) available per year to each applicant. This program is a joint partnership between the Alzheimer’s Association Connecticut Chapter, the Area Agencies on Aging, and the State of Connecticut Department of Social Services, Aging Services Division. Contact your local Area Agency on Aging for information.

## Agging and Disability Resource Center (ADRC)

CT's first ADRC Aging and Disability Resource Center called "**Community Choices**" opened October 23, 2008 in the South Region of the state. This is a collaboration between South Central Area Agency on Aging and Center for Disability Rights. CT plans to open it's 2nd center based in the North Western part of the state in May 2009. This will be a collaboration of Western Area Agency on Aging (Waterbury) and North West CIL.

This is a resource for any person regardless of their age or disability. To date they have responded to calls about transportation, housing, Medicare, Medicaid, In home assistance, lifeline, energy assistance, food stamps and living wills. The counselors follow-up to referrals via phone and have mailed information to individuals. They are open M-F 8:30 to 5 pm and have a voicemail system after hours. The phone number is 1-888-992-8637

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



### Transportation Website

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

**This month DDS unveils an addition to it's 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.**

### **Alzheimer's Association of America**

**[http://www.alz.org/living\\_with\\_alzheimers\\_4521.asp](http://www.alz.org/living_with_alzheimers_4521.asp)**

### Scheduled Care Giver Education Programs



#### Kennedy Center with SWAAA

**Dates:** April 16, 30 May 7, and 14, 2009

**Time:** 10 am to 12 pm

**Place:** The Kennedy Center Inc.

2440 Reservoir Ave. Trumbull, CT

#### Ellington Senior Center and NCAAAA

**Dates:** May 13, 27, June 3, 10, 2009

**Time:** 10 am to 12 pm

**Place:** Ellington Senior Ctr.

**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.**





## Retirement is Possible

Individuals who wish to retire may do so by exercising portability of their day program or employment funding and designing a retirement program that meets their needs. The following are the parameters to be used when an individual retires:

1. Generally, individuals exercising this option should be age 50 or older, unless there are compelling reasons for a younger individual to exercise the option for a home-based day program. (such as dementia)
2. If several people in a CLA choose the retirement option and they will be served as group, the service will be categorized and funded as Group Day Supports.
3. If only one person in the home chooses this option, it will be categorized and funded as Individual Day Supports with a negotiated rate based on the PRAT allocation based on the LON score.
4. Individuals can choose to purchase a retirement program service from their residential provider or may purchase the service from any other qualified vendor. Residential providers who wish to provide this service to the people they serve must become qualified to provide Group Day Supports and/or Individualized Day Supports.
5. This type of retirement option will be funded from the Day Services account using the individual's portable funding.

**Reminder:** Individuals supported by public can also make their money portable and retire.

## LTC OMBUDSMAN

To contact the Ombudsman's office call statewide toll free number

**1-866-388-1888**

or

Contact our Central Office by calling

**860-424-5200**

You can also e-mail us: [lrcop@ct.gov](mailto:lrcop@ct.gov)

<http://www.ct.gov/lrcop/cwp/view.asp?a=2725&q=326392>

### **Western Region Intake Number:**

203-597-4181

Contacts:

Kimberly Massey

1057 Broad Street

Bridgeport, CT 06604

Mairead Phillips/Dan Lerman

249 Thomaston Avenue

Waterbury, CT 06702

### **Northern Region Intake Number:**

860-424-5221

Contacts:

Cristina MacGillis/Michael Michalski/Maggie Ewald

3580 Main Street

Hartford, CT 06120

### **Southern Region Intake Number:**

860-823-3366

Contacts:

Brenda Torres

414 Chapel Street, Suite 301

New Haven, CT 06511

Brenda Foreman/Thom Pantaleo

401 West Thames Street, Unit 102

Norwich, CT 06360

DEPARTMENT OF  
DEVELOPMENTAL SERVICES  
AGING SERVICES NEWSLETTER

Aging Services 460 Capitol Ave, Hartford CT