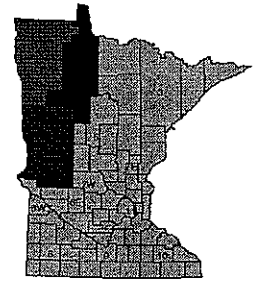




Land of the Dancing Sky
Area Agency on Aging
Senior News



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Consumer Directed Consumer Supports (CDCS)

There is a wonderful new service where you can hire people you know to help you. You decide what help you need – when you need it – and who you get the help from.

Many older adults are using it and they like it because they have more choice and control over their help. Actually, it works well for people who are:

- Not getting the help they really need
- Have special cultural needs
- Who live in rural areas
- Who have memory loss or other special chronic care needs (e.g., complex medical condition or mental illness)
- Who have been dissatisfied with their provider agencies and who change them frequently

With this option, you decide when you want workers to help you. For instance, you tell the workers when you want a bath or a ride. You decide what meals you want and how you like them cooked. You can also buy things that help you live independently; (e.g., a microwave, security system; washing machine/dryer; motion detectors; special chair, etc.) Services from an agency do not have this much flexibility.

You can hire one or more people to help you. You can also decide what to pay your workers and offer raises to deserving employees.

More on CDCS on page 2

Region One Office
115 South Main, Suite 1
Warren, MN 56762
(218) 745-6733

Region 2 Office
PO Box 301
Park Rapids, MN 56470
(800) 333-2433

West Central Office
PO Box 726
Fergus Falls, MN 56537
(218) 739-4617

Here is how it works:

1. (Elderly Waiver or Alternative Care Eligible Persons or Title III) You are given a budget amount based upon your personal needs (e.g., bathing, grooming, rides, meals, caregiver respite, home upkeep, etc.) (Private Pay) You use your own money to buy help.
2. You decide what help you need in order to live independently at home.
3. You can hire people you know and trust such as family, friends, or neighbors to help you with your personal needs. Someone can help you recruit and hire workers.
4. Someone can help you write a plan for buying this help; help you get your plan approved (For EW/AC or Title III only). (There is no approval needed for private pay.)
5. A fiscal management service will help you pay workers and purchases, and help you track what you have spent.

Initial Steps – for Persons on Medical Assistance Waivers and Alternative Care Program

1. (For those of you who haven't had a Long Term Care Consultation assessment): You can learn more about the option during the county long-term care consultation (LTCC) assessment.
2. You obtain the maximum CDCS budget allowance from the lead agency (e.g., county, health plan, or tribe) case manager or care coordinator. Or, if you know your case mix level you can get your budget amount on the web.

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Is Consumer Directed Community Supports Right For Me or A Family Member?

1. Could you be more satisfied with your home and community-based services so you can continue living in the community? (e.g., do you need more help? Need workers to do different or more things? Do you like the times they come and help you out?)

Yes No

2. Do you have any special health (e.g., memory impairment, chronic health problem or disability) or cultural (e.g., language) needs that could be better met with a service where you can use workers that you know (e.g., family, friends, or neighbors)?

Yes No

3. Could your life be improved if you have had more control over your services and could hire workers that you knew and told them what to do and when?

Yes No

4. Are you interested in buying the help that you need so you can live in the community and, with help, could you write out a plan for those purchases?

Yes No

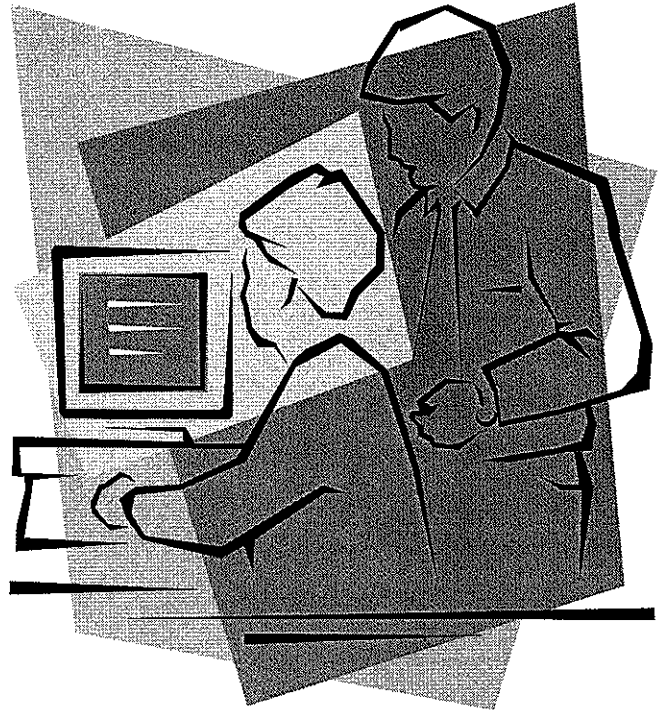
5. Could you take on the responsibility of finding, hiring, and managing your own workers even if someone helped you with this?

Yes No

If you answered "Yes" to any or all of these questions, Consumer Directed Community Supports might work for you. If you answered "No" to questions 4 and 5 you may want to talk to someone to better understand this service option. Call the Senior LinkAge Line™ 1-800-333-2433 for more information.

New Tool Helps Seniors Make Decisions about Their Long Term Care

The Minnesota Board on Aging has introduced a new interactive web tool to help seniors, their families and caregivers make decisions about the housing and care options that are available in Minnesota.



The Long-term Care Choices tool is a step-by-step decision-making tool available on the MinnesotaHelp.info website that helps seniors figure out what they need to live well and age well. It guides them to resources in their community, and it creates a plan specifically for themselves, a spouse, parent or a friend.

Older adults identify and meet their specific needs by how they answer the questions in each section regarding daily needs, safety and security, long-term care financing and housing options. Users of the tool will receive a personal plan based on their needs identified through each section. Consumers can also choose to include useful tip sheets and other documents about long-term care issues.

The Long-term Care Choices site for seniors, families and caregivers is available at www.longtermcarechoices.MinnesotaHelp.info. Telephone support is available from the Senior LinkAge Line™ at 1-800-333-2433.

Initial Steps...continued from page 2

3. You prepare the community support plan for CDCS and/or hire a Flexible Case Manager (FCM) to assist you (optional).
4. You select the fiscal support entity (FSE) and scope of services.
5. You submit the community support plan to the lead agency case manager or care coordinator for review and approval.
6. You recruit and hire workers, using the assistance of the FSE and FCM as needed.
7. The FSE educates and helps you with fiscal management issues and procedures including employment of workers, vendor payments, and reports.
8. You submit timesheets and invoices to the FSE based upon the approved plan or service authorization.
9. The FSE submits claims to DHS via MMIS for participants under the FFS system, or to the managed care health plan to managed care participants.
10. The FSE pays workers and invoices.



For more information please contact the Senior LinkAge Line™ at 1-800-333-2433.

TIPS FOR PREVENTING HEAT-RELATED ILLNESS

The best defense is prevention. Here are some prevention tips:

- * Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- * Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- * Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spend in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- * Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- * Wear lightweight, light-colored, loose-fitting clothing.
- * NEVER leave anyone in a closed, parked vehicle.
- * Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - *Infants and young children
 - *People aged 65 or older
 - *People who have a mental illness
 - *Those who are physically ill, especially with heart disease or high blood pressure

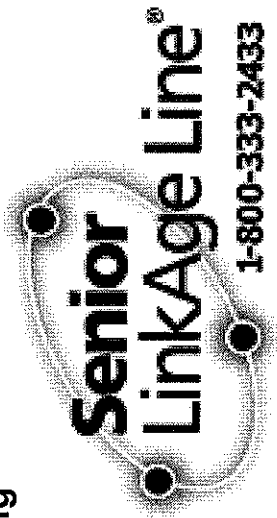
- * Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- * Limit your outdoor activity to morning and evening hours.
- * Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first “tip” (above), too.
- * Try to rest often in shady areas.
- * Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).



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