

Alaska Commission on Aging

Presentation to the
Alaska Mental Health Trust Authority
November 18, 2015



“We are not limited by our old ages; we are liberated by it.” » Stu Mittleman

Presentation Overview

- Medicaid Expansion/Reform Efforts & input from the Senior Community
- Recommendations for updating the Comprehensive Integrated Mental Health Plan
- ACoA legislative priorities for the upcoming session
- Other items of interest to share
- Remaining questions and discussion

Medicaid Expansion & Reform

ACoA's role in planning & implementation



DHSS Goals for Medicaid Redesign

1. Improve enrollee health **outcomes**
2. Optimize **access** to care
3. Drive **increased value** (quality, efficiency, and effectiveness) in the delivery of services
4. Provide **cost containment** in Alaska's Medicaid budget and general fund spending



Medicaid Redesign Planning Efforts

- Purpose of Senior Community Forums: To offer a “senior consumer” perspective on Medicaid reform



- Conduct community forums at senior centers targeting a senior audience.
- Inform the senior community about the Medicaid Redesign project.
- Gather senior input regarding the proposed reform initiatives.
- Submit a briefing describing the results from senior community forums to the Department of Health & Social Services Medicaid Redesign Team for consideration.

Vision for Health Care Delivery Improvements: Recommendations from Senior Forum Participants

- Improve access to health care information.
- Strengthen the healthcare workforce.
- Include mental & behavioral health services in the primary care setting.
- Provide training and supports for family & other natural support caregivers.
- Reduce prescription costs using innovative purchasing models.
- Employ Patient Case Management for persons with multiple chronic care conditions & discharged patients.
- Utilize patient navigators for vulnerable patients.

Vision for Health Care Delivery Improvements: Recommendations from Senior Forum Participants

- ❑ Expand the role of Aging & Disability Resource Centers to navigate patients to appropriate health care and long-term support services.
- ❑ Enhance access to low-cost, long-term support services to improve health, safety, and the ability to live longer in the community.
- ❑ Implement patient incentives to improve health outcomes.
- ❑ Offer patient choice of healthcare providers.
- ❑ Maintain Medicaid adult optional services.

Medicaid Reform Initiative Options: Preference Noted by Senior Forum Participants

Primary Care Improvement and Health Homes Model

- ❑ Employ an integrated model of primary and behavioral health care.
- ❑ Assess physical and behavioral health needs in the primary care setting for early detection and treatment.
- ❑ Focus on “whole patient care” utilizing a team of providers.
- ❑ Provide care coordination for persons with multiple health care needs.
- ❑ Utilize patient case management and navigation to connect individuals to long-term supports and resources in the community.



1915(i) State Plan Option Home and Community Based Services (HCBS)

- **Key Feature:** Breaks the eligibility link between HCBS and institutional care now required by the 1915(c) waiver.
- **Eligibility Requirements:** Must be eligible for medical assistance under the Medicaid State Plan (need assistance with activities of daily living and independent activities of daily living), reside in the community, meet needs-based criteria (must include persons with less need than institutional level of care and may include individuals at institutional level of care), and meets income requirements.
- **Targeting Benefits:** Allows targeting of HCBS benefits to people with behavioral, memory, judgement or cognitive impairments based on individualized assessment.
- **Covered Services:** Case management, homemaker services, personal care, adult day, respite care, behavioral supports, cognitive rehabilitative therapy, exercise and health promotion, assistive technology, family caregiver training, home health aide, and other possible services as identified by the Medicaid State Plan.

1915(k) State Plan Option Community First Choice

- **Key Features:**
 - Provides 6 percentage point increase in FMAP.
 - New state plan option to provide consumer-directed HCB services
 - No targeting of benefits
 - Provided on a statewide basis
- **Eligibility Requirements:** Must be eligible for medical assistance under the State Plan (assistance with activities of daily living and independent activities of daily living), reside in the community, meet income requirements, and must qualify for institutional level of care.
- **Covered Services:**
 - Assistance with activities of daily living/independent activities of daily living and health-related tasks
 - Acquisition, maintenance, and enhancement of skills necessary to accomplish ADLs/IADLs/health-related tasks.
 - Does not cover certain assistive devices/technology services, medical supplies & equipment, home modifications.
 - Does not cover room & board, except for allowed transition services from a nursing home or other institution back home to the community.

Implementation Plan for 1915(i) and (k) Medicaid State Plan Options: Activities to Date

- Contract awarded to Health Management & Associates
- Structural Organization
 - Steering Committee
 - Community First Choice Council
 - Advisory Committee
- Provider Meetings and Public Member Community Forums
 - Anchorage: October 29
 - Fairbanks, Barrow: November 10-13
 - Kenai, Nome, Bethel: December 15-18
 - Ketchikan, Juneau, & Mat-Su: January 6-8

Comprehensive Integrated Mental Health Plan

Moving forward to an updated strategic framework to improve the quality of life and cognitive health for Alaskans



Engage with Key Partners & Stakeholders



Coordinate with Existing Planning Efforts



Intersection of Comp Plan with the Alaska State Plan of Senior Services, SFY 2016-2019	
Alaska State Plan of Senior Services	Comprehensive Integrated Mental Health Plan
Goal 1: Promote healthy aging and provide access to comprehensive and integrated health care.	Results Area: Health Purpose: To enhance quality of life through good physical and mental health for Trust beneficiaries. Recommendation: Add a goal that identifies improved access to integrated health care for Trust beneficiaries.
Goal 2: Assist seniors with financial planning, pursuing employment opportunities, and promoting awareness of and access to economic benefits and support services.	Results Area: Economic Security Purpose: Make it possible for Trust beneficiaries most in need to live with dignity and have adequate food, housing, medical care, work opportunities, and consistent access to basic resources.
Goal 3: Protect vulnerable seniors from abuse, neglect, self-neglect and exploitation.	Results Area: Safety Goal #1: Protect vulnerable Trust beneficiaries from abuse and neglect.

Intersection of Comp Plan with the Alaska State Plan of Senior Services, SFY 2016-2019	
Alaska State Plan of Senior Services	Comprehensive Integrated Mental Health Plan
Goal 4: Ensure seniors have access to quality, affordable, accessible, safe, and appropriate senior housing across the continuum of care	Results Area: Living with Dignity Goal #2: Enable Trust beneficiaries to live in appropriate, accessible, and affordable housing in communities of their choice.
Goal 5: Promote opportunities for meaningful aging, intergenerational connectivity, and civic engagement.	Results Area: Living with Dignity Goal #1: Make it possible for Trust beneficiaries to be productively engaged in meaningful activities throughout their communities.
Goal 6: Provide person-centered, quality, and affordable home and community-based long-term support services that provide seniors with the highest quality of life.	Results Area: Health Goal #1: To enhance quality of life through appropriate services for people with mental and cognitive disabilities and substance abuse disorders.

Alaska's Roadmap to Address Alzheimer's Disease & Related Dementias: Implementation Plan

Strategy	Convener
1.1.1 Educate Alaskans about prevention, diagnosis, treatment, costs and appropriate care for people with ADRD through all possible media, in-person presentations, and policy advocacy.	Alzheimer's Resource of Alaska
2.1.1 Assess feasibility and design an implementation plan for a potential 1915 (i) and 1915 (k) HCBS State Medicaid Plan amendments.	The Trust
2.4.1 Identify the DHSS resources needed through 2025 and 2035 to ensure those with ADRD can remain living safely in their own home or family caregiver's home for as long as possible.	Senior and Disabilities Services
3.2.1 Develop and implement regulations for quality standards for assisted living homes and other residential settings so that caregivers' skills are appropriate to the population they serve.	Office of the Long Term Care Ombudsman
4.2.1 Increase dementia care training across the continuum of care and in complementary fields such as police, emergency services, finance, justice system, nursing, dental, optometry, social work and mental health.	Pioneer Home
5.1.1 Increase training to caregivers about ADRD, resources available and approaches and strategies for providing care and reducing stress and fatigue.	AARP
5.1.2 Increase in-home respite and adult day services to meet caregiver needs for appropriate breaks in providing care.	Alaska Commission on Aging

Roadmap's Action Steps & *The CDC Healthy Brain Initiative, 2013-2018*

- Implement the Behavioral Risk Factor Surveillance System cognitive impairment and caregiver modules.
- Use surveillance data to improve understanding about cognition and quality of life.
- Promote awareness about dementia, including Alzheimer's disease, to reduce stigma and promote early diagnosis.
- Promote awareness of abuse & exploitation, and support related prevention efforts as related to persons with dementia.
- Integrate early detection and diagnosis into the medical care home model.
- Develop and provide basic materials for public health professionals on cognitive health and impairment.



Comp Plan Update Queries

- Do we need a current analysis of services and service gaps for each beneficiary population?
- What standard would we use to determine if there are gaps or shortcomings?
- Do we have methods for collecting data that show how services make a difference in the quality of life for Trust beneficiaries?
- Are we currently collecting data consistently in the same way over time so that results can be measured as *quality data* is key?
- How well does the current Comp Plan articulate with other relevant planning documents?
- What about an Implementation Plan?



Suggestions and Recommendations

- Mobilize a Comp Plan Steering Committee for planning and advocacy purposes.
- Align the Comp Plan with current efforts as the web-based “headquarters” for relevant plan documents.
- Identify corresponding action strategies and performance measures for each Comp Plan goal.

Suggestions and Recommendations

- Reorganize the Comp Plan to provide more focus on the needs and issues of each Trust beneficiary population and tie to related planning documents.
- Insert a new goal under “Health Results Area” to emphasize access to health care and long-term support services.
- Develop an Implementation Plan and prepare regular performance reports to show progress.

Legislative Advocacy Priorities

SFY2016 Legislative Session



Alaska Commission on Aging SFY2016 Legislative Advocacy Priorities

- Preserve safety net programs/services for vulnerable older Alaskans and supports for their family/natural caregivers.
- Seek reauthorization of the Alaska Commission on Aging based on the recommendation from the Division of Legislative Audit.
- Continue advocacy of legislation supported in FY2015 legislative session.
- Seek federal reauthorization of the Older Americans Act and meaningful federal investment for Alzheimer's research.

Other Items of Interest



Additional Items to Share

- ADRD Roadmap Stakeholder meeting scheduled for November 19 in the Trust conference room.
- *November 2015 is Alzheimer's Disease Awareness Month in Alaska*, Executive Proclamation
- *November 2015 is Family Caregivers Month in Alaska*, Executive Proclamation
- 2016 BRFSS Survey to include Perceived Cognitive Impairment Module.
- ACoA Commissioner resignation
- ACoA Board meeting, December 9, 2015

Thank you. Questions?



*By Executive Proclamation, November 2015 is
Family Caregiver and Alzheimer's Disease Awareness Month in Alaska*