

Kansas Aging & Disability Resource Connection



A joint program of the Administration on Aging and the Centers for Medicare and Medicaid Services



November 19, 2009



Kansas Department on Aging



Aging & Disability Resource Centers (ADRCs) Serve

- Individuals who need long-term support
- Families and caregivers
- People planning for future long-term support needs
- Agencies and organizations that serve older adults and/or persons with disabilities

National Vision for ADRC Program

- To create synergies between the Aging Network and CMS to implement consumer-directed care
- To truly embrace the vision of the Americans with Disabilities Act (ADA) – serve all ages & income levels
- To develop programs that provide person-centered, “one-stop” entry into the long-term support system.
- To increase knowledge of and access to long term supports and services

What is Different about ADRC?

- Connects the aging and disability communities
- Involves multiple partnerships on all levels
- Offers more than information and referral (e.g. options counseling, benefits counseling)
- Makes effective use of technology to streamline access
- Has strong consumer orientation
- Focuses on appropriate setting for services & supports

The Kansas ADRC Project

- Kansas Department on Aging was awarded federal ADRC grants in 2005, 2008 and 2009
- Current key partners are AAAs, CILs, SRS and KHPA
- The *Kansas Aging & Disability Resource Connection* is using technology to streamline access to services
 - Public access website offers a searchable database of service providers
 - Limited-access referral/call log system offers tools for ADRC participating agencies

Public Access Website

Kansas Aging & Disability Resource Connection

KANSAS DEPARTMENT OF AGING

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Helpful Links
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Welcome to Kansas ADRC, the online directory and care coordination tool connecting the people of Kansas to long-term care services and resources. Kansas ADRC offers a state-wide service directory to help consumers and their families quickly and easily access services.

Site powered by RIZ Associates

Disclaimer: Please note that because providers voluntarily list their services on this site, all providers in the territory may not be listed. While we strive to ensure the accuracy of the information on this site, the inclusion of a provider listing on Kansas ADRC does not constitute a recommendation or endorsement of that service. Always use appropriate caution by consulting trusted advisors and checking references and licensure before hiring a care provider.

“Assess Your Needs”

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Needs Assessment

This assessment was designed to quickly evaluate your care needs. There are 12 questions; please answer as many as you can. You don't need to answer all the questions, but it is required that you answer question #2. It will take about 5-10 minutes to complete.

When you finish, click the 'Submit' button, and we'll recommend care options to meet your needs.

Then you can learn about each option, select those that seem most appropriate and find care providers anywhere in Arkansas.

1. I am seeking care for:

- Myself
- My Parent
- My Spouse
- Another Relative
- My Friend
- Other

2. I prefer to receive services:(check all that apply)

- In my home
- In the community
- At a residential facility
- In an institutional setting
- I'm not sure

3. I require assistance with the following tasks:

- Eating
- Dressing/Grooming
- Transferring (from bed into a wheelchair)
- Toileting
- Bathing
- Medication reminders or supervision
- None of the above

4. I require assistance with the following household chores:

Hot Topics

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“Care Options”

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Learn about Care Options

This section of Kansas GetCare is designed to help you learn about common care options. We have organized long term care services into seven main categories. Each category includes a range of care options. Simply click on a category for a list of services that are available in most communities. Get the information you need in order to make important decisions and to find providers, resources, and support.

In-Home Care

Products and services available to seniors and people with disabilities who wish to live independently in their homes and communities. Services include assistance with personal care and household tasks, home health care, and home modifications.

Community Health and Social Services

Community-based services such as meal and transportation programs offer support for individuals who live independently. People often use a combination of community-based services and in-home care to maintain independence.

Nursing Homes

24-hour medical attention for extended post-operative care or complex health monitoring.

Residential Facilities

Options range from assisted living communities, where residents enjoy private apartments, to continuing care retirement communities which meets residents' health needs as they change over time.

Medical Services

Hospitals, rehabilitation and dialysis centers, and outpatient centers offer services for individuals with a wide range of medical needs.

Caregiver Resources

Caring for a family member or friend can be both challenging and rewarding. Finding the right resources can help. Learn about caregiver respite and support, grief recovery services, and caregiver education.

Care Coordination and Other Services

Learn about a variety of services, including elder law, and abuse prevention. Find your local Area Agency on Aging, which can be a good source of additional information.

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Helpful Tools

Checklist Provided by *GetCare.com*

Nursing Home Checklist

Carry this checklist with you when you visit nursing homes (simply print out one checklist per nursing home you plan to review). The checklist is designed to help you know what to look for and to remember what you saw. Use the back of the checklist to write down any additional comments. After visiting the facilities use the checklists to compare one provider with another.

Name of Nursing Home: _____

Owner/Administrator: _____

Address: _____

Phone: _____ Website or E-Mail : _____

Who is Served?

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Can the nursing home provide the level of assistance you require, given your medical condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there medical conditions the facility will not accept? If yes, what are these conditions? _____ |

Services

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Does the physician and nursing staff meet with residents and their families to assess residents' needs and develop individualized care plans? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a physician available on site for emergencies? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the facility have an arrangement with a nearby hospital? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are physical, speech and/or occupational therapy available? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is confidentiality of medical records assured? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are private rooms available? |
| <input type="checkbox"/> | <input type="checkbox"/> | Can the facility consider personal food likes and dislikes when planning meals? |
| <input type="checkbox"/> | <input type="checkbox"/> | Can meals be delivered to residents' rooms? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are snacks available around the clock? |

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Should My Relative Come Live With Me?

If we can offer one piece of advice on the topic of moving a parent into your home, it is to think the decision through carefully and discuss the pros and the cons of a new living situation with everyone concerned. That includes your spouse, children living at home, other caregivers and the elder him or herself.

Here are some of the important factors to consider in making the decision:

Studies show that most older adults prefer not to reside with their children, particularly if it takes them away from their community of friends and familiar places. Do not underestimate the comfort and security a senior finds in being located in his own neighborhood, near his church, the bank and even a long-time barber.

Will your home accommodate another adult? Consider space and privacy, as well as safety. For example, can your parent walk up and down stairs? Are the hallways well-lit? Do you need to install grab bars in the bathroom?

Know your parent's preference. Don't assume that your parent would like to move into your home. After years of living independently, residing under someone else's roof may not be of your parent's choosing.

Think through the potential challenges of creating a multigenerational household. Discuss roles and responsibilities with everyone who will be living together, including your spouse, children and parent.

Do you have an easy relationship with your parent? If you have held resentments or been prone to arguing in the past, chances are that living under the same roof will exacerbate any tensions between you.

Your lifestyle may change considerably, especially if your parent requires regular supervision. Are you prepared to share your personal time and space? Do you have plans for respite?

Consider how you will pay for the extra expense of boarding and caring for your parent. If appropriate, talk to your siblings about sharing the cost.

Examine all of the options. If your parent can no longer live independently, what are the other alternatives for providing the necessary care, such as hiring in-home services? Present all of the options for the elder and other caregivers to consider.

Source: [Seniorlink](#), which provides eldercare management services to aging adults, family caregivers and employers through its nationwide network of credentialed care managers.

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Other Resources

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Official U.S. Government Sites

[Centers for Medicare and Medicaid Services](#)(CMS)

CMS is the U.S. agency that manages Medicare, Medicaid and the Children's Health Insurance Program (CHIP). On this site, you can find information about coverage and benefits for these programs.

[U.S. Administration on Aging](#)(AoA)

AoA is the U.S. government agency that advocates for older persons and their concerns. AoA works to inform people about the valuable contributions that older Americans make to the nation, as well as the needs of older people. This site contains educational material on aging-related issues. AoA is the U.S. government agency that advocates for older persons and their concerns. AoA works to inform people about the valuable contributions that older Americans make to the nation, as well as the needs of older people. This site contains educational material on aging-related issues.

[Administration on Developmental Disabilities](#)(ADD)

The Administration on Developmental Disabilities works to help people with developmental disabilities live as independently as possible and to make the general public aware of this population's needs and potential.

[U.S. Food and Drug Administration](#)(FDA)

The U.S. Food and Drug Administration evaluates the safety of drugs that are available to American consumers. It identifies drug safety concerns and recommends actions to improve the safety of prescription and non-prescription drugs and to protect the public health.

[National Council on Disability](#)(NCD)

CMS is the U.S. agency that manages Medicare, Medicaid and the Children's Health Insurance Program (CHIP). On this site, you can find information about coverage and benefits for these programs.

[US Department of Veterans Affairs](#)

The U.S. Department of Veterans Affairs serves former members of the American military. This site contains information about veteran health care benefits, pensions, and educational opportunities for veterans.

[Social Security Administration](#)

The Social Security Administration manages Social Security retirement and disability payments. This site has benefits information and answers to frequently asked questions.

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Referral/Call Log System

- Each agency retains its own autonomy
- Key functions are coordinated and streamlined between organizations
- Client information is shared between agencies to reduce duplicate intake and assessments
- Only available to certain providers (e.g. case managers) to control access to client information
- Project begins with AAAs and CILs, will expand to include CMHCs and CDDOs

Timeline

- Rollout of public access website in early 2010
- Phased implementation of referral/call log system beginning in early 2010
- Plan to expand listings to include CDDO and CMHC providers by 2011.