

AoA e-news

The U.S. Administration on Aging

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The U.S. Administration on Aging is pleased to send you the **AoA e-news**, an e-newsletter filled with key information and news for the National Aging Services Network.

Please pass this e-newsletter on to staff in your organization and let them know that they can now subscribe online at www.aoa.gov. Information about how to unsubscribe is located at the end of this newsletter.

For previous issues of the **AoA e-news** visit the AoA Web site at www.aoa.gov/press/enewsletter/enewsletter.asp

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Join Us at the AoA National Summit and Participate in Reshaping Long Term Care

I invite you to join us for the U.S. Administration on Aging National Summit on *Creating Caring Communities* to be held September 21-23, 2003, in Orlando, Florida. The National Summit is designed for professionals and advocates at the state and local levels who are vital to reshaping our health and long term care system. The AoA National Summit offers an exciting opportunity to hear from nationally recognized experts about subjects that are crucial to your organization's future success and get practical tools and information. Participating in the Summit will help you to:

- Promote policy and program changes at the state, tribal, and local level that will make the long term care system more balanced and more responsive.
- Develop, and operate innovative programs that will help people to remain healthy and active as they age and successfully manage chronic conditions.
- Design and implement strategies to better position your organization in the changing health and long term care environment.

There are three ways to register: by mail, fax, or online. For more information or to register visit <http://www.aoa.gov/press/events/Summit%20Agenda%207.301A.pdf>

This occasion offers a unique opportunity for you and members of your organization to learn about innovative practices and prepare for the future wave of aging Baby Boomers. I look forward to seeing you at the AoA National Summit in September.

Josefina G. Carbonell

[What's Happening at AoA](#)

Upcoming Town Hall Listening Session in North Carolina

Join us and be heard at the next Administration on Aging Town Hall Listening Session. The session will be held on September 12, 2003, from 11:00 a.m. to 1:00 p.m. in Charlotte, North Carolina in conjunction with the North Carolina Conference on Aging. The Assistant Secretary for Aging invites older people, their families and caregivers, and members of the National Aging Services Network to comment on critical issues. We want to hear from you about:

- What we can do to empower older people and their families to make informed decisions about their care options;
- Ways to build on the success of the National Family Caregiver Support program and the new AoA/CMS Aging and Disability Resource Center grants program; and

- State and local innovations that address access and service delivery that may serve as models for others states and communities.

Persons must pre-register in order to provide oral comments at Listening Sessions. For updates and to find out more about how to register to give oral comments go to www.aoa.gov/press/town_hall_meetings/thm.asp

Policy and Program Updates

FY 2003 AoA Consolidated Program Announcement

On July 15, AoA released a consolidated program announcement in the Federal Register to hold a competition for grant awards and cooperative agreements in thirteen priority areas. Most of the areas are those historically funded by AoA, but there are a number of new areas included in the announcement. Each year, Congress appropriates funds for use by AoA and the other federal agencies in carrying out their mission. AoA provides grant funding to States and territories, recognized Native American Tribes and Hawaiian Americans, as well as nonprofit organizations, including faith-based and academic institutions. New applications can be submitted by mail or online. All grant applicants are encouraged to obtain a D-U-N-S number from Dun and Bradstreet. It is a nine-digit identification number that provides unique identifiers of single business entities. To obtain a D-U-N-s number visit: http://www.dnb.com/US/duns_spdate/. The deadline for submitting all applications is August 15, 2003. For announcement, instructions and forms visit www.aoa.gov/doingbus/fundopp/fundopp.asp

Begin Planning Now for National Family Caregivers Month

National Family Caregivers Month will be observed this November as we also celebrate the enactment of the AoA National Family Caregiver Support Program in 2000. The purpose of this year's National Family Caregivers Month will be to increase public awareness that: 1) there is a need to support family caregivers, 2) services are available, and 3) the NFCSP program is working. We want to alert the public about the availability of caregiver support services and help caregivers find needed services. We also want to take this opportunity to share our accomplishments and communicate that the National Family Caregiver Support Program is even more successful than expected in reaching caregivers. Please begin planning National Family Caregivers Month now. AoA is developing a kit for use with Caregiver Month events and activities in November and throughout the year. Kit contents will be posted on the AoA Website and the kit will be mailed to members of the national aging services network. We will alert you when these materials become available on the AoA Web site at www.aoa.gov <<http://www.aoa.gov>>.

SAMHSA Announces Substance Abuse Grants for American Indian/Alaska Natives

This week Charles Curie, Administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA) announced a \$1 million grant to the American Indian/Alaska

Native National Resource Center. The resource center is the result of collaboration between SAMHSA and the Indian Health Service (IHS), both agencies within the U.S. Department of Health and Human Services. "Working with stakeholders from across the country, this center will provide a blueprint for comprehensive services that honor the traditional ways of living and healing among Native Americans," SAMHSA Administrator, Curie said. The grant will be used to target American Indian/Alaska Natives for substance abuse treatment and prevention programs that are evidence-based and culturally effective. In addition to this, the funds will provide training, technical assistance, and products to expand the capacity and quality of substance abuse prevention and treatment practitioners serving this population. For more information please contact SAMHSA press office at (301) 443-3740.

August is National Immunization Awareness Month

August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM each year is to increase awareness about the importance of immunizations across the lifespan, from infants to the older Americans. This year's campaign is focused around the theme, "Are You Up to Date? Vaccinate!" Take advantage of NAIM to encourage patients, family and others in the community to check their medical records and remind them about the need to be up-to-date on their immunization and the immunization of their dependents, young and old. A variety of resources for promoting immunization and NIAM, including brochures, stickers, posters and information about various community initiatives, are available by visiting the National Partnership for Immunization website at www.partnersforimmunization.org <<http://www.partnersforimmunization.org>> or the CDC website at www.cdc.gov/nip

Making A Difference

Mather LifeWays Brings Powerful Tools to Caregivers

The health and well-being of caregivers is more important than ever because of the large number of family caregivers taking care of an older person. They juggle caring for a sick loved one, caring for themselves, and other responsibilities. To remedy this problem, Mather LifeWays has created a Powerful Tools course to arm caregivers with the skills they need to cope with caring for a sick loved one. Professionals teach caregivers how to reduce stress, improve self-confidence, communicate their feelings, and balance their lives. Caregivers who have received the training have made these comments according to a recent article in the Pioneer Press, a suburban northeastern Illinois paper. "They teach you how to approach people you want to help you." It's okay to take care of yourself." By now, this program has been taught in dozens of locations in northeastern Illinois. Teachers also participate in a "train-the-trainer" program whereby master trainers teach a six-part course about self-care skills to professionals from healthcare and social service agencies. AoA funds the Mather Lifeways' *Powerful Tools for Caregivers* project through the National Family Caregiver Support Program. For more information visit www.matherlifeways.org <http://www.matherlifeways.org>.

We encourage members of the National Aging Services Network to submit stories about how they make a difference in the lives of older Americans. The deadline for story submissions is the 15th of each month. Send submissions to

e-news@aoa.gov

Notes from the Field

NAHB Research Center Delivers News on Senior Housing Issues

The National Association of Home Builders Research Center publishes a monthly e-newsletter, the Seniors' Housing Research E-Review that features articles addressing the housing needs of today's older Americans. AoA funds the Center under a Cooperative Agreement. The emphasis of the Center is to develop innovative solutions to make it possible for older Americans to "age-in place" by remaining in their homes. The Center collects and disseminates information about innovative approaches in building and remodeling residential and community facilities. It applies the principles of Universal Design to accommodate the diverse needs of our growing aging population. To view past issues or to subscribe to their electronic news service, go to www.nahbrc.org and click on the "Seniors Housing" link.

Of Interest

Online training for the Aging Network: Home Modification and Assistive Devices

The home environment significantly impacts caregivers and services agencies that provide assistance to older persons. Adequate space, home modification features, and assistive devices help address the physical and emotional demands faced by caregivers. Caring for an older person often includes tasks that add physical strain and compound existing health problems. The National Resource Center on Supportive Housing and Home Modification will be offering online training and technical assistance course for the aging network to address this need. Courses will be available October 14- December 23. Training is free to Area Agency on Aging staff members and their National Family Caregiver Support Program affiliates, made possible by a grant from AoA. The National Resource Center on Supportive Housing and Home Modification at the University of Southern California, is a non-profit organization dedicated to promoting aging in place and independent living for persons of all ages and abilities. Their C.A.R.E.S. project is one of 11 projects of National Significance funded under the National Caregiver Family Support Program. To register go to www.homemods.org. Click on the link for "Promote C.A.R.E.S." on the home page.

The SPRY Foundation National Conference on Technology and Caregiving

Older people aged 50+ have recently experienced one of the highest growth rates in Internet use among all age groups, surpassed only by children aged 3 -8 years. Many of these older individuals are caregivers. In response to this trend, the SPRY Foundation is sponsoring a National Conference, "Computer-based Technology and Caregiving for Older Adults" on October 2-3 in Bethesda, Maryland. The purpose of the conference is to elevate awareness in

the family caregiving community about the rapidly increasing importance of computer-based technology in helping support quality caregiving for older Americans. Of special concern to the caregiving community is consumer information and education; delivery and coordination of services, including patient monitoring and compliance; and personal health records and medical information. In addition, the Department of Veterans Affairs will be presenting their new model for using computer-based technology for home/community-based care of veterans. This model will soon be launched as a national initiative. AoA has provided grant-funding to the Spry Foundation to sponsor this conference. For further information, please consult the SPRY Foundation website at www.spry.org

ARCH to Hold International Respite Conference

Immediately prior to the AoA National Summit, the ARCH National Respite Network will sponsor the 4th International Respite Conference, *A Universal Break: Respite for Caregivers*. It will be held at the Royal Pacific Hotel in Orlando, Florida on September 16-19, 2003. The conference is designed for family caregivers, respite service providers, advocates, policymakers and all others committed to ensuring that affordable and accessible respite options are available. Registration materials and other information can be found online at www.archrespit.org.

Generations United to Host 12th International Conference

The Generations United 12th International Conference will be held October 15-18, 2000 in Old Town Alexandria, Virginia. With its conference, Generations United seeks to encourage creative programming and public policy initiatives that respect, value, involve, and enhance the lives of people of all ages. Generations United, a national organization that receives grant funding from AoA, focuses solely on promoting intergenerational strategies, programs, and policies. The conference will provide:

- Information about innovative program models around the world, including planning development, implementation and evaluation;
- Networking opportunities with international, national and local experts; and
- Up-to-date information about public policy issues and initiatives.

For registration information visit www.gu.org/conferences

Helping Caregivers Effectively Communicate with Healthcare Professionals

Family caregivers provide much needed services, yet usually receive no formal training or support in their roles. The National Family Caregiver's Association is expanding its program to address this problem and help family caregivers communicate effectively with healthcare professionals. NFCA is now accepting applications for facilitator training conferences to be held on August 14-15 in Denver and on September 25-26 in San Francisco. Nurses, social workers, and persons working with family caregivers may apply. Participants are required to present workshops for family caregivers in their communities after the conference.

Continuing education credits are available for nurses and social workers. AoA and the Jacob and Valeria Langeloth Foundation have provided funding for this project. An application can be found at <http://www.nfcacares.org>

N4A Panel: Meeting the Transportation Needs of Older Adults

AoA representatives participated in an intensive session on meeting the transportation needs of older adults at the annual N4A conference held in Baltimore July 12-16. The session provided participants with current information, statistics, and strategies to help them address issues related to older drivers. They also discussed the need to coordinate multiple funding streams and providers to provide transportation alternatives for older adults. AoA staff members were excited to be able to work with federal/national partners to provide the technical assistance to the Aging Network. To access this information online, please explore the following links. Watch for the new AoA Transportation Webpage that will be "live" next month! For more information visit AAMVA "GrandDriver Campaign":

www.GrandDriver.info

AAA Senior Driver Program: www.seniordrivers.org

Community Transportation Association of America: www.ctaa.org

Federal Transit Administration: www.fta.dot.gov

National Highway Traffic Safety Administration: www.nhtsa.gov

Are You Ready to Get Active?

Create a healthier you! Get active by choosing to do one of these moderate or vigorous activities:

- Brisk walking
- Bicycling
- Dancing
- Jogging/running
- Swimming
- Marching in place
- Aerobics
- Playing sports (basketball, football, soccer, baseball)

Gradually start being more physically active if you do not have a health problem. If you have a health problem, check with your doctor before starting a vigorous exercise program. Get a pencil and write down an action plan to increase your physical activity. My goal is to (write one favorite activity here) for at least (minutes per day) minutes (number of times) times each week. For more information about how to increase your physical activity go to the AoA Web site at www.aoa.gov/naic/notes/exerciseandfitness.html

National Institute on Aging at www.nia.nih.gov/health/agepages/exercise.htm

National Institutes of Health at www.nlm.nih.gov/medlineplus/exercisephysicalfitness.html

About AoA

AoA works with a nationwide network of organizations and service providers to make support services and resources available to older persons and their caregivers. For more information about AoA, please contact us by mail at **U.S. Department of Health and Human Services, Administration on Aging**, Washington, DC 20201; by phone at (202) 619-0724; by e-mail at aoainfo@aoa.gov or visit us on the Web at www.aoa.gov.

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