# Emerging Step-by-Step Transition Models

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# Emerging Step-by-Step Transition Models

**Overview**

- AoA and CMS Vision
- Purpose of ADRCs
- Operational Components of ADRCs
- ADRC Role in Nursing Facility Transition
- Nursing Facility Role in Nursing Facility Transition
- Step-by-Step Transition Models
- State and Local Innovation
- Where to go for more information and helpful resources

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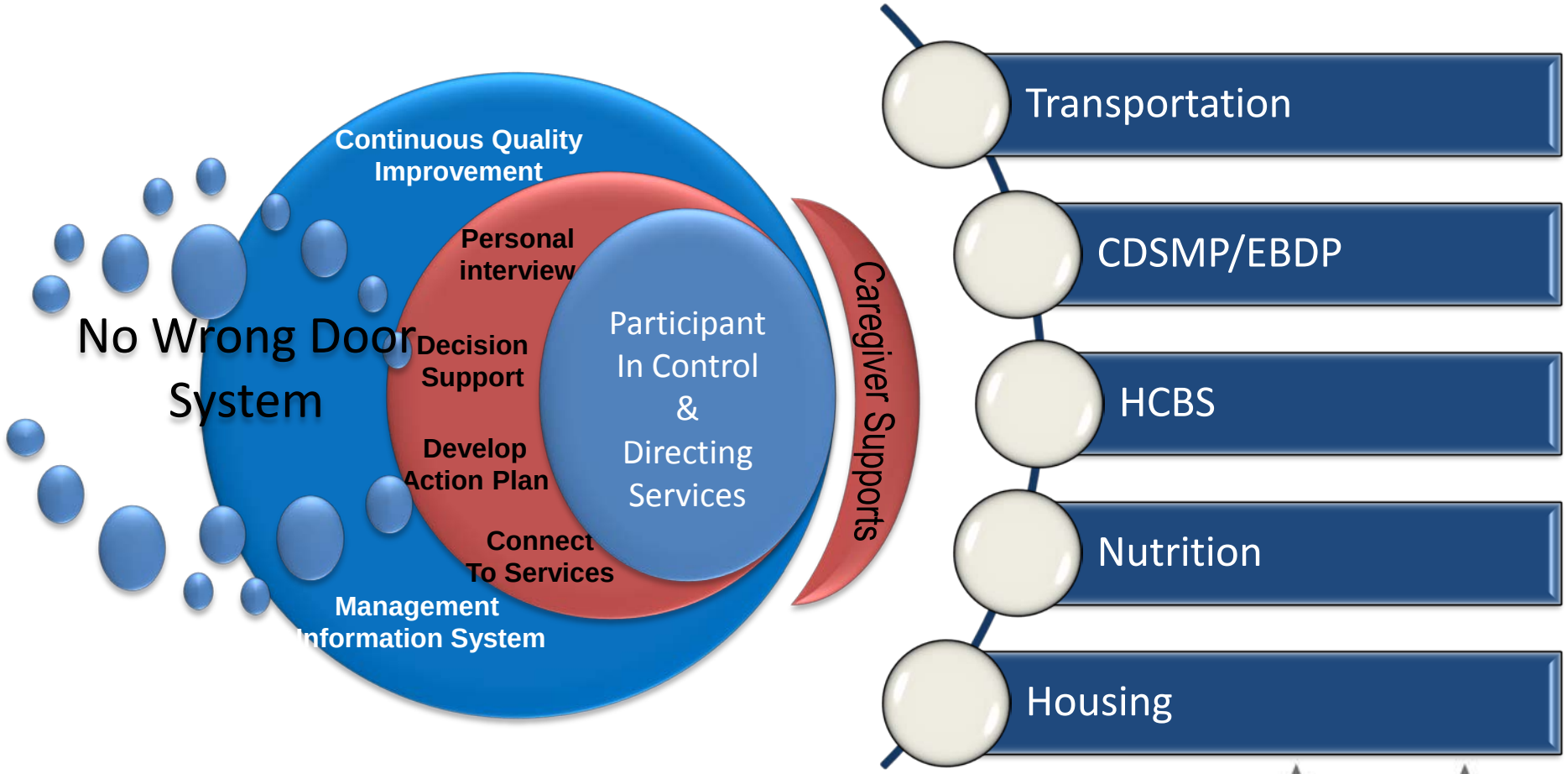
# Coordinated Long Term Service and Support System

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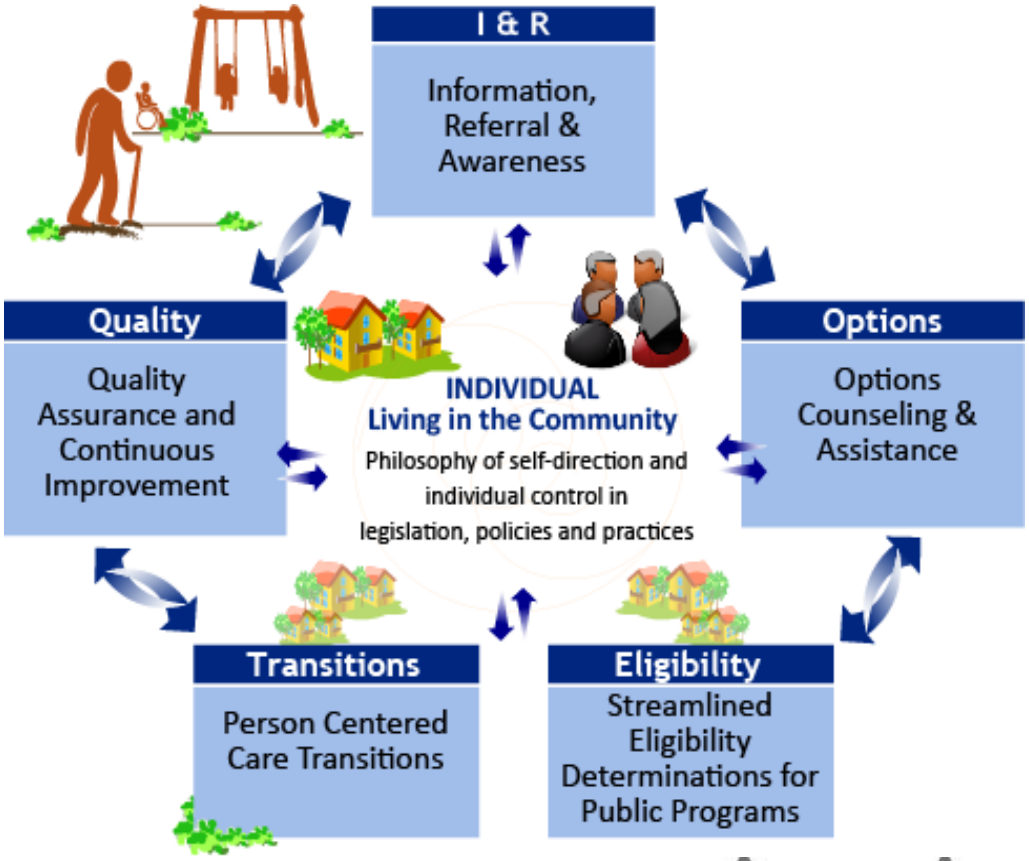
# CMS & AoA Vision for Aging and Disability Resource Centers

***To have Aging and Disability Resource Centers in every community serving as highly visible and trusted places where people of all incomes and ages can get information on the full range of long term support options and a single point of entry for access to public long term support programs and benefits.***

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# Background and Purpose of ADRC

## *Why do we need ADRCs?*

### *Service System Challenges*

- Increase in demand
- Reduced service budgets
- Fragmented systems
- Not sure how to access
- Confusing
- Lacks focus on consumer
- Institutional bias
- Demographic changes

### *ADRC Solutions*

- All populations and income levels served- focus on FUNCTION, not AGE or DIAGNOSIS
- Seamless system from consumer perspective
- Integration of/coordination across aging, disability, Medicaid service systems
- Formal partnerships and enhanced collaboration
- High level of visibility and trust
- Options counseling/decision support
- Proactive intervention into LTSS pathways

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# Background and Purpose of ADRC

***AoA and CMS view ADRCs as the platform to:***

- Catalyze broader systems change
- Promote participant-direction
- Build stronger partnerships across siloed LTSS networks
- Facilitate during transitions from hospitals and other acute care settings
- Assist with institutional transitions
- Pioneer and implement new initiatives (e.g., Veteran-Directed Home and Community Based Services, MDS 3.0 Section Q)

# Background and Purpose of ADRC

## *Partnerships-a Key Cornerstone*

ADRCs have an average of:

14 formal partnerships with individual organizations at the program/local level (e.g. center for independent living)

Formal partnerships with 14 different types of organizations at the state level (e.g. Medicaid agency)

**Nursing Facilities can, and should, have a partnership with the ADRC too!**

***More a network than a place or an entity.***

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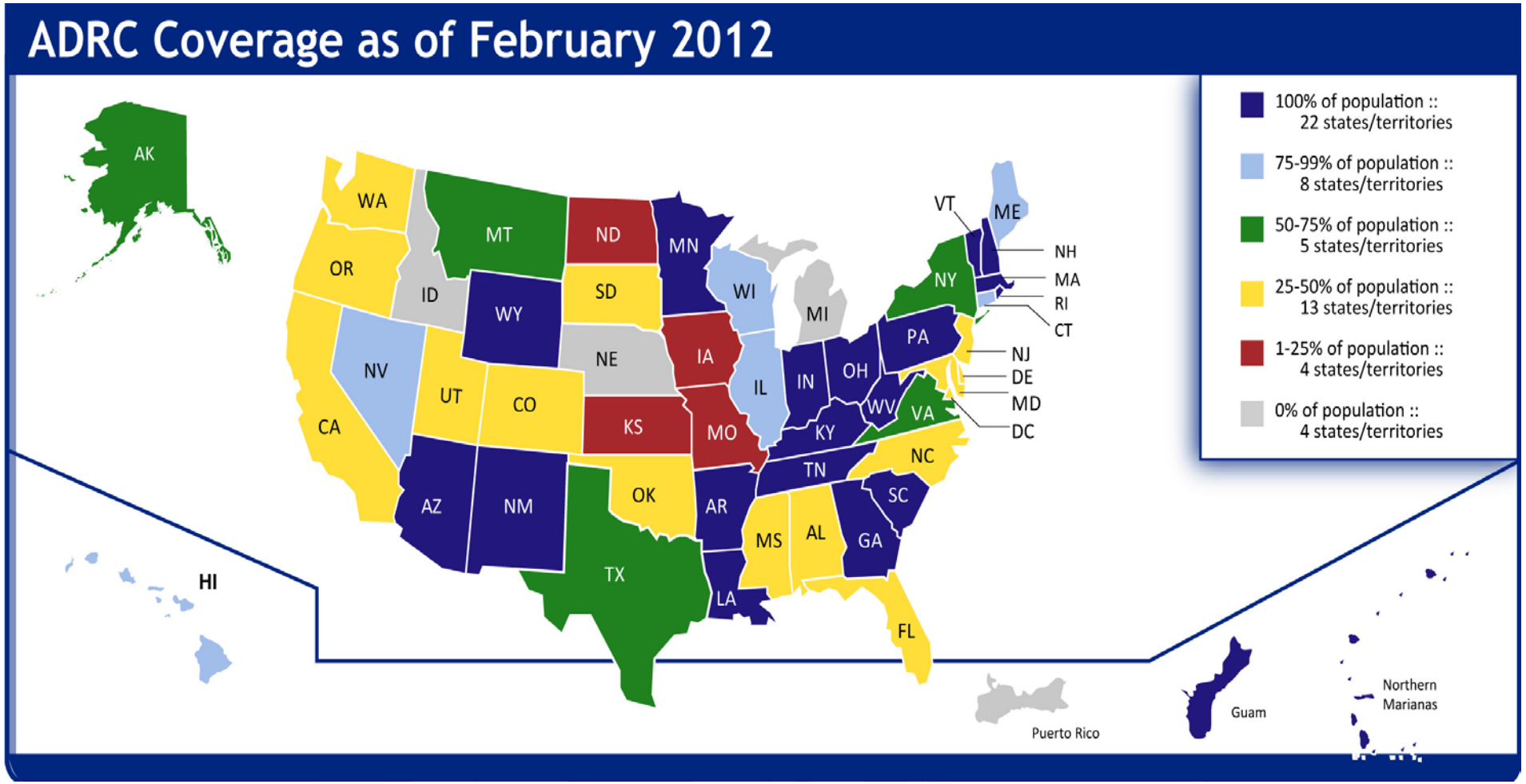
# Background and Purpose of ADRC

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# ADRC Operational Components

## *ADRCs can help with Nursing Facility Person-Centered Planning Efforts*

ADRCs can:

- Promote education and outreach with nursing facilities on transition and resources including completion of Section Q.
- Provide information to nursing facility residents on programs and available community resources including encouragement and dialogue with families/guardians on community living options.
- Make referrals to programs and resources as needed including referrals resulting from MDS 3.0 Section Q
- Provide options counseling.
- Engage in person centered planning with the resident and nursing facility.

# ADRC Operational Components

## *Information, Referral and Awareness*

- **Outreach and Marketing**
- **Systematic Processes Across all Operating Partners**
- **Comprehensive Resource Database**
  - Includes information about the range of long term support options, providers, programs, and services available
  - Established Inclusion/Exclusion policies
  - Accessible to the public via searchable and accessible website
  - Consistent and Uniform Information available across sites
  - Centralized maintenance and statewide coverage are preferable
- **Marketing to and Serving Private Paying Populations**
- **Follow-up**

**ADRC I, R and A is an excellent resource for residents in nursing facilities!**

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ServiceLink Resource Center
Connections for independent living and healthy aging

ADRC
AGING & DISABILITY RESOURCE CONNECTION
Your Doorway to Information & Assistance

The Disability & Aging Services Helpline
DASH Network
GETTING YOU CONNECTED TO SERVICES

West Virginia
AGING & DISABILITY RESOURCE CENTERS
NAVIGATING LONG-TERM CARE

Aging & Disability Resource Center
An Initiative of the U.S. Department of Health and Human Services

MinnesotaHelp Information Network
Connecting Minnesotans to community resources

Aging & Disability Resource Center
ADRC
Information for Alaskans

StartingPoint
Your Aging and Disability Resource Center

ADRC
Aging & Disability Resource Center of Broward County
Pointing You in the Right Direction!

Aging & Disability Resource Connection
An initiative of the U.S. Department of Health and Human Services

Cumberland Link™
To Aging and Disability Resources

Aging and Disabilities Resource Center
A · D · R · C

www.LouisianaANSWERS.com
Aging and Disability Information Station

MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

# ADRC Operational Components

## *Options Counseling*

***Definition (from draft National Options Counseling Standards)***

**. . . An *interactive, decision-support* process whereby individuals are supported in their deliberations to make informed long-term support choices in the context of their own preferences, strengths, and values. The process may include *developing action steps* toward a goal or a LTSS plan, and, when requested, *assistance in accessing support options*. It also includes *following-up* with the individual. Options Counseling is available to all persons regardless of their income or financial assets.**

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# ADRC Operational Components

## *Options Counseling*

***Essential Components of Options Counseling include:***

- a person-centered interview,
- identification of desired and available options (including informal supports and public, and private resources),
- a facilitated decision-support process (weighing pros/cons of various options),
- assistance, as requested, to develop an action steps plan or LTSS plan that is directed by the individual,
- connections to services and supports when requested, and
- follow-up.

**ADRC Options Counseling is an excellent tool to help with person-centered planning!**

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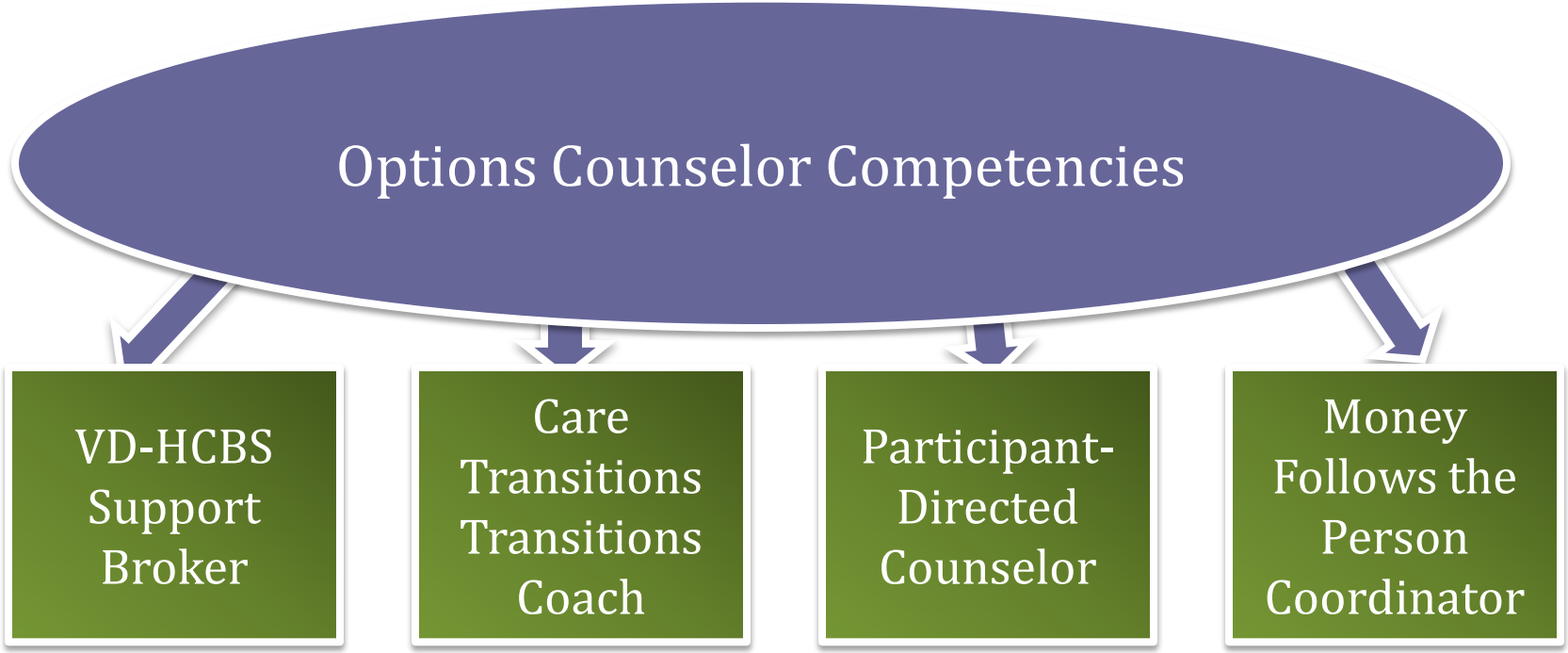
# ADRC Operational Components

## *Options Counseling*

### *Options Counselor Potential Cross Project Applications*




*Options Counselors include case/care managers and service coordinators from AAAs, ADRCs, and other service providers.

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# ADRC Role in Transition

***Person-Centered Transition Support (Institutional Transitions):***

- **ADRCs play a critical role in nursing facility transitions under the Money Follows the Person Demonstration (MFP) in 37 of the MFP states. ADRCs are involved in nursing facility transitions in another 4 states.**
- **Local Contact Agency for MDS 3.0 Section Q**
  - ADRC is only LCA in 12 states
  - ADRC has been designated as one LCA among many in 39 states

- **ADRC role includes:**
  - Screening, Identifying and assessing candidates
  - Providing Options Counseling
  - Establishing service plans & coordinating services
  - Implementing service plans and facilitating access to HCBS
  - Establishing/ strengthening quality assurance and CQI
  - Strengthening infrastructure to facilitate transitions
  - Educate/outreach to state agencies and NFs about MDS 3.0 Section Q

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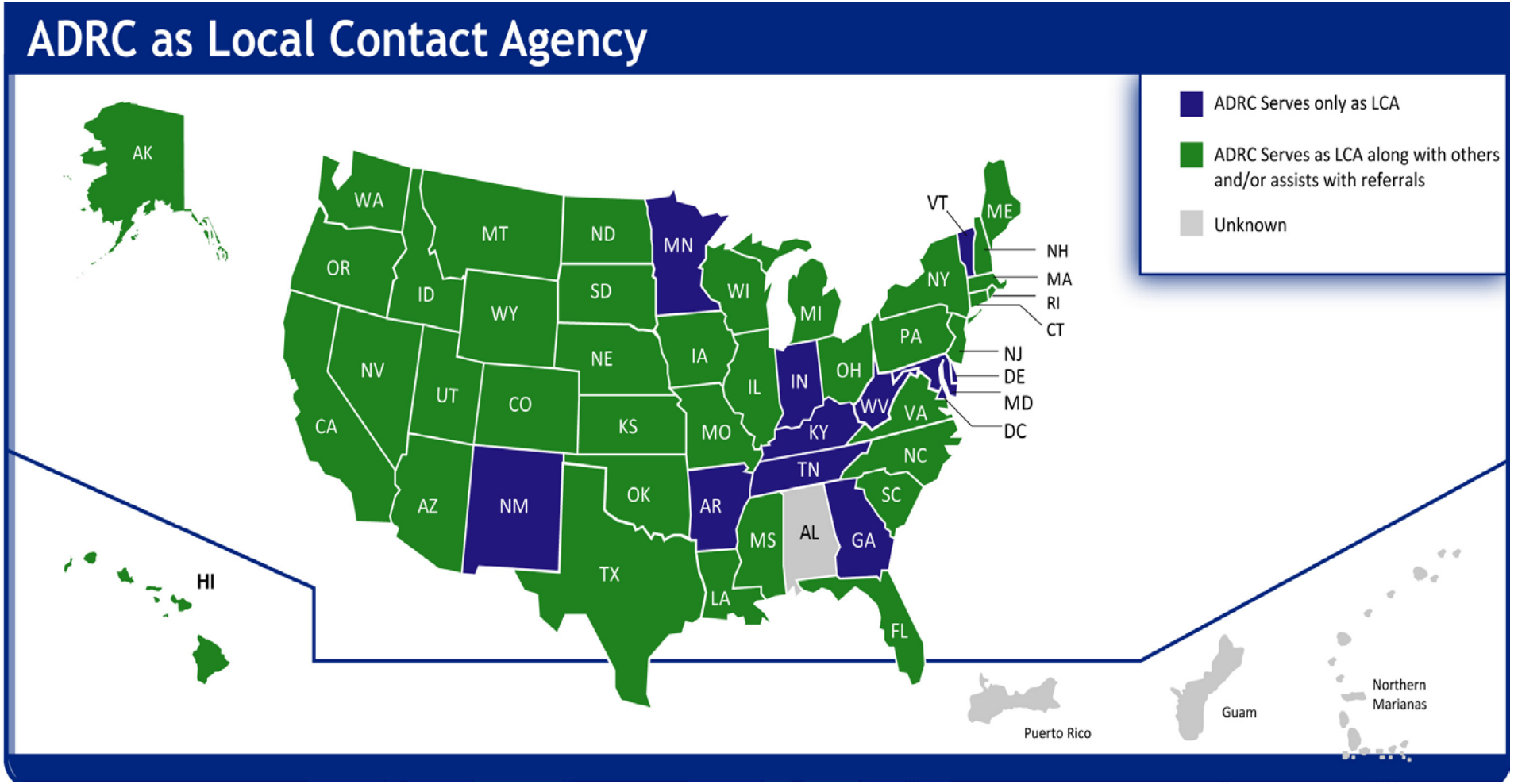
# ADRC Role in Transition

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# ADRC Role in Transition

- ADRCs can work with nursing facilities as a designated LCA and/or as an information, referral and awareness resource and/or an options counselor to non-Medicaid and Medicaid residents.
- ADRCs can help with transition and access to community supports for long term stay discharges and short term stay discharges.
- ADRCs can, and often do, partner with nursing facilities to best meet the needs and preferences of persons residing in facility based settings. ADRCs can provide support to nursing facilities to manage conflict between residents and families.
- ADRCs often partner with MFP and other state funded transition programs to connect residents to all resources available.

# Nursing Facility Role in Transition

**Role of Nursing Facilities in Person-Centered Planning**

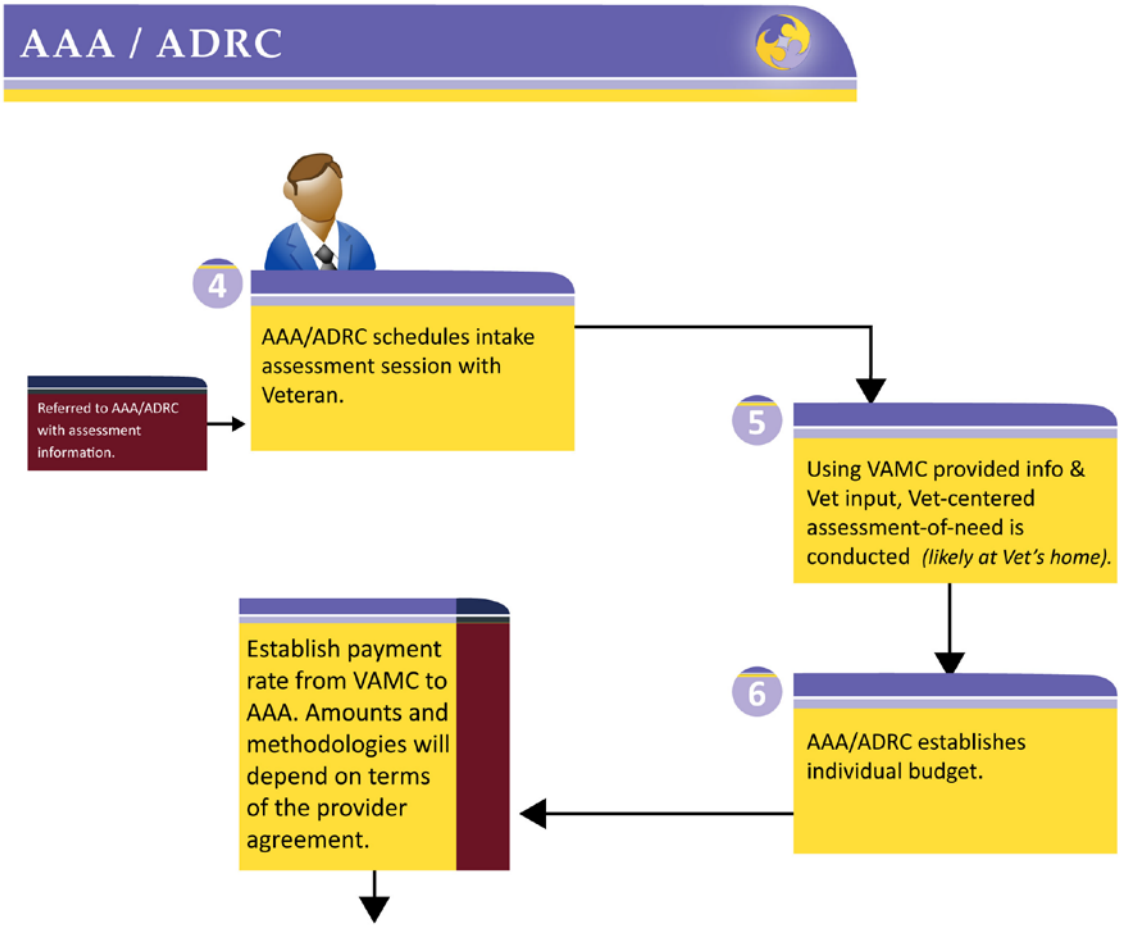
***The Lead Care Planner on the Discharge team**

- Discharge Planning responsibility under CFR 483.20(1)(3).
- Complete the Care Area Assessment Tool titled "Return to Community Living".
- Conducts follow-up assessments and care planning to support individuals in achieving the highest level of functioning until the resident is discharged from the facility. This includes collaboration in a thorough assessment of needs and care planning to support the choice to return to community.

# Nursing Facility Role in Transition

- **Role of Nursing Facilities in Person-Centered Planning**
  - Develops a comprehensive person-centered care plan for each resident.
  - Nursing facilities may be able to use their state's MFP Program or state funded only programs as tools in developing the person centered plan.

# Emerging Step-by-Step Transition Models – VD-HCBS

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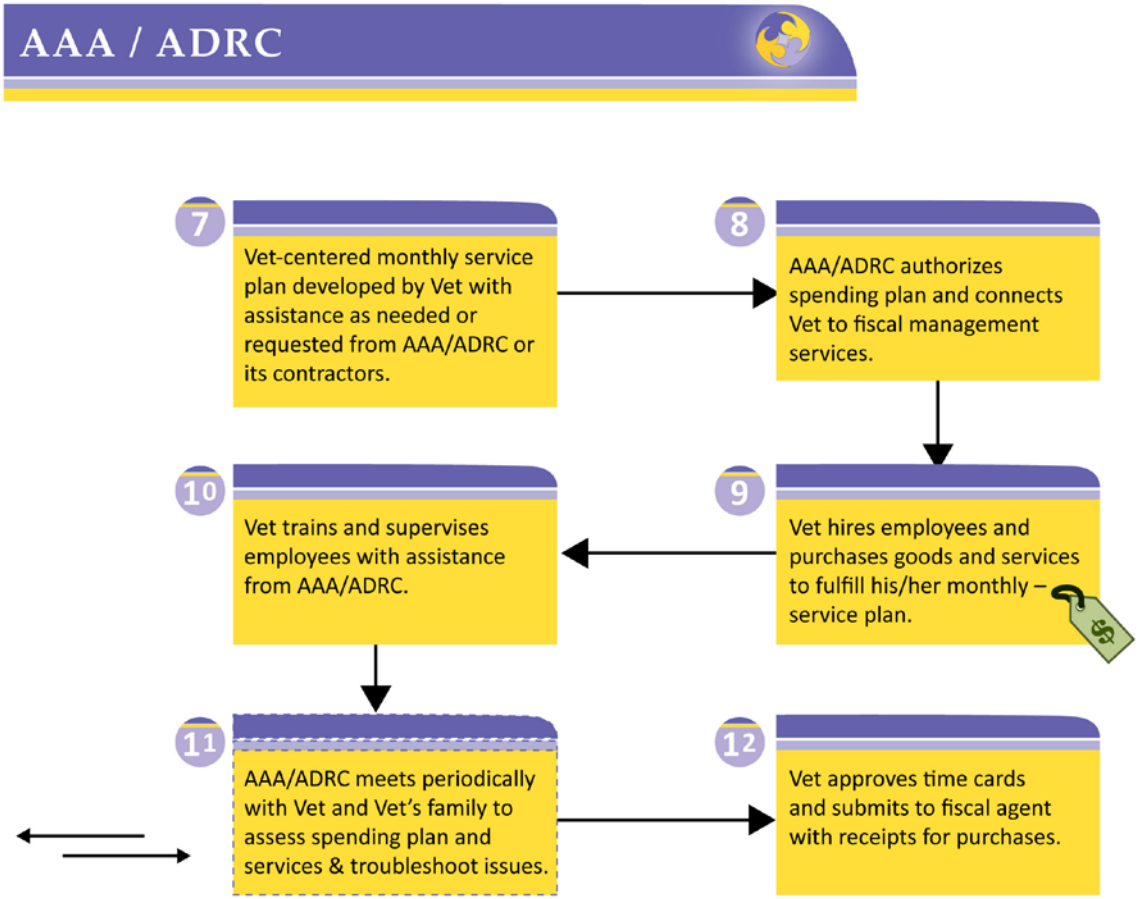
# Emerging Step-by-Step Transition Models – VD-HCBS

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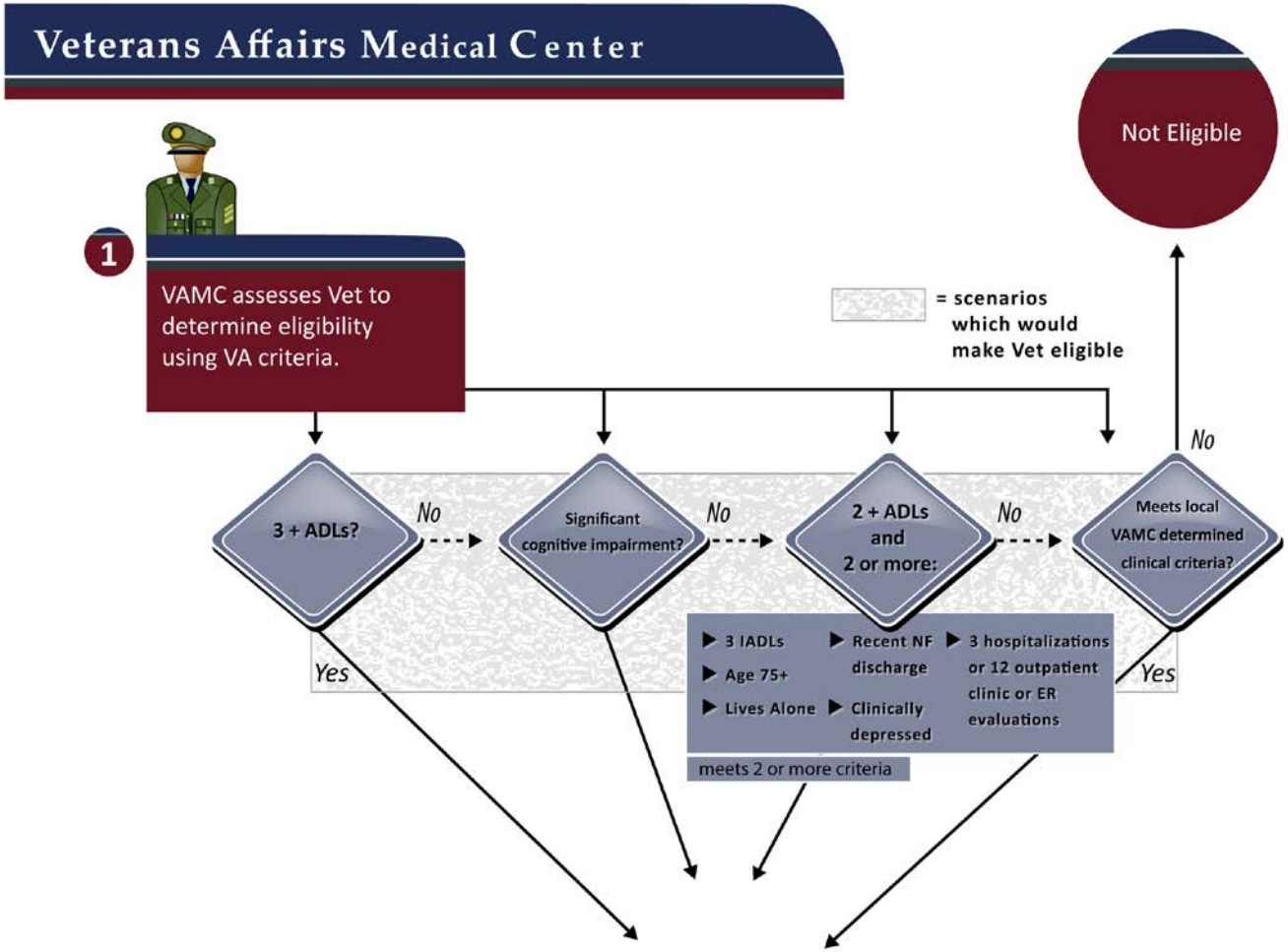
# Emerging Step-by-Step Transition Models – VD-HCBS

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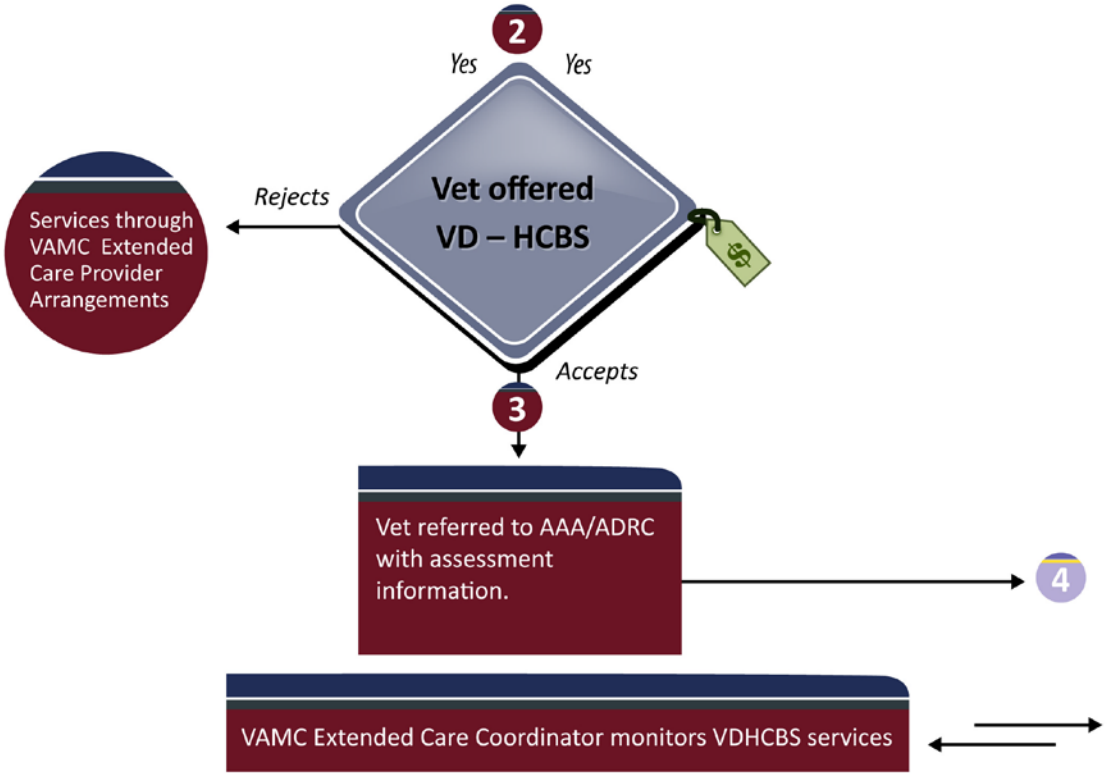
# Emerging Step-by-Step Transition Models- VD-HCBS

Veterans Affairs Medical Center

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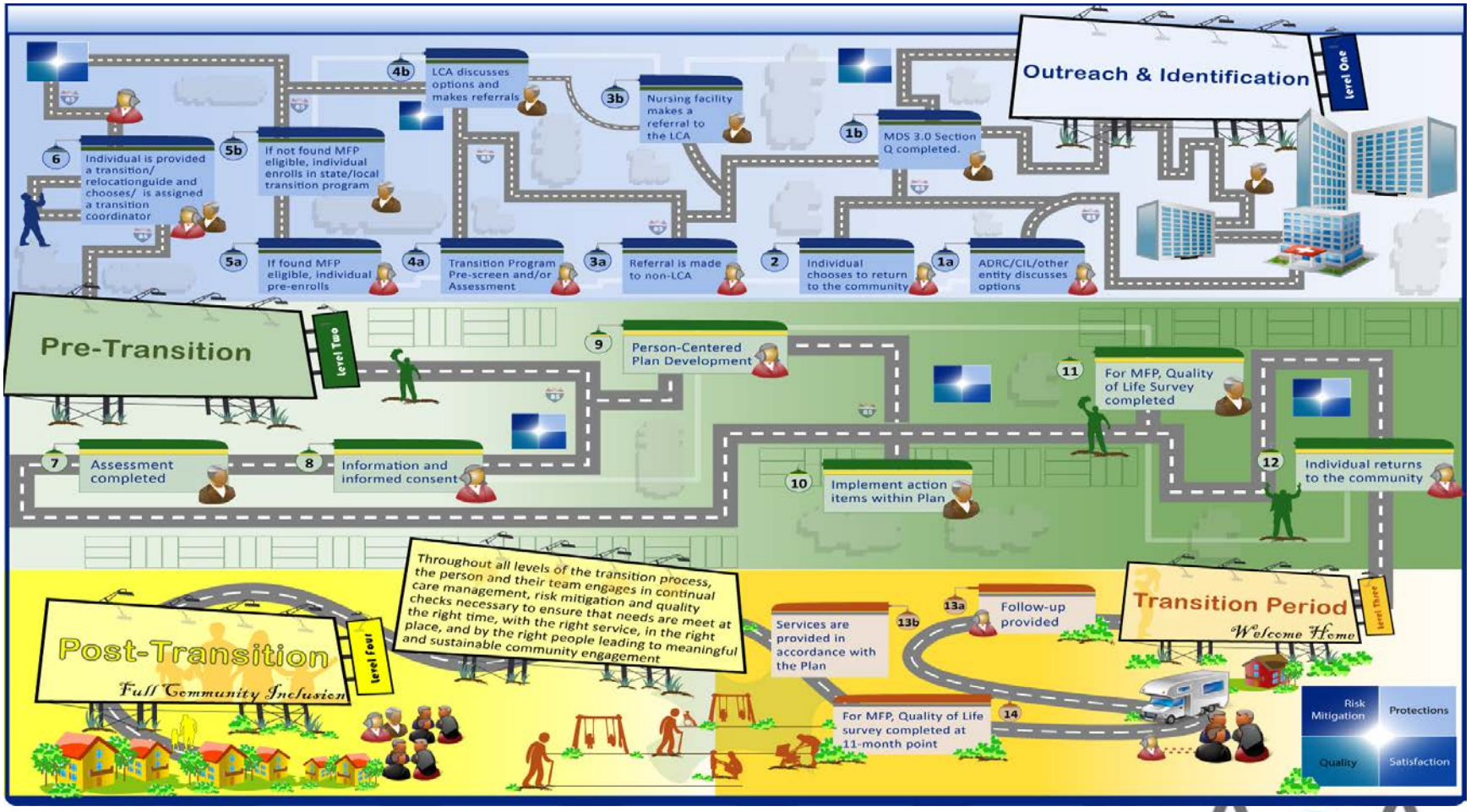
# Emerging Step-by-Step Transition Models - MFP

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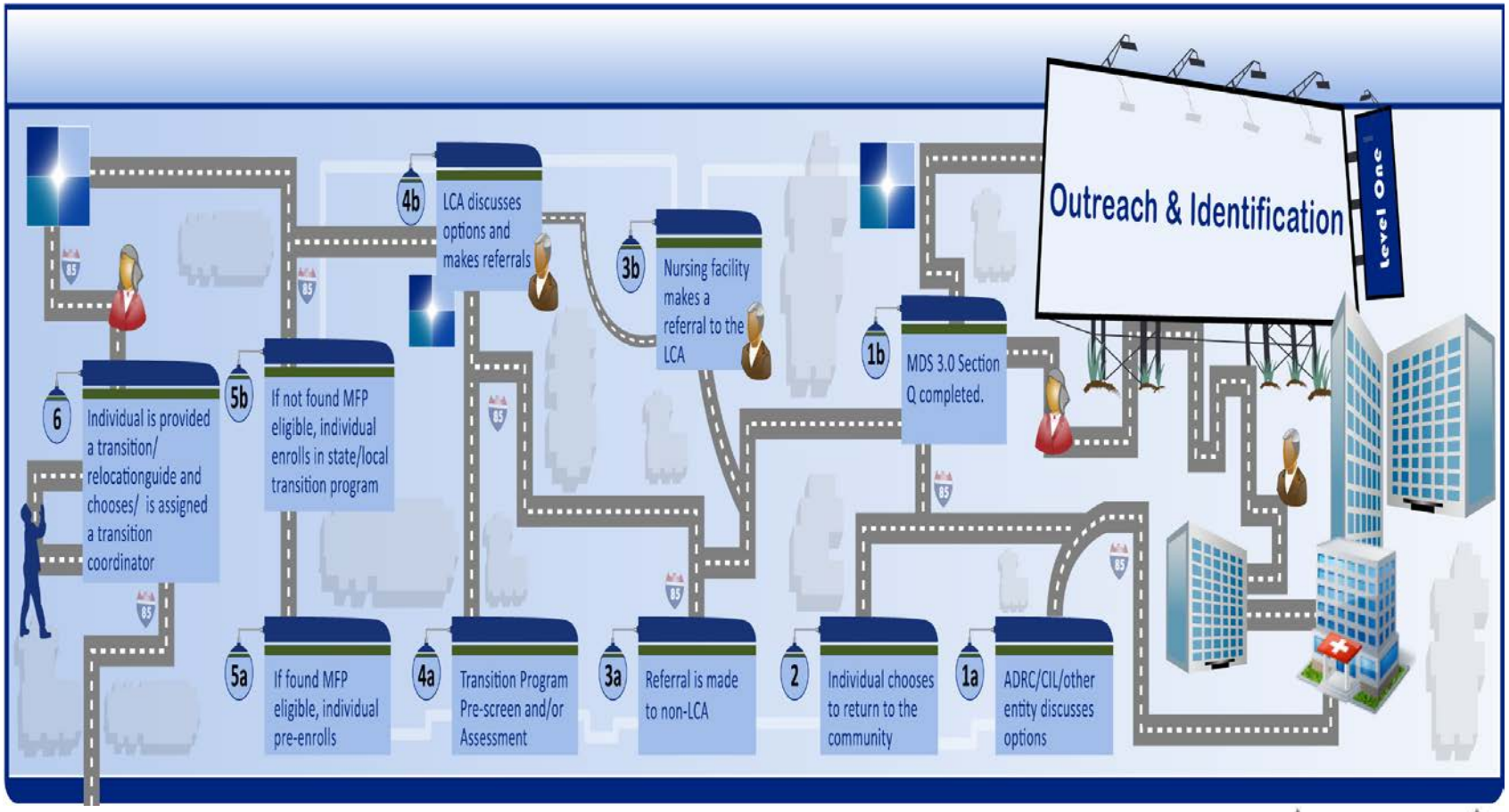
# Emerging Step-by-Step Transition Models - MFP

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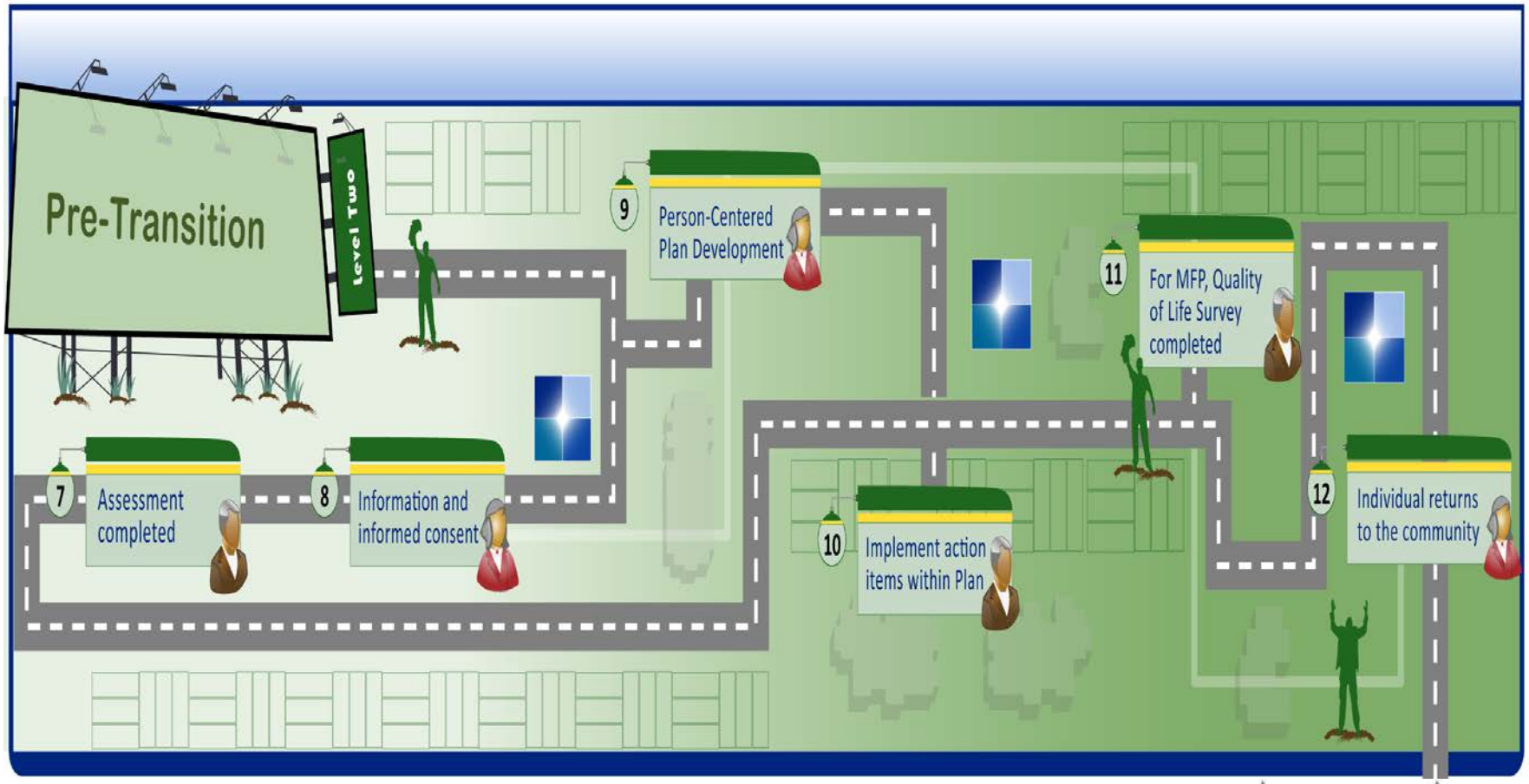
# Emerging Step-by-Step Transition Models - MFP

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# Emerging Step-by-Step Transition Models - MFP

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# Emerging Step-by-Step Transition Models - MFP

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# Emerging Step-by-Step Transition Models – ADRC/MFP Innovation

## State and Local Innovation

- Connecticut:  Co-Location of ADRC and MFP Staff
- Maryland: ADRC/MFP Partnership in Support of Stakeholder and Infrastructure Development
- Maryland: ADRC/MFP Partnership in Support of Stakeholder and Infrastructure Development
- Missouri: ADRC/MFP Partnership in Support of  MDS 3.0 Section Q Education and Training
- Ohio: Building the “D” In ADRC
- Texas:  Engaging in Policy and Fiscal Resource Exchange

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# Emerging Step-by-Step Transition Models

## For more information, visit:

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http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/ADRC/index.aspx

Centers for Medicare and Medicaid Services
http://www.cms.gov/CommunityServices/

ADRC/MFP Collaborative Partnership Toolkit
http://www.adrc-tae.org/tiki-index.php?page=SysInt

## The Transition Flow Diagrams are located at:

VD-HCBS
http://www.adrc-tae.org/tiki-index.php?page=NewVDHCBS

MFP
http://www.adrc-tae.org/
http://mfp-tac.com/

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