

TCAD eLoop

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Help is Available

Just make the call

By Janet Lamb

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It takes a community to protect Tennessee's elders and vulnerable adults from being victims of abusive, exploitive and neglectful situations, and thanks to the state's responsive and preventive programs, help is available.

While Adult Protective Services responds to and investigates reports of abuse, the Tennessee Commission on Aging and Disability and the Area Agencies on Aging and Disability administer and support prevention programs and services to keep seniors safe at home.

For those who find themselves in or aware of abusive situations, reports can be made anonymously by calling Adult Protective Services' hot line at 1-888-277-8366 (8 a.m.-4 p.m. Monday-Friday). Last year, the agency responded to 9,648 new reports of abuse, neglect and exploitation. It assisted 11,463 adults who found themselves in abusive situations, with 83 percent of clients accepting its protective services.

Elder-abuse prevention programs help vulnerable

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Faces of our Elders



Caryl Garrett, pictured here with with son Ernie, worked as a waitress, restaurant owner, secretary and bank officer until she retired at age 76. In addition, she was always known for her lovely singing voice. As a tot in Louisville, KY, Caryl would earn quarters from bar patrons by singing songs and doing her impersonation of Mae West. When she became a teenager in the 1940s, she and her aunt would perform "chalk talk" at area churches, in which Caryl would sing a hymn and Aunt Boo would create a chalk drawing as she was inspired by the song. In later years, Caryl sang with local bands and in community productions. She continues to enjoy singing in her church choir.

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Tennesseans remain in their homes and communities across the state. Abuse coalitions and nutrition, social and educational programs and reassurance services are a sample of the help provided by the state commission and the area agencies.

Those Area Agencies on Aging and Disability are the single point of entry for services to seniors that will let them stay safely in their homes. Those include support services such as homemaker, personal care, nutrition and transportation.

Tennessee Vulnerable Adult Coalition consists of partners across the state and focuses on raising awareness of the types of abuse committed against vulnerable and older adults, and on seeking ways to prevent abuse. The coalition promotes World Elder Abuse Awareness Day events each June 15 and encourages Tennesseans to "Listen ... Believe ... Act" on reports of abuse, exploitation or neglect. For more information visit www.tvaconline.org.

The Long Term Care Ombudsman program advocates on behalf of nursing facility residents to ensure that their quality of life and rights as citizens are protected. Ombudsmen investigate complaints by residents and their families that range from facility workers not answering call buttons to neglect in care, which may result in infections or death of the residents.

The Public Guardian program assists Tennesseans 60 and older who are found to be incompetent and have no family or friends who can or will manage their health care and finances. The Public Guardians conserve assets and protect wards taken from abusive or exploitive situations.

Senior centers provide a community support system for seniors for nutrition, community resources and assurance services. They empower seniors by educating them on the signs of abuse, providing a safe haven for activities and offering telephone reassurance for the home-bound. They allow vulnerable Tennesseans to remain in the public eye so that any signs of abuse can be spotted by staff or members.

The National Family Caregiver Support Program provides services for caregivers including information and assistance; training, support groups, individual counseling and respite care. These services give caregivers the help they need to prevent caregiver burnout and abuse to the patient. For information on this and other prevention programs call 1-866-836-6678 or go to www.tennessee.gov/comaging.

There is no single agency or organization that can provide all the needed services and protection that disabled and elderly adults require and deserve. It takes involvement and interaction from everyone to

meet the needs of vulnerable adults: Listen ... Believe ... Act! ■

TCAD Staff Briefs

TFA Tennessee Treasures Conference

Tennessee Treasures was the theme of the annual Tennessee Federation of Aging Conference held at the Embassy Suite Conference Center in Murfreesboro, TN on September 2-4.

State Senator Jim Tracy welcomed the group of more than 150 attendees, who learned about topics from emergency, elder abuse, fraud, estate planning, grant writing and fund raising. Entertainment was provided by The Rigney Family Band and the Cripple Creek Cloggers.

TCAD staffer Laverdia McCullough helped plan the conference and presented two workshops. She spoke on emergency preparedness and fund raising ideas for senior centers. McCullough also gave away, as a prize, a 72-hour emergency preparedness bucket, which included food, first aid kit, flashlights, emergency blankets, everything Red Cross and FEMA determined that one person would need to sustain him for 72 hours in the event of an emergency.

McCullough advises everyone to prepare their own 72-hour kit, in the event of an emergency at home. "Don't forget the chocolate," she added.

McCullough also presented the popular fund raising ideas for senior center directors. She discussed successful fundraising ideas that had been used state and nationwide. Some of the more popular ones included a car smash, take home pot-luck and providing dinners before football games. Many were interested in opening rummage stores. ■

TCAD receives three AoA grants

TCAD received three grants from AoA to enhance and support home and community based services for the aging and disabled in Tennessee.

Tennessee will receive \$1 million in federal money for Alzheimer's disease Supportive Services program to increase the ability of the state system to provide dementia-capable services.

The State will also receive \$200,000 to assist in developing respite services for Tennessee caregivers.

Tennessee will also receive \$246,056 to enhance the Aging and Disability Resource Centers in the state. ■

TCAD staffers get leadership training

TCAD Assistant Director Kathy Zamata and Staff Attorney Janet Lamb have been accepted into the 2009 class of the Tennessee Government Executive Institute (TGEI).

TGEI is an intensive two-week residential program designed to build strong leadership skills and challenge participants intellectually through relevant content. The TGI learning environment enables participants to delve into today's transformation from traditional thinking to forward thinking, which impacts a leader's ability to propel their agency into the future. Dialogue moves far beyond the classroom experience and creates cross-agency collaboration.

The TGI programs culminate with a graduation ceremony rich in tradition at the historic Supreme Court Chamber. TGI graduates are then welcomed into the TGEI Alumni Network. The network offers continued social and professional growth opportunities.

Participants in TGI must meet core criteria and be recommended by an agency's executive leader. It is truly an honor to be offered the development opportunity and it marks a major career milestone for all TGI graduates.

For a complete participant list, click on the following link: <http://tennessee.gov/dohr/learning/pdf/TGEI/2009%20TGEI%20Participant%20List.pdf> ■

I&A has online tools

TCAD staffer Laverdia McCullough has provided on-line training tools to I&A specialists in the AAADs.

The training tools included information on emergency preparedness, H1N1 and answering calls from persons experiencing economic and personal crisis. Staff was also updated on new grants and community action resources. ■

Emergency preparedness

Grundy County seniors, affected by recent floods, have been assisted by Upper Cumberland AAAD emergency preparedness specialists and senior center coordinators.

TCAD staffer Laverdia McCullough coordinated the assistance through the Grundy County emergency preparedness officer. Seniors received information on agency programs, which include home health and home delivered meals.

McCullough attended the monthly TEMA meeting to discuss the 2009 hurricane evacuation plan, which

involves Tennessee's response to evacuees from Louisiana. This is an agreement between the two states, on the assistance Tennessee will provide, which includes plans for shelters, transportation and the number of Louisiana vulnerable population to be served here.

McCullough also attended Volunteers Active in Disaster (VOAD) meeting for assistance updates for the victims of the Murfreesboro tornado and the upper Cumberland floods. She said assistance response to the disaster was great, which included and clean-up and services to residents.

She said there is a need for volunteer organizations to become involved in expanding VOAD to more counties, to assist disaster victims. ■

AoA officials visit TCAD



Constantios Miskis, Regional Administrator of the Administration on Aging, and **Joyce Robinson Wright**, AoA Aging Services Program Specialist, spoke on the Older Americans Act at the August Tennessee Commission on Aging and Disability meeting. They also met with TCAD staff and discussed aspects of the Commission's AoA funded programs.

AARP State Director at TCAD



AARP State Director Rebecca Kelly spoke at the Tennessee Commission on Aging and Disability's August meeting on AARP's role in Healthcare Reform.

Recommended Links

My ID Score

<https://www.myidscore.com/Home.jsps>

My ID Score calculates identity risk by looking at the use of billions of identity elements like name, Social Security number, phone number, date of birth, and address across multiple industries.

Tennessee AARP

<http://www.aarp.org/states/tn/>

See what AARP is doing in Tennessee to promote aging and healthcare.

Consumer Fraud Reporting

<http://www.consumerfraudreporting.org/>

Reporting on the Latest Frauds, Scams, Fake Lotteries, Spams and Hoaxes.

Eden Alternative

<http://www.edenalt.org/>

The Eden Alternative is seeking to remake the experience of aging around the world. The bulk of our work to date has been in de-institutionalizing the culture and environment of today's nursing homes and other long-term care institutions.

Public Guardian Fall Training

The fall training for the Public Guardian program was held August 25-26 at the Hampton Inn, in Mt. Juliet, TN.

More than 50 conservators, from across the state, registered for the program which was co-sponsored by the Conservator Association of Tennessee, an affiliate of the National Guardianship Association.

TCAD Guardian Coordinator Jeanne Caudill helped plan the training, which discussions on special needs trusts, advance directives and mediation.

TCAD also acted as provider for continuing legal education units for attending attorneys.

Board members elected at the CAT annual meeting were Bill Barrick, Dr. John Johnson, Joanne Bass, Peggy Dobbins, Carol Greenwald, James McCarten and Jeanan Mills Stewart. Dobbins is the public guardian for the Aging Commission of the Mid-South.

District public guardians attending the training were Dobbins, Ann Mayo, Jeannette Smith, Kim Hale, Christy Warren, Lisa Trammel, Carol Silvey and Jan Levan. ■

TN SHIP News

Medicare beneficiaries will be inundated with advertisements from Medicare Advantage Plans and Prescription Drug Plan beginning October 1, 2009. So how does a Medicare beneficiary decide which plan is best for them? Look in your 2010 Medicare & You handbook to compare plans available in your area. Comparisons should be based on your cost and coverage not your spouses or neighbors. If you need assistance comparing plans contact TN SHIP at 1-877-801-0044 to speak with a Medicare Counselor in your area. ■