

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

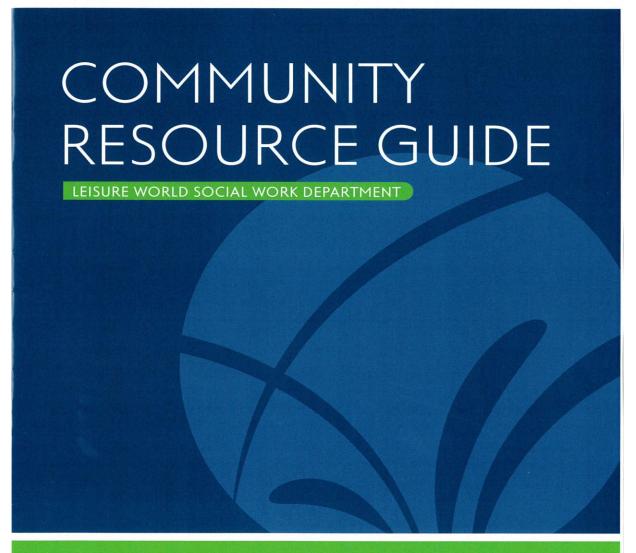
Support Groups

Veterans Services

Montgomery County Services

Visually Impaired Services





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



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

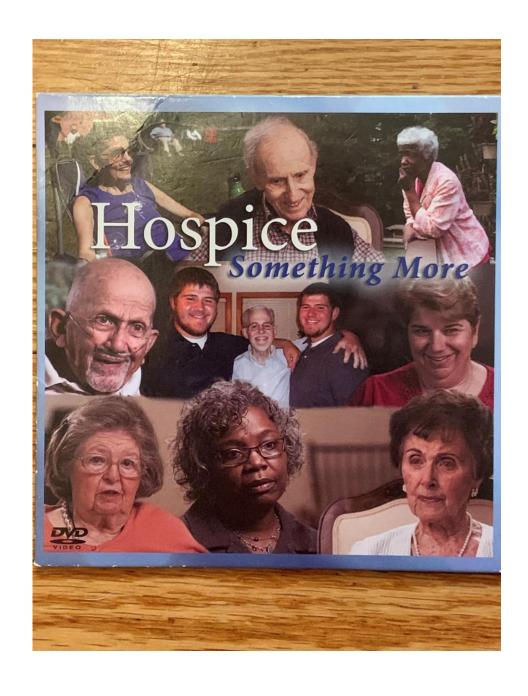
Hospice

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!







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



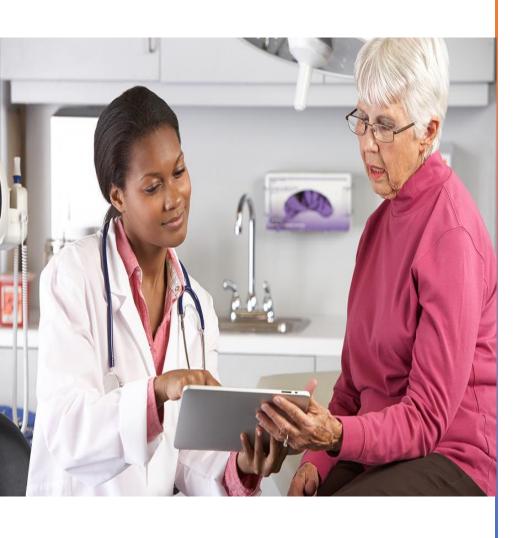


Hospitalization

Skilled Nursing Home

Home Health

Hospice



Part B – Outpatient Services

Physician Services

Skilled Home Health Care

Diagnostic & Lab Tests

Durable Medical Equipment

Part C – AdvantagePlans

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



Part D – Prescription Drugs



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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

