

Rocky Mountain News

Can you think of a another fun and original name for our newsletter? If so, jot it down on your timesheet in the comments section. If we use your idea, you'll win a prize!



We Need Your Help! Please join us in starting a Consumer Advisory Group

Consumer Direct Personal Care is excited to assist you, the Consumer, in having a voice in the care you receive. One of our goals at CDPC is to provide you the best and most effective service possible to help you succeed in directing your services. Another CDPC goal is to be active in advocating for community services through political arenas and we need your help. Consumers and advocates are the real source of power for political decision makers. You can make a BIG difference with your voice and presence by joining our advisory group.

Consumer Direct Personal Care is looking for interested people to participate as members in a new Consumer Advisory Group, to address and improve our service delivery. We also want to hear your opinions about the quality of our services, program development ideas, get input about organizational processes and procedures, and increase involvement in educating the public about Consumer needs.

Members can be Consumers, Personal Care Attendants, Personal Representatives, or family members. Members will have the opportunity to participate in person or via phone in our quarterly meetings.

If you've wanted to speak up and make a difference in the services you receive, here's your chance. Staff here are excited to participate in this new adventure. Please call Joe Blackman, Heidi Davis, or me at 541-8700, or toll free at 1-866-438-8591, if you'd like more information or if you want to sign up.

Thanks for your help!

Katie Spaid,
Program Manager

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Time Sheet Reminder

*Don't forget, time sheets are due every
Monday*

Please mail them to:

*Consumer Direct Personal Care
1903 South Russell, Suite 3
Missoula, MT. 59801-6603*

Or fax them to:

541-8704 or toll free at 1-866-541-8704

Principles of Caregiver Self-Advocacy



What does it mean to be a happy person when you are a family caregiver? How do you stand up for yourself, take care of yourself and find a balance between your own needs and those of your loved ones? The National Family Caregivers Association (NFCA) has developed the “Principles of Caregiver Self-Advocacy.”

We caregivers often feel like victims, as if all choice has been taken away from us. We often ask: Why did my spouse/parent/child get sick, or have an accident? Why did this happen to our family? Why did it happen to me? We so often feel out of control. You may not have all of the choices you once did, or you may have to make choices now that you don't like, but if you recognize that you do have the power to choose, and you consciously act on those choices, you won't feel quite as much like a victim anymore.

PRINCIPAL #1: HONOR, VALUE AND LOVE YOURSELF If you are like most caregivers, you are probably worn out and are questioning yourself all the time, but don't for a minute doubt how good a job you're doing. You're doing a great job! And you owe it to yourself to take very good care of yourself, to love yourself. You can't give and give without renewing your energy.

PRINCIPAL #2: SEEK AND ACCEPT ASSISTANCE Are you aware that 76% of family caregivers don't get consistent help from other family members? Perhaps part of the reason is because we don't ask for it, or don't accept it when it is offered. There is nothing wrong in asking for, or accepting, help.

PRINCIPAL #3: REALIZE YOU ARE NOT ALONE, STAND UP AND BE COUNTED Caregivers represent more than 10% of the adult population of this country. Nobody knows exactly how many family caregivers there actually are, but estimates suggest that there are more than 25 million. We are everywhere, but we are invisible. At NFCA, we believe we need a caregivers movement in this country to gain recognition for caregivers, to broaden services, to educate caregivers and to provide us with more support. There is a wonderful feeling of empowerment that comes from standing up for yourself and recognizing your own worth, from knowing you are not alone and that millions of others share your same concerns and feelings.

For more information call the National Family Caregivers Association toll free at **1-800-896-3650** or visit their website at **www.nfcacares.org**

Thanks to everyone who completed and mailed back the Annual Consumer Satisfaction Survey!

If you still want to mail back the survey, please do so. It's not too late. Your feedback is appreciated and is taken seriously.



Training Tips: Avoiding Caregiver Burnout

According to the U.S. Department of Health and Human Services Administration on Aging, caregivers are less likely than their peers to take steps to prevent or control illness or disease. Consumers and caregivers can review these few suggestions together to stay healthy and help avoid caregiver burnout:

Protect your health See your doctor regularly, get plenty of rest, eat balanced meals, exercise regularly, and accept help from others.

Talk with others Join a support group in your area. It's a great opportunity to talk with others who are caregivers; to share problems, solutions, and concerns. Contact your local Area Agency of Aging for the support group nearest you.

Become informed Learn about your Consumer's illness or disease. Knowledge and information will help you become a better caregiver. Your local library may also have computers available to the public, to access the Internet for information.

Take a Break Use respite services or talk with the Consumer about having another caregiver fill in so you can have some time off.

The Health Care Professional Authorization Form

The 160 Form can be a confusing part of your services with CDPC. It is officially called "**The Self-Directed Personal Assistance Services Health Care Professional Authorization**", but it is often referred to as:

- * The 160
- * Physician's Authorization
- * Health Care Professional (HCP) Authorization

Why does the 160 need to be filled out?

The 160 gives the Consumer's Health Care Professional (HCP) a picture of the kind of personal care services you are receiving in your home. The HCP's signature shows their approval that you are capable of directing your care and that the hours and tasks authorized are accurate for your needs.

Getting started

This means the 160 must be signed by the Consumer and the HCP before any timesheets can be filled out.

For instance, if an HCP signs Mary's 160 on February 13th, 2006, and we receive a time sheet for Mary from February 5th-11th, 2006, we would be unable to pay those hours, according to Self-Direct Personal Assistance Services guidelines.

Getting the form renewed

In order to remain on services, the 160 must be renewed every year. A CDPC representative will contact you to schedule a visit during your "annual month." During the visit, we will have you sign a new 160 form and arrange to have the 160 given to your HCP. It is imperative that this form be filled out and authorized by your HCP within the month of our visit.

Who can sign the 160?

The following people are authorized to sign the 160:

- Physician
- Certified physician's Assistant
- Occupational Therapist
- Nurse Practitioner
- Registered nurse
- Medical social worker working as a member of a Waiver Case Management Team

Tidbit

The 160 is a state form produced by the Department of Public Health and Human Service (DPHHS), Senior and Long Term Care (SLTC) Office in Helena. It is often referred to as the 160 because of how it is labeled in upper left hand corner of the form. Check it out:

DPHHS-SLTC-160



What is Waiver?

What is “Home and Community-Based Services (HCBS)?”

HCBS or “Waiver” was developed to provide services above and beyond the normal “State Plan” tasks of daily living. There is a menu of over 20 different waiver services. From this menu, the Consumer chooses the best mix of options based on their needs. Consumers may be able to choose services like socialization, homemaking, respite, or help with environmental modifications.

Who Can Sign Up?

Waiver recipients must:

- ✦ Be eligible for full Montana Medicaid
- ✦ Require the level of care provided in a nursing facility or hospital.

How Do I Get Started?

1. Call **1-800-219-7035** to make a referral for yourself or a loved one.
2. This referral is sent to a social worker in Helena. The Helena social worker will call you to gather information about your situation.
3. Based on your situation, your case will be assigned to a Case Management Team in your area. The Case Management Team consists of one nurse and one social worker.
4. The nurse and social worker will visit your home to:
 - ✦ Assess your level of care
 - ✦ Assess how much time you can use toward waiver services
 - ✦ Help you create the best mix of services to meet your needs



They say I qualify, but why can't I receive services right away?

Unlike self-directed personal care services, the waiver program is “slot-based” meaning a limited number of individuals can have services at a time, and you may be put on a waiting list.

How to Manage Mileage

Medicaid reimburses mileage at the rate of \$.13 per mile. Mileage is reimbursed if the following tasks are on the Consumer's Profile:

- **Shopping** to obtain groceries, health-related items, or prescriptions. It is expected that you go to the closest appropriate grocery store or pharmacy to obtain these items.
- **Medical Escort** when a caregiver provides assistance with ambulation, transferring, dressing & undressing, or toileting while en-route or while at a medical appointment. Appointments must be less than 40 miles round-trip to be paid by CDPC. If a Medical Escort trip is more than 40 miles round-trip, you can still be reimbursed for your mileage, but it is paid by the Medicaid Transportation Program. You must call at least 24 hours in advance to be authorized for payment. The toll free number is **1-800-292-7114**.
- **Social/Supervision Waiver** for social outings as approved by the HCBS case management team.

Please document shopping, medical escort mileage (under 40 miles), and social/supervision miles on our “Mileage Reimbursement Request.” Turn in this request when you turn in the timesheet for the same week.

Health & Safety: Carbon Monoxide

Carbon monoxide (CO) poisoning can happen within a matter of minutes and is responsible for more deaths than any other single poison. This odorless, colorless poison can hurt you slowly at low levels, cause permanent neurological dysfunctions at moderate levels or take lives at higher levels. Protection against this deadly poison is as easy as installing a carbon monoxide detector in your home or office.

CO is produced whenever fuel such as gas, oil, kerosene, wood or charcoal is burned. The amount of CO produced while using fuel-burning appliances is usually not harmful. It becomes hazardous when appliances are used improperly or are not functioning adequately.

Precautionary Measures

Routinely, at the beginning of every heating Season, home owners should have their fuel- burning appliances checked by a qualified

technician. Appliances deteriorate with time and can be a health risk to those who live in the home.

Besides having your appliances inspected, anyone using fuel-burning appliances should have their homes equipped with carbon monoxide detectors to provide added peace of mind. A CO detector should be placed on every level in the home to provide the best protection.

Health Risks

Low levels of carbon monoxide poisoning can be confused with other illness symptoms and can often go undetected. Carbon monoxide poisoning can result in long-term health problems if not treated promptly. Symptoms such as nausea, headaches and light-headedness should be checked by a physician, especially when more than one person in the home is experiencing symptoms.



Valentine's Day Word Search



p d v k n i p l p v v j
 d i a m o n d s s s i k
 e p l f e b r u a r y c
 t u e c n a m o r e e u
 h c n t g a h y l w r d
 s n t e a u r a p o o e
 t r i h g l i r r l v l
 f r n s e s o r o f s e
 i t e w m h e c p w m s
 g a e n e t r s o n o g
 e j c a n d l e s h o n
 c n r i t i k k a e c i
 a t w c a r d s l e h r

Look for the following words:

- Heart
- Flowers
- Proposal
- Rings
- Gifts
- Pink
- Romance
- Dinner
- Winter
- Chocolate
- Engagement
- Candles
- Cards
- Red
- Hugs
- Diamonds
- February
- Kiss
- Jewelry
- Valentine
- Smooch
- Cupid
- Love
- Roses
- Arrow

Health & Safety: Removing the Barrier

A Fire Safety Fact Sheet for People with Disabilities



More than 4,000 Americans die each year in fires; approximately 25,000 are injured. The risk of death or injury from fire is even greater for people with physical, mental or sensory disabilities. The good news is that deaths resulting from failed emergency escapes are preventable through preparation.

The United States Fire Administration (USFA) and the Disabled American Veterans (DAV) want people with disabilities and their caregivers to know that there are special precautions you can take to protect yourself and your home from fire.

UNDERSTANDING THE RISK

Why are People with Disabilities at Risk?

- People with disabilities should be more cautious because of physical limitations and a decreased ability to react in an emergency.
- People with disabilities are typically fiercely independent and do not wish to alter their lives from those of the general public. However, this can lead them to ignore their special fire safety needs. In some cases, people with disabilities may need the help of a caregiver to practice proper fire safety precautions.

INSTALL AND MAINTAIN SMOKE ALARMS

People with disabilities should be aware of the special fire warning devices that are available.

- Smoke alarms with a vibrating pad or flashing light are available for the deaf and hard of hearing. Additionally, smoke alarms with a strobe light outside the house to catch the attention of neighbors, and emergency call systems for summoning help are also available.
- Ask the manager of your building, or a friend or relative to install at least one smoke alarm on each level of your home.
- Make sure your smoke alarms are tested monthly and change the batteries at least once a year.

LIVE NEAR AN EXIT

Although you have the legal right to live where you choose, you'll be safest on the ground floor if you live in an apartment building.

- If you live in a multi-story home, arrange to sleep in a room on the first floor.
- Being on the ground floor and near an exit will make your escape easier.

PLAN YOUR ESCAPE

Plan your escape around your capabilities.

- Know at least two exits from every room.
- If you use a walker or wheelchair, check all exits to be sure you get can get through the doorways.
- Make any necessary accommodations, such as providing exit ramps and widening doorways, to facilitate an emergency escape.

DON'T ISOLATE YOURSELF

People with disabilities have often been excluded from the development and practicing of escape plans and fire safety drills. As a result, their vital input is omitted and their fire safety needs remain unfulfilled. Speak up to ensure that all parties receive the fire safety information that everyone deserves.

- Speak to your family members, building manager, or neighbors about your fire safety plan and practice it with them.
- Contact your local fire department's non-emergency line and explain your special needs. They can suggest escape plan ideas, and may perform a home fire safety inspection and offer suggestions about smoke alarm placement and maintenance.
- Ask emergency providers to keep your special needs information on file.
- Keep a phone near your bed and be ready to call 911 or your local emergency number if a fire occurs.

For More Information:

Contact the United States Fire Administration
www.usfa.fema.gov

Wit & Wisdom

CDPC Staff Bio Joe Blackman

What did you do before you worked at CDPC?

Immediately before starting with CDPC I was working with Missoula Youth Homes. Prior to that I was a medical social worker at Partnership Health Center (Missoula County Clinic) and also as a case manager, program manager and intake social worker for the Western Montana Mental Health Center here in Missoula.

Where did you grow up?

I was born and raised in Great Falls. I graduated from Great Falls High (go Bison). I also played 2 years of Legion baseball. There are still some questions among my friends as to whether or not I am a grown up yet.

What's your family like?

My parents are deceased. My mother and father were terrific people and it is their guidance that has shown me how important it is to treat others with respect. I have one son, Jake who graduated from the University of Montana and now works here in Missoula for a computer software company. I have one older sister Gerry, two nieces and one nephew. I have one new family addition: I am hosting an international student named Farrokh. He's from Uzbekistan and is attending the University of Montana with a goal of graduating in business and computer technology. I met Farrokh and his family while visiting my sister last spring while she was with the Peace Corps in Uzbekistan.

Favorite thing to do when you're not working?

I enjoy fly fishing the most.

What's your favorite part of your job?

Home visits are easily my favorite aspect of working in the self direct program.

What's something fun and interesting about you?

I'm probably one of the best fly fishers you'll ever meet (I've had 50 years of practice). I'm a Yankees fan from birth. I also hope to spend the first one or two years of my retirement in Samarkand, Uzbekistan. The people, culture and sights there are absolutely fantastic (just don't drink the water).

What's your favorite thing about living here?

Recreation. Now that I'm "retired" from softball and basketball, I can do all sorts of things within minutes of my home. I especially enjoy biking, hiking and backpacking, rafting and fly fishing, and elk hunting. Oops, I forgot how much I enjoy Griz football and better yet Griz and Lady Griz basketball!



Joe Blackman, CDPC Program Coordinator, doing what he likes best!



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Spotlight on the Brain Injury Association of MT

What is the BIAMT?

The Brain Injury Association of Montana (BIAMT) is creating a better future through brain injury prevention, research, education and advocacy. Their vision is a world where all potential brain injuries are prevented, all unpreventable brain injuries are minimized, and all individuals who have experienced brain injury maximize their quality of life.

Resource Facilitation Services

Throughout Montana there are many individuals and families who are dealing with issues relating to brain injury. The BIAMT's mission is to provide education and advocacy for these people. And they do for many in the state. But there are also many who have never heard of the Association or how we can help. The Resource Facilitation Service,

recently implemented by BIAMT, is an effort to reach out to these families and survivors of a brain injury.

BIAMT Offers Support Groups

The tremendous challenges placed on people with a traumatic brain injury (TBI) and their families can oftentimes feel overwhelming. Our support groups provide the confidentiality and understanding of others who have had similar experiences. The TBI Support Groups provide social activities, education about TBI, and resources for TBI. If you're interested please call **1-800-241-6442** for meeting information in your area. You can also check out their website at **www.biamt.org**