

Aging and Disability Resource Consortia (ADRC)

This webinar is a collaboration of the Massachusetts Executive Office of Elder Affairs (EOEA), the Massachusetts Rehabilitation Commission (MRC), and the Department of Developmental Services (DDS)



Aging and Disability Resource Consortia

Case Studies



Finding Resources & Services for Older Adults & People with Disabilities:

How Aging and Disability Resource Consortia (ADRC) and Options Counseling Can Help

The Massachusetts Aging & Disability Consortia is a partnership between the Executive Office of Elder Affairs (EOEA) and the Massachusetts Rehabilitation Commission (MRC)



Webinar Goals:

This webinar will provide some basic information on Aging and Disability Resource Consortia (ADRC) system in Massachusetts and how they can be helpful.



Today You'll Learn:

- * What ADRCs do.
- * What is an Independent Living Center (ILC) or Aging Service Access Points (ASAP).
- * What an Options Counselor is.
- * How to access ADRC partners and Options Counselors in your area.

Community First

- * The philosophy that drives our work.
- * Derived from the state's Community First Olmstead Plan.
- * Ensures that people with disabilities and older adults have access to community-living opportunities and supports that address each individual's diverse needs, abilities and backgrounds.

Goals of the Olmstead Plan

- * Ensure that individuals are aware of the community-based supports and expand access to them
- * Help individuals transition from institutional care
- * Improve the capacity and quality of community-based long-term supports
- * Expand access to affordable and accessible housing with supports
- * Promote employment
- * Promote awareness of long term services and supports (LTSS)

Person-Centered Approach

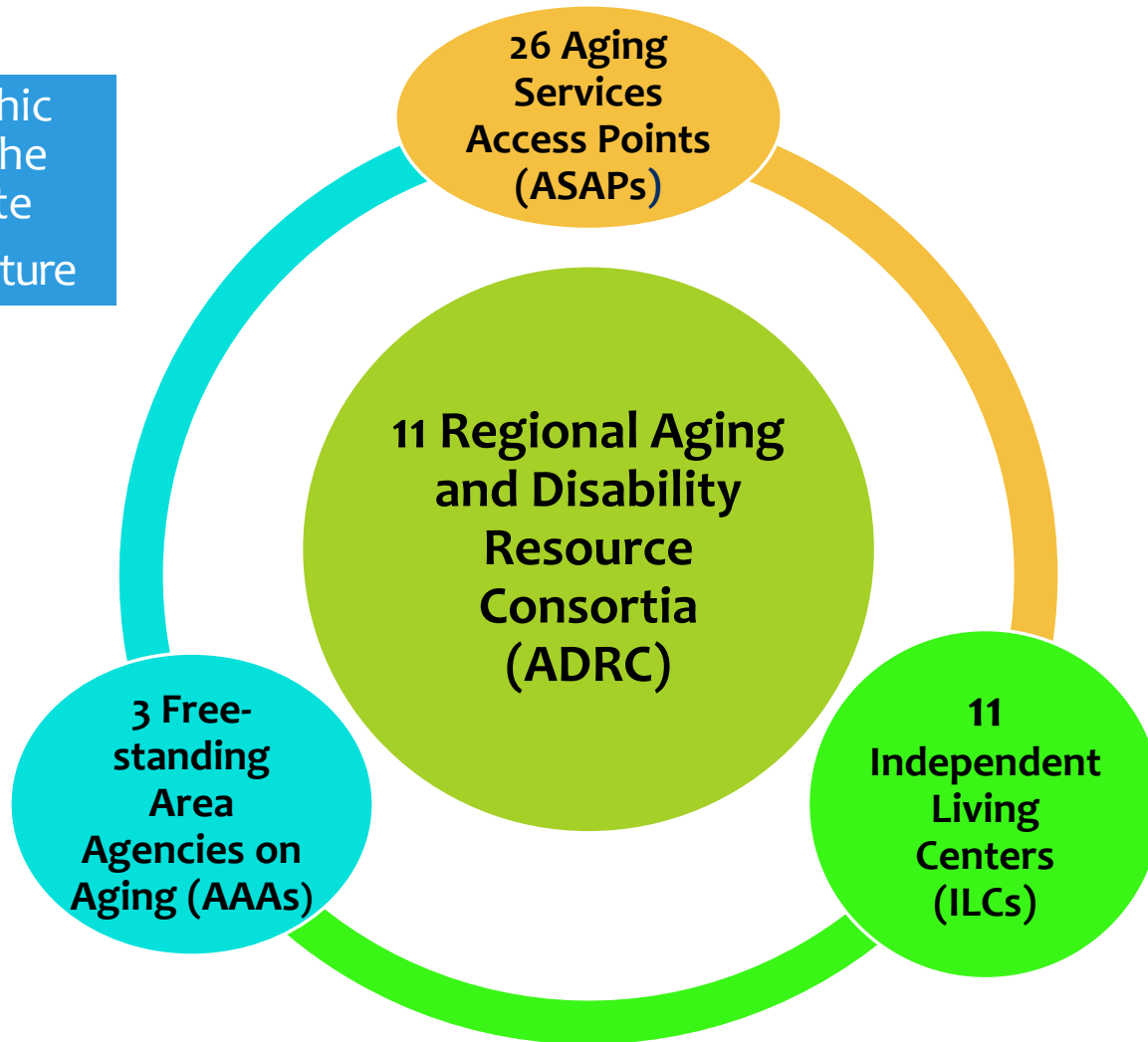
- * ADRCs support these goals by using a person-centered approach.
- * This approach provides older adults and people with disabilities with information to help them connect with long-term services and supports (LTSS) in the setting of their choice.

Community First and ADRCs

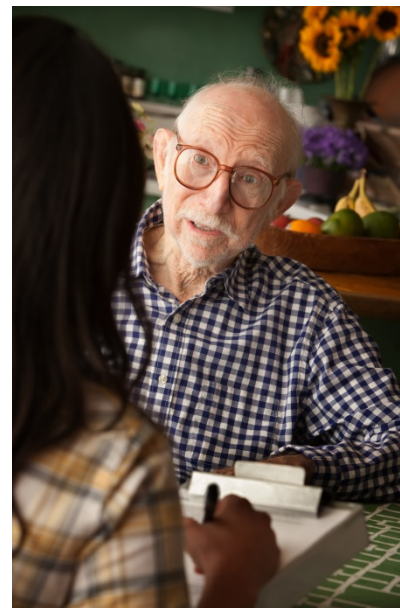
- * ADRCs help individuals:
 - * **Transition** from institutional care
 - * **Expand access** to community care
- * Community First and ADRCs are truly aligned in principle, design and philosophy of aging with dignity and independence.

ADRC Partnerships in MA

Detailed graphic available on the Aging website
bit.ly/ADRCStructure



ADRC Community Partners



And many other
local, regional,
and
professional
health and
social service
agencies

Eligible Services and Supports



So, an ADRC...

- * Partners with organizations that serve individuals with intellectual and developmental disabilities.
- * **THE** place to get information on aging and living with a disability.
- * This includes consumers of the Department of Developmental Services.

ADRCs Provide

- * Outreach, information and referral services.
- * Options counseling on long-term services and supports.
- * Transition planning for individuals across aging and disability.

ADRCs will connect people to the right services
and supports

Who Does an ADRC Serve?

- * All populations and income levels
 - * Individuals with disabilities across the lifespan
 - * Persons age 60 and over
 - * Family members and caregivers
 - * Private pay consumers (e.g. persons not eligible for public programs and/or individuals planning for their future long term care needs)

Benefits of an ADRC and OC

- * Uses a “**No Wrong Door**” approach
- * Supports collaboration across agencies and programs
- * Minimizes consumer and provider confusion
- * Reduces the number of calls a consumer has to make to get the information they need
- * Empowers consumers to get what they need
- * Enhances individual choice
- * Supports informed decision-making
- * Reaches under and un-served populations
- * Results in better service to consumers
- * Increases the cost-effectiveness of the LTSS

What is Options Counseling?



MGL Chapter 211 of the Acts of 2006



- * Mandates that counseling about community long-term support options are provided to individuals prior to admission to a long-term care facility.
- * Provided to individuals regardless of age, income, or insurance type.
- * Directs the state to report on the number of consumers who received counseling and the number of individuals who moved from an institutional setting to a community.

How Options Counselors Can Help



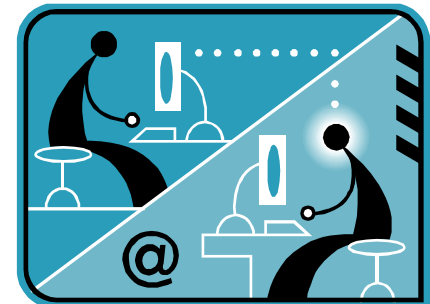
Flexible Service Delivery:

* **Face-to-face in a:**

- * Nursing home
- * Rehabilitation facility
- * Hospital
- * Home
- * Agency
- * Assisted living
- * Public meeting place



* **Over the phone**



* **Email**

Who Provides Options Counseling?

- * Staff from ADRCs, either from the ILC or the ASAP.
- * Other staff, such as Family Caregiver Specialists, Care Managers, Skills Trainers, Peer Counselors, and other transitions staff, may also wear another hat and be an Options Counselor.
- * All persons providing options counseling services must complete a training based on a state established curriculum. Ongoing training is required.

How To Access Options Counseling and Other Services

Two case examples

Jenny

- * Jenny and her sister, Linda.
- * Jenny has Alzheimer's Disease.



Getting Help

- * There are many Aging Service Access Points (ASAP) through out Massachusetts.



Problem Solving



Thomas

- * Thomas is now 68, and living independently in the community.



Decisions About Where to Live





No Wrong Doors

- * Remember: There are NO WRONG DOORS.
- * Some of the ACCESS POINTS include:
 - * Elder Services in your community are Aging Services Access Points.
 - * Independent Living Centers, Area Agency on Aging offices are also access points.
 - * Massachusetts Department of Developmental Services is another way to access these services.
- * MassOptions

How to Contact an ADRC/Options Counselor

<https://www.massoptions.org/massoptions>

1-844-422-6277



Additional Aging with IDD Resources

http://shriver.umassmed.edu/cdder/aging_idd_education

www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html



Training produced by:
**The Center for Developmental Disabilities
Evaluation and Research (CDDER)**
on behalf of
**The Massachusetts Department of
Developmental Services**
cdder@umassmed.edu

