



State of Illinois  
Illinois Department on Aging

## Older Adult Services Advisory Committee Meeting Minutes

**Date: November 13, 2017 1:00 – 3:00 p.m. (Approved February 26, 2018)**

### **Locations:**

Illinois Department on Aging, 160 N. LaSalle St., 7<sup>th</sup> floor, Chicago

Illinois Department on Aging (at the DNR bldg.), One Natural Resources Way, Springfield

### **IN ATTENDANCE: Committee Members**

Jean Bohnhoff, Director & OASAC Chair– Department on Aging

William Bell – Illinois Health Care Association

Theresa Collins – Senior Services Plus Inc.

Kelly Fischer – Journey Care Hospice

Terri Harkin – SEIU HealthCare – Illinois and Indiana

Susan Hughes – UIC Community Health Sciences School of Public Health

Michael Koronkowski – UIC College of Pharmacy

Andrew Kretschmar – Alzheimer’s Association, Greater Illinois Chapter

Phyllis Mitzen – Health and Medicine Policy Research Group

Sara Ratcliffe – Illinois HomeCare and Hospice Council

Susan Real – Caregiver – East Central Illinois Area Agency on Aging

Gustavo Saberbein – Help at Home LLC

Karen Schainker – Senior Services of Central Illinois

Teva Shirley – Southwestern Illinois Visiting Nurse Association

Louise Starmann – Citizen Member

Cathy Weightman-Moore – Catholic Charities LTC Ombudsman Program

### **Ex-officio Committee Members:**

Megan Spitz – Illinois Housing Development Authority

Kelly Cunningham – Department of Healthcare and Family Services

Ryan Zavala for Gwen Diehl – Department of Veterans Affairs

Jamie Freschi – State Long Term Care Ombudsman

Lyle VanDeventer – Department of Human Services

### **Department on Aging staff:**

Rhonda Armstead, Alex Burke, Mike Dropka, John Eckert, Sophia Gonzalez, Jose Jimenez, Karen Kloppe, Lora McCurdy, Lauren Shiliga and Anna O’Connell

### **GUESTS:**

Margaret Danilovich and Naoko Muramatsu

### **NOT IN ATTENDANCE: Committee Members**

Sherry Barter Hamlin – River-to-River Residential Corporation

Paul Bennett – Next Level Health Partners

Amy S. Brown –CRIS Healthy Aging Center

Dr. Thomas Cornwell – HomeCare Physicians

Cindy Cunningham – Illinois Adult Day Services Association

Carla D. Fiessinger -Monaham Law Group

Lori Hendren – AARP

Kaye Kibler – Willowbrook Memory Support Houses

Dave Lowitzki – SEIU HealthCare Illinois and Indiana  
Patricia O’Dea-Evans – A Silver Connection  
Jason Speaks – Leading Age Illinois  
Ancy Zacharia – Home Care Physicians

**Ex-officio – Committee Members not in attendance:**

Debra Bryars– Department of Public Health  
Representative – Governor’s office

**Introductions & Call to Order:**

Director Jean Bohnhoff welcomed everyone to the meeting. Members and guests introduced themselves. Director Bohnhoff asked for a motion to call the meeting to order. Mike Koronkowski made a motion to call the meeting to order and Lyle VanDeventer seconded. All members voted in favor.

**Approve minutes of Full OASAC August 21, 2017 Meeting:**

John Eckert asked for a motion to review and approve the minutes from August 21, 2017 meeting. Theresa Collins made a motion to approve the meeting minutes, Susan Real seconded. The minutes were approved unanimously by members with an addition by Kelly Cunningham (Next Level was added as an MCO expansion awardee for Cook County area).

**2017 OASAC Recommendations:**

John Eckert shared that the efforts to expand deflections continue; he had a call with Renae Alvarez and Jessica Grabowski from the Bridge Workgroup last Wednesday to go over the proposal for the Bridge expansion. Additional information will be shared during the next OASAC meeting. Eckert shared that he reached out to HFS regarding the recommendations that Person-Centered Planning language be considered with managed care organizations and that customer satisfaction be included as a measure of success for MCOs providing community-based services in the State. HFS informed Eckert that they have just finished the final review of the SYF17 Annual Report HCBS Waivers Performance Measures Record Review of the Managed Care Plans and final comments were due last week. HFS informed Eckert that plans are required by contract to complete member experience surveys and use the Consumer Assessment of Healthcare Providers and Systems (CAHPS) program. HFS also shared that the HFS’ Report Card includes information on specific areas of performance rated by members; the 2016 Report Card will be posted next week. Sylvia Riperton-Lewis (from HFS) will be invited to provide an update at the next meeting. Eckert shared that the MFP database will continue to be available for referrals on the website. The OASAC recommendation regarding understanding changes at the Federal Level has been a challenge as there is something new every day.

**Exercise Programming for HCBS Clients and Home Care Aides:**

Susan Hughes shared that during a previous OASAC meeting she had asked OASAC members to consider Healthy Older Adults in Illinois and evidence-based programs. Everyone agreed and the Department and Susan Hughes invited Margaret Danilovich PT, DPT, PhD assistant professor at Northwestern University Feinberg School of Medicine to present on her research on Exercise Programming for HCBS Clients and Home Care Aides. Danilovich worked with Hughes on the Strong for Life evidence-based exercise program. Margaret Danilovich shared she has continued to research exercise among Community Care Program (CCP) clients, as they found some challenges in the past. In the past research, they found that Home Care Aides (HCAs) could be trained to lead exercise with their CCP clients and feel achievement and recognition in participating in the exercise programs with their clients. Danilovich shared that the Strong for Life exercise program did not fit well with the CCP participants did not have access to DVD players, some participants were only seen twice a week by their HCA’s, the program was too long and the focus was on strength only.

In the current research developed by Danilovich a Strong to Stay Exercise Program was developed specifically for CCP clients using a mobile application on a tablet. This program includes 8 exercises with resistance bands or body weight; this mobile application includes videos, instructions and inquiries about mood. Inexpensive tablets were provided to the 126 HCAs, they were trained on how to lead exercise with participants twice a week for 6

months. Early results at 3-month intervention are promising; they show an improvement in levels of frailty among the exercise group and high program satisfaction among both CCP clients and HCAs. Terri Harkin mentioned that the new program was a positive outcome because HCAs are underused and not part of the care team even though they are always in the participants home. Danilovich responded that it has been helpful for the HCAs to have the tablet to enter data and as an educational source for the HCA. Lora McCurdy shared that because of the Critical Event Reporting, providers are now also required to report critical incidents, including falls with and without injury. The Department has been conducting Regional Trainings that involve both the CCUs and the providers hoping that they feel more involved in the care team. McCurdy also shared that the Department had offered a FALLS webinar that resulted in a high sign up regarding A Matter of Balance Program. Susan Hughes mentioned that there are many other evidence-based programs (e.g. Arthritis Program and Fit and Strong) that can be looked at for CCP clients. Kelly Cunningham asked is there had been any resistance from the clients thinking that they would receive less CCP services because of the research. Danilovich shared that the HCAs had been given educational flyers for the participants that indicated that the program was not going to take away from what the participants were already receiving.

### **Promoting Seniors' Health with Home Care Aides:**

Susan Hughes introduced Naoko Muramatsu, PhD, MHSA from the School of Public Health and Institute for Health Research and Policy at the University of Illinois at Chicago who is currently working on Promoting Seniors' Health with Home Care Aides research. The goal of this research is to build health promotion into Long-term Services and Supports (LTSS) and delay or prevent functional declines among older adults. Muramatsu shared that previous research has found physical activity benefits older adults, however; there had been few existing exercises that could be performed by older adults. Muramatsu added that in 2007, A Healthy Moves Aging Well (arm curls, ankle point & flex, and seated step-in-place moves) study showed that these exercises could safely be completed by older adults with the assistance of their Home Care Aides (HCAs). Muramatsu completed a Pro-Home Pilot study to test this exercise program with English-speaking CCP participants that could sit in a chair for at least 15 minutes and were able to follow directions and HCAs. The pro-Home Pilot study showed that increases in daily functioning, self-rated health, time spent on physical activity, physical performance and a decrease in fear of falling among participants. The study participants and HCA's reported a high percentage of satisfaction with the exercise program. Muramatsu shared that she has received additional funding from National Institute on Aging to complete a Pro-Home randomized control trial beginning September 2016 through April 2021. Muramatsu shared that she plans to recruit 300 pairs, add a control group, include spanish speaking participants, add cognitive assessments and include managed care organization participants. Muramatsu shared some of the recruitment challenges she encountered during the pilot study and asked the members for suggestions. Questions regarding the involvement of the Care Coordination Units (CCUs) in the study were asked and the response was that CCUs have been involved. Lora McCurdy shared that the Department is planning a Spring Conference in 2018 and that they will consider adding evidence based practices to the agenda. McCurdy asked both presenters if they would be interested in participating in the Spring Conference, both agreed. Susan Hughes suggested that the group also review prevention in general and Title III funds.

### **Department Updates:**

#### Update on Budget/Fiscal

Anna O'Connell, CFO shared that the Department has been sending bills to the Comptroller but there are still some outstanding FY17 payments. O'Connell shared that it is expected that the FY17 backlog will be addressed by November/December. It was also shared that the State backlog has decreased and payments are very regular. Critical needs have been addressed on a case by case hardship requests and the Department has been working with the CCU Association on these requests. Director Bohnhoff added that overall payments are better now.

#### Update on Legislation:

Alex Burke, Legislative Liaison shared that not much has happened, but he is working on initiatives for the next year. Burke asked to share ideas and or information on legislation to him.

Update on PCP/ADS Workgroups:

McCurdy shared that the department has been looking at CCP rules and proposing amendments to its administrative rule to comply with the Person-centered Planning Requirements outlined in the Statewide State Transition that have been shared in the past. The Department has been working with a CCU workgroup on making changes to the Plan of Care, brochures and other forms. McCurdy shared that these new federal requirements include looking at other services available, engaging participants and using a strength based approach. The Department has been evaluating current tools, brochures and forms to determine what needs to be updated to comply with the federal HCBS Waiver regulations. In addition to the CCU Workgroup, the Department has been working with an Adult Day Workgroup to create a standardized addendum to the plan of care. Currently the ADS providers do not have a standardized plan of care and the plan of care used by each of the ADS providers is not integrated with the CCU plan of care. ADS sections of the CCP Administrative Rule will also need to be changed to reflect the changes being made.

**Other Issues & Announcements:**

Director Bohnhoff shared that John Eckert received an award for Outstanding Employee of the Year from Illinois Committee of Employees with Disabilities (ICED). Director Bohnhoff congratulated Eckert and shared that she is honored to work with John, a strong advocate.

**Motion to Adjourn:**

John Eckert asked for a motion to adjourn the meeting. Mike Koronkowski made a motion to adjourn the meeting. Gustavo Saberbein seconded the motion. The motion to adjourn was approved unanimously. The meeting was adjourned at 2:58pm.