

solutions intervention vulnerable
functioning integrity knowledge populations
difference diversity health evaluation
wellness community FREDONIA
empower
Justice dignity
ethics
SOCIAL BSW Field
children
society
evidence
strengths values assessment
WORK
competency family
education eng
generalist collaborate
Professional mental health
collaborate
planning
mental health

The ABC's of the
LW Social Work
Department

MISSION STATEMENT

To assist the residents of Leisure World to stay safe and independent while achieving life satisfaction in our community



Our Amazing Team

- Susan Montgomery, LCSW-C
- Director of Social Work

- Wilma Braun, LCSW-C
- Social Worker

- Sandy Hart, LCSW-C
- Social Worker

- Ann Johnson, LCSW-C
- Social Worker

- Miko Masterson, LCSW-C
- Social Worker



Free to all Leisure World Residents

Located in MedStar Health at Leisure World

8:30-5:00 Monday thru Friday

Office appointments, walk-ins, phone consults,
home visits

Call 301-598-1581 or email
smontgomery@lwmc.com

ACCESSING SERVICES

Who Refers To Social Work

Residents

Families

**Friend and
Neighbors**

**Leisure World
Staff, Property
Managers,
Security**

Medstar Staff

**Community
Agencies**

Services

- Assessment
- Crisis Intervention
- Resource Information & Referral
- Long Term Planning
- Advanced Directives/MOLST Forms
- Medicare, Medicaid & Other Insurances
- Problem Solving Support to Administration, Mutuals & Security
- Other Services



Adult Day Programs

Meal/Food Delivery Programs

Legal/Financial Programs

Medical Equipment

Downsizing/Organizing

Support Groups

Veterans Services

Montgomery County Services

Visually Impaired Services



COMMUNITY RESOURCE GUIDE

LEISURE WORLD SOCIAL WORK DEPARTMENT

Dial-a-Ride

LW Accessible Van

LW Shuttle

Metro Access

Senior Connections

Call-n-Ride

Go Go Grandparent

JCA Connect a Ride

Wheelchair Van Services

TRANSPORTATION SERVICES

LEISURE WORLD SOCIAL WORK DEPARTMENT



Care in the Community



**Skilled Home
Care**



**Non-Skilled Home
Care**



Palliative Care



Hospice

SKILLED HOME CARE

- RN, Physical Therapy, Occupational Therapy, Speech Therapy, Social Work, Home Health Aide
- Doctor ordered
- Intermittent skilled need
- Have to be homebound
- Covered by Medicare parts A & B



NON-SKILLED HOME CARE

(Custodial Care)



Services include Home Health Aide, Certified Nursing Assistant, Med Tech



SW only refer to licensed, certified & bonded agencies



Agencies perform background checks and training



Care can include one hour up to 24 hours, although many have a minimum per visit



Can be covered by Long Term Care Insurance

Palliative Care

Supportive comfort care while seeking treatments

Symptom Management

Doctor Ordered Holistic Approach

Covered by Medicare part B

Need for intermittent skilled care with palliative care specialty



Hospice





What is Hospice?

- Comfort Measures vs Curative Treatment
- Covered by Medicare Part A & other insurances
- Care provided in home or in facility
- Doctor ordered and supervised
- Holistic team approach to care
- 6 months or less prognosis

Hospice: Not Just For Cancer Patients

**Heart
Conditions**

**Liver
Conditions**

**Pulmonary
Diseases**

**Neurological
Diseases**

HIV/AIDS

Renal Failure

Stroke

Dementia

Hospice

COVERED

- Medical Team – Physician, RN, SW, HHA, Chaplain, Volunteers
- Durable Medical Equipment
- Other supplies as needed
- Hospice related medications

NOT COVERED

- Ongoing home health/custodial care
- Cost of nursing home/assisted living facility



To view go to Hospice
Foundation of America's
website
www.hospicefoundation.org



Mental Health, Cognitive Changes and Caregiving


“Mental Health problems are not a normal sign of aging”

Common Mental Health concerns among older adults

- Anxiety/Stress
- Depression
- Pandemic Stress
- Grief and Loss



Factors that can contribute to Mental/Emotional Health issues

- Changes in physical and cognitive health
 - Loss of independence
 - Loss of a loved one
 - Chronic health issues
 - Loss of mobility
 - Change in living conditions
- 

How the Social Workers Can Help

- Assessment
- Problem solving with residents
- Health Care advocacy
- Referrals to mental health providers in the community
- Referrals to support groups
- Connecting with community resources i.e., Every Mind, Crisis Center, Pen Pal Program and Friendly Visitors

Cognitive Changes & Caregiving

- Sometimes cognitive changes and mental health symptoms may look similar, but they are different.

Help

How the Social Workers Can Help

Communicate

Communicate with your Primary Care Physician

Assist



Assist you to connect with a Neurologist in the area

Complete

Complete a Montreal Cognitive Assessment (MoCA)

Connect

Connect you to resources in the community including the Memory Café, Kensington Club and Adult Day and Social Programs



Caregiving Is Not For The Faint of Heart

Signs of Caregiver Burnout

- Fatigue
- Feeling Overwhelmed
- Anxiety & Depression
- Sleep Difficulties
- Change in Social Relationships
- Family or Marital Conflicts
- Social Isolation

How the Social Workers Can Help

- Early Intervention
- Advocate with Doctors & Specialists
- Connect with Community Resources including Home Care, Respite Care, Adult Day Care and Alzheimer's Association
- Recommend Home Safety Products
- Provide Educational Resources



Grief and Loss Resources

Support Groups such as Spouse Loss
Bereavement Support Group in LW

Grief Counseling Referrals

Referrals to Community Resources such as
Widows Support Program & Caring Matters

Education and Guidance when you've lost a
loved one

**We Are Here To
Help You!**



LEISURE WORLD OF MARYLAND

Active

55+



INDEPENDENT
LIVING

SENIORS



Offers meal plans or you can prepare your own meals



Offers housekeeping and maintenance



Add-ons for medication management & personal care



Transportation for shopping and medical appointments

INDEPENDENT LIVING PLUS

Assisted Living

Facilities

Group Homes

Assisted Living Facilities

Medication Management

Personal Care

Meals

Laundry

Housekeeping

Activities

Group Homes

Licensed homes in the community

Generally, 4-10 residents per house

More intimate environment

Same services as assisted living including medication management and 24/7 care

Tends to be less expensive than assisted living facilities

Memory Care

Available in assisted living facilities

Available in group homes

May or may not be secured unit

24/7 care provided

Payment for Assisted Living

Not covered by insurance including Medicare or private insurance

Not covered by Medicaid

Can be covered by long term care insurance

Group Home Subsidy very limited, must qualify, long waiting list

Continuing Care Retirement Community



Also known as a CCRC



All three levels of care:

**Independent
Assisted Living
Skilled Nursing**

Skilled Nursing Facilities

Short Term Care

- Subacute Rehab - requires a 3-day hospital stay (waived during the pandemic)
- Medicare pays 100% of the first 20 days as long as progress continues
- Medicare/Medigap will pay day 21-100 as long as you remain skilled and progress

Long Term Care

- Provided more support than assisted living
- Medicare does not pay
- Long Term Care Medicaid can pay once you qualify financially
- Long Term Care Insurance can cover

Respite

Giving the primary caregiver a break from caregiving duties

Respite can take place in assisted living facilities or group homes

If you're not ready to go home from the hospital you can go to a short inpatient respite stay at an assisted living facility or group home

Respite is private pay



Veterans Benefits

Disability Compensation

Aid & Attendance

Veterans Pension Program

**Montgomery County
Outpatient Veterans Clinic**

**Department of Veterans
Affairs**





Medicare

Part A

Part B

Part C

Part D



✓ **Part A**

⊕ **Hospitalization**

👩 **Skilled Nursing Home**

🏠 **Home Health**

🏢 **Hospice**



Part B – Outpatient Services

Physician Services

Skilled Home Health Care

Diagnostic & Lab Tests

Durable Medical Equipment

• **Part C – Advantage Plans**

- Similar to HMO's
- Referrals needed for Specialists
- Plan Approved Physicians
- Some offer other services like dental, vision & hearing



Part D – Prescription Drugs



Photo by Sage Ross (ragesoss.com), from Wikimedia Commons. Creative Commons Attribution-Share Alike 3.0 Unported.

Renew your Plan annually during Medicare Open Enrollment

Plans monitored & reviewed by Medicare

Medigap/Medicare Supplement Insurance

- Coverage for Medicare deductibles and co-pays
- If purchased within 6 months of Medicare Part B, insurance will not look at preexisting conditions
- Standardized benefit packages by letter – A,B,D, K, L, M , N
- Benefits are the same, but premiums may vary
- Premium based on age & health conditions (except 1st 6 months)



Federal & State Programs to Help Cover Medical Costs

Maryland Senior Prescription Drug
Assistance Program (SPDAP)

Low Income Subsidy Program (LIS)

Qualified Medicare Beneficiary (QMB)

Specified Low Income Medicare Beneficiary
(SLMB)

Pharmaceutical Patient Financial Assistance
Programs

Long Term Care Insurance

- Private insurance to pay for care that traditional insurance does not cover including:
 - Home Care
 - Assisted Living
 - Long term care in a nursing home
 - Adult Day Care

Advanced Directives

Appoints a Health Care Agent to make medical decisions if you are unable to.

Allows you to specify your wishes about life sustaining treatments.

Social Workers have the forms and can help you complete.

MOLST Form

**A doctor's order that addresses resuscitation
& other life sustaining treatments**

**EMS know to look for document on your
refrigerator**

Must be signed by your physician

Can be changed when circumstances change

File of Life



Available in the Social Work Department



Place on your refrigerator



Include medical conditions, prescription, insurance & emergency contacts



EMS know to look for this on your refrigerator



Take to the hospital in an emergency

Durable Power of Attorney

- Appoints someone to handle your financial affairs if you are unable to
- Needs to be notarized
- Can be drawn up by an attorney
- The Maryland State Attorney Personal Financial Power of Attorney form can be downloaded from the computer

