



# In The Community

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## Special points of interest

- Long-term Services
- Update on Rosewood
- Kornberg Named Director Governor's Office of the Deaf and Hard of Hearing
- Knapp Appointed to GEMAC
- IRS
- Universal Design for Learning
- Mediation services for veterans
- MDOD Constituent Services Team

## Money Follows the Person Program Helps Transition People to Community Living

The announcement in January that the State is closing the Rosewood Center in Owings Mills has brought the issue of long-term care into the public eye with numerous stories appearing both on television and in local newspapers.

A key component in the State's efforts to transition people with disabilities from an institution to community living is the Money Follows the Person (MFP) program. A federal and state program, MFP was designed to provide individuals with disabilities a choice of where they live and receive services. The largest group to benefit from the MFP program will be older and younger adults currently living in nursing facilities.

Maryland was one of 17 states that received funding in 2007 through the "Money Follows the Person" (MFP) Rebalancing Demonstration Project. The U.S. Centers for Medicare and Medicaid Services awarded Maryland \$67 million over a five-year period to support the state's efforts to rebalance the long-term care system so individuals would be able to receive the services they need in the community.

The goal of Maryland's MFP program is to improve the transition process from an institution to community living by increasing outreach and decreasing barriers to transition. New efforts under MFP include peer mentoring, enhanced transition assistance, improved information technology, housing assistance, flexible

transition funds, and the addition of more services to existing waivers.

Peer mentors provide outreach, education, advocacy and peer support for institutional residents and their families. Peer mentors may also provide ongoing support during and after the transition. A statewide Transition Center will be created to provide program education, application assistance, and transition services to nursing facility residents interested in transitioning to the community. The Transition Center will also provide housing assistance to all residents of qualified institutions seeking independent housing.

*(Continued on page 8)*

## What is Long-term Care?

Long-term services and supports are essential for individuals with disabilities of all ages. Long-term services are needed at the beginning of life by children born with complex medical needs, during the prime of life by young adults paralyzed in an accident, as people age, and also at the end of life. Long-term services span from institutional care such as chronic hospitals, nursing facilities, State residential centers, and State psychiatric hospitals to services provided in an individual's own home.

## Community Support Services

Maryland has numerous community support service programs, both State

*(Continued on page 8)*



*Balancing the need to protect vulnerable people with their need for freedom, dignity and respect has been a challenge both within Maryland and throughout our country.*

*Catherine Raggio  
Secretary  
MDOD*

## Long Term Services – Where Are We Going?

Balancing the need to protect vulnerable people with their need for freedom, dignity and respect has been a challenge both within Maryland and throughout our country.

Public policy has always erred on the side of protection, and budgets of most states reflect an institutional bias in their systems of service for people with disabilities and our elders.

For a number of years, advocates for both groups have implored State officials to develop more community based services.

Language has evolved more rapidly than the services themselves, and the term of choice today is “rebalancing Medicaid expenditures.”

It would seem as if re-balancing funding would be easy if one views it as moving money from one pocket to another, i.e., moving it from the institutions to community services.

Re-balancing will not occur, however, without visionary leadership and a carefully crafted plan that identifies goals, outcomes, a timeline and strategies for reaching the goal.

Maryland is currently engaged in two projects addressing long term services that warrant close attention and support due to their potential for giving Maryland a jump start on rebalancing.

First, is the Money Follows the Person grant described on page one. People who have a home to which they can return or who desire small assisted living units will benefit from this grant.

Younger people with disabilities who need housing, however, will not benefit unless their name reaches the top of the subsidized housing waiting list or new strategies are found to deeply subsidize rental units.

The second project is a new diversion grant at the Department of Aging aimed at preventing entry into an institution by instead providing services in the person’s home.

Both of these grants from the Centers for Medicare and Medicaid are time limited but give Maryland the opportunity to develop practices that 1) correctly balance the need for protection of vulnerable people with the person’s right to freedom, dignity and respect; and 2) allow for the re-balancing of funds from institutional care to community based services.

The Long-Term Services and Supports in Maryland Report described on page 3 of this newsletter is well worth reading.

The demand for long term services and supports is expected to grow substantially over the next 30 years as the baby boom generation ages.

Hopefully, we will be able to sustain and build upon the practices developed through the two CMS grants so that funds are re-balanced prior to the huge demand that is predicted for the future.

## MHCC Report Looks at State's Future Needs for Long-term Care

Looking at the types of services and programs that individuals with disabilities and individuals age 65 or older will need over the next two decades is the focus of a recent report published by the Maryland Health Care Commission (MHCC).

The report, entitled "Long-Term Services and Supports in Maryland: Planning for 2010, 2020 and 2030," was in response to the Long-Term Care Planning Act of 2006, passed by the Maryland General Assembly.

The report examines demographic and economic trends, changing care needs, the role of technology, and long-term care workforce challenges.

Various long-term care trends in utilization and costs including, in-home, community, housing and residential, mobility/transportation services and supports, mental health services, and supports for persons with developmental disabilities, and institutional care are addressed.

The potential impact on local counties is also demonstrated through an inventory of current long-term services and supports provided by local jurisdictions, gaps in current services, and service adequacy.

According to the report, by 2030, the number of Marylanders aged 65 or older will have more than doubled, from just less than 600,000 in 2005 to 1.3 million in 2030. The number of persons aged 5-64 reporting disabilities will increase as well, from 335,500 in 2000 to an estimated 385,000 in 2030.

Conservative estimates based on historical trends in utilization and expenditures, adjusted for

documented demographic and health trends, project an increase from \$1.99 billion in 2005 to \$6.06 billion in 2030 in total costs to the State for long-term care services.

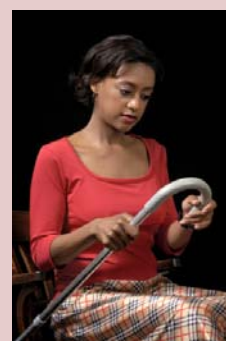
Over the next two decades there is expected to be a continued transition to home and community based services, an increase in mental health services, and services and supports for persons with developmental disabilities.

The absence of available housing and transportation will continue to be challenges. As the population ages, it is expected that there will be a "compression of morbidity," meaning that illness and disability will be moved further and further toward the end of life, producing more years without disability.

Even with this change and the continued emphasis on community-based care, institutional care will still be needed for the most seriously ill and disabled.

As the number of persons 65 and older increases, the number requiring nursing home care is expected to increase. Although the length of stay will be shorter, nursing home residents will tend to be sicker, requiring more intensive care.

The study is available on-line at <http://mhcc.maryland.gov/longtermcare/finaltact.pdf>.



## An Update on Rosewood

Since the January 15 announcement that the Rosewood Center would be closed, the Maryland Developmental Disabilities Administration (DDA) has been working with residents, families, Rosewood staff, and community providers on planning efforts for the closure of the institution.

The Maryland Developmental Disabilities Administration has had two public meetings to discuss and address the families' concerns and questions. Smaller forums designed to provide the families with a greater opportunity for dialogue and open discussion will also be scheduled over the next few weeks.

In the coming months the team of professionals most familiar with each resident will meet with each resident and their family members to

identify what type of living arrangement and services are best.

"Our priority is ensuring the health, safety, and rights of those individuals currently receiving services at Rosewood," said Michael S. Chapman, DDA Director. "We are committed to providing quality services to these individuals who have been entrusted to the State's care."

The State's largest residential center, Rosewood has a broad spectrum of individuals with significant cognitive limitations, complex medical needs, challenging behaviors, and court involvement. A senior management advisory team that includes Rosewood family members, union leaders, community providers and advocates, has been established to guide the Department on all issues related to the transition.



## Mediation Services Help Returning Veterans Re-Connect with their Families

Mediation can provide valuable assistance to reintegrate returning veterans into their families and communities in Maryland.

According to Pentagon data, nearly half of returning National Guard soldiers report some challenges, such as alcohol and/or drug abuse, inappropriate anger, sleeplessness and conflicts with family and work associates.

There are additional challenges for soldiers who have been severely wounded and face long and arduous recovery periods. That and the stress of combat as well as multiple deployments also create issues for soldiers, their families and employers.

Free mediation services provided by community mediation centers can prevent and resolve a lot of the con-

flict often found in this transition. Mediation is a process that lets people have a difficult conversation, explore issues in a conflict, and develop solutions which meet the needs of everyone involved. Mediation can be used for collaborative planning to prevent a conflict, after a conflict has been going on for awhile, or even if a conflict has escalated significantly.

Trained, neutral mediators can assist with creating understanding and resolving disputes. Mediation is available at no cost and at a time and place convenient to participants through Community Mediation Centers located throughout Maryland. To find a center near you, go to [www.mdmediation.org](http://www.mdmediation.org) or call 888-826-2262.

## Filing your taxes

### Economic Stimulus Payments

Starting in May, economic stimulus payments of up to \$600 for individuals or \$1,200 for married couples will be issued by the Internal Revenue Services (IRS).

What many people do not know is that people who do not normally file a tax return, but who have at least \$3,000 in qualified income may also be eligible for a minimum payment of \$300 for individuals or \$600 for married couples.

Some people do not file a tax return because their income is too low or their benefits are nontaxable. And because they don't file a tax return, the IRS cannot send them the stimulus payment for 2007.

How do the individuals qualify for the stimulus payments? First of all, they must file a 2007 tax return.

There are some restrictions. People must have valid Social Security numbers for themselves and their children. Those who are

claimed as a dependent on someone else's tax return, or who are eligible to be claimed as a dependent on someone else's tax return, do not qualify.

The \$3,000 must come from specific sources. It must be earned from wages or self-employment or be from certain benefits such as Social Security retirement, Railroad Retirement or Veterans Affairs payments to disabled veterans or veterans' survivors. It can be from a combination of wages and these benefits.

People who already file a tax return each year, need do nothing more to file their tax return. The IRS will do the rest. People who normally don't file a return can use Form 1040A with just a little information.

Visit the IRS web site, [www.irs.gov](http://www.irs.gov), for more information on the economic stimulus payments.

### IRS Publications Available Online

Looking for help with your 2007 income taxes?

The Internal Revenue Service (IRS) has published *Living and Working with Disabilities*, a publication that provides information on tax credits or benefits that may be available to people with disabilities and parents of children with disabilities. The publication is available online at [www.irs.gov/pub/irs-pdf/p3966.pdf](http://www.irs.gov/pub/irs-pdf/p3966.pdf)

The IRS also provides face-to-face and telephone help with tax questions. Some IRS offices and the IRS Volunteer Income Tax Assistance (VITA) program can also help calculate a person's taxes and fill out forms (2007 income must be less than \$40,000 to be eligible for this help).

For a list of Maryland IRS offices and the services they provide, go to [www.irs.gov/localcontacts](http://www.irs.gov/localcontacts) and click on Maryland.

The IRS Alternate Media Center has prepared hundreds of its tax forms and publications in text and Braille formats. Many publications are also available as a "Talking Tax Form."

These forms work with Microsoft Active Accessibility (MSAA) compliant screen readers and Dragon Naturally Speaking Voice Recognition software. For more information about accessible tax forms go to [www.irs.gov/formspubs/article/0,,id=96151,00.html](http://www.irs.gov/formspubs/article/0,,id=96151,00.html).

### Disability Income Tax Day in Baltimore

Need assistance with your 2007 income taxes?

On Saturday, **March 29, 2008**, 10 a.m. – 3 p.m. Baltimore City residents can take advantage of a free tax service available to individuals with disabilities.

The event will be held at the Northern Community Action Center, 5225 York Road and the Northwest Community Action Center, 3314 Ayrda Avenue.

To register, call the Baltimore Division of Rehabilitation Services at 410-333-6109 or Making Choices for Independent Living at 410-444-1400.

If you need special accommodations or special language access for limited English-speaking persons, call the Mayor's Commission on Disabilities at 443-984-3170.

## Kornberg Named Director Governor's Office of the Deaf and Hard of Hearing



On Wednesday, March 12, Governor Martin O'Malley announced the appointment of Lisa Kornberg as Director for the Governor's Office of the Deaf and Hard of Hearing.

Ms. Kornberg has over twenty years of experience as a hard of hearing professional providing advocacy, technical assistance, program development and policy making services to the deaf and hard of hearing residents of Maryland.

"Lisa Kornberg brings a wealth of experience to the position and I am confident that the Governor's Office of the Deaf and Hard of Hearing will benefit greatly from her expertise," said Governor O'Malley. "Under her leadership, the Office of the Deaf and Hard of Hearing will continue to provide expertise, access to resources and services and help improve the lives of Maryland's deaf and hard of hearing citizens."

Prior to her appointment, Ms. Kornberg worked as Division Director at People Encouraging People, Inc., a non-profit behavioral health-care corporation dedicated to providing life-transforming rehabilitation and support services to deaf, hard of hearing and hearing people in Baltimore who are disabled or disadvantaged.

Ms. Kornberg received her Bachelor of Science in Recreation Therapy from the University of Maryland College Park in 1978, and received her Masters of Education in Counseling and Development from George Mason University in 1985.

Ms. Kornberg attended Gallaudet University in Washington D.C. as a Special Student in the Department of Counseling from 1980 to 1982.

For more information about Ms. Kornberg, visit the Governor's Office of the Deaf and Hard of Hearing web site at <http://www.odhh.md.gov>.

## Knapp Appointed to Governor's Emergency Management Advisory Council



JoAnne Knapp, MDOD Director of Emergency Preparedness Policy, has been appointed to serve on the Governor's Emergency Management Advisory Council (GEMAC), an advisory council charged with advising the Governor on all matters relating to emergency management.

"Maryland can be - and should be - nothing less than the best-prepared state in America," said Governor O'Malley. "Making our State safer demands the expertise and independent advice of the best minds in law, industry and emergency management. I am confident that the members of the Emergency Management Advisory Council will create new ideas and develop new initia-

tives to improve homeland security and preparedness in Maryland."

Last year, Governor O'Malley outlined a checklist of 12 core homeland security capacities - the standards by which Maryland will be measuring the readiness of its localities and which every state in the nation can use to determine whether they are meeting their responsibilities.

The Governor's Emergency Management Advisory Council was created by statute in 1981, and is required to submit a report to the Governor and General Assembly by December 31 of each year on emergency management recommendations.

## Arc of Maryland Sponsors Universal Design for Learning Event April 26

In today's schools, the mix of students is more diverse than ever. Educators are challenged to ensure high standards for all students.

Yet, students in today's classrooms often exhibit a diverse range of learning styles and needs, from gifted learners to those who struggle to learn for any number of reasons.

Teachers want their students to succeed, but a one-size-fits-all approach to education simply does not work. How can teachers respond to individual differences?

Universal Design for Learning (UDL) is a framework for designing curricula that enable all individuals to gain knowledge, skills, and enthusiasm for learning.

UDL provides rich supports for learning and reduces barriers to the curriculum while maintaining high achievement standards for all.

The Arc of Maryland is sponsoring "What is Universal Design for Learning" on Saturday, April 26, from 2 - 5 p.m., at the Marriott Hunt Valley Inn, 245 Shawan Road, Hunt Valley, Maryland.

The event is co-sponsored by the Maryland State Department of Education, Maryland Developmental Disabilities Council and the Maryland Coalition for Inclusive Education.



The UDL program is designed to be a stimulating introductory session for families, educators, advocates, and graduates of the Maryland Partners in Policymaking Program.

Participants will learn the principles of UDL and advocacy strategies from national experts on UDL. Registration is \$35 per person. The deadline for registration is April 10, 2008.

For more information, call the Arc of Maryland at 1-888-272-3449 or visit their web site at [www.thearcmd.org](http://www.thearcmd.org).

*Mark your Calendars!*

*The Arc of Maryland's 2008 Statewide Convention*

*will be held*

*April 25-26, 2008*

*at the*

*Marriott Hunt Valley Inn*

*For more information, contact the Arc of Maryland at 410-571-9320*

## Money Follows the Person

*(Continued from page 1)*

A web-based tracking system will assist the peer mentors and Transition Center in tracking and following up with individuals who express an interest in moving to the community. The system will enable the various partners in the transition process to share information and increase collaboration.

Flexible funds will be offered through the MFP demonstration and administered by the Transition Center to further address barriers to transitioning. These supplemental services include funds for groceries, transportation, and other needed goods and services that could not otherwise be funded by Medicaid.

MFP demonstration participants will access services through Maryland's five existing home- and community-based services waiver programs: the Living at Home (LAH), the Older Adults (OAW), the Traumatic Brain Injury (TBI), the Community Pathways (CP), and the New Directions (ND) waivers.

Services also will be added to several of the existing waivers to enhance the service package available to individuals who use these

programs. Environmental assessments, nutritionist/dietitian services and home delivered meals will be added to the Living at Home waiver. Transition services will be added to the Older Adults Waiver.

### Rosewood Residents

The Money Follows the Person program is an integral component in the State's efforts to transition Rosewood residents into a community setting. Over the next few months, a team of professionals will meet with Rosewood residents and their families to begin a process of identifying what type of living arrangement and services are best for each resident.

Governor Martin O'Malley in a letter to Rosewood families confirmed that the state, through the Developmental Disabilities Administration (DDA) will work to ensure that the unique needs of each resident will be at the forefront of the State's transition efforts.

The process is expected to take approximately 18 months to complete.



## Long Term Care

*(Continued from page 1)*

and Medicaid funded, which serve all ages and diverse populations including developmental disabilities, traumatic brain injury, mental illness, physical disabilities, children with autism, HIV/AIDS, and older adults.

The need and demand for home and community-based services continues to grow as more and more children are being diagnosed with autism (1 in every 150 births) and medical advances are resulting in more children surviving complicated births. Traumatic brain injury (6,135 individuals admitted to Mary-

land hospitals last year) and more people surviving catastrophic accidents, injuries, and assaults are also increasing the need for services. Over the past few years, the number of veterans facing the need for long-term care services has also grown.

Maryland has made steady progress expanding networks of home and community-based services over the past 25 years in order to provide increasing opportunities for individuals to avoid institutional care or to transition out of institutions into community-based settings.

## MDOD Constituent Services Team Travels Across the State

The MDOD Constituent Services Program provides information and referrals, resource listings and access assistance to individuals with disabilities, their families and caregivers on issues including employment, housing, transportation, healthcare, emergency preparedness, assistive technology, education and benefits.

In addition to responding to telephone and email inquiries, the CSP Team also travels across the State, participating in conferences and other special events as part of the Department's outreach into the community. Upcoming events include:

**Saint Mary's Commission for  
People with Disabilities  
Family Day  
March 29, 2008  
Leonardtown Hall Recreation Ctr**

Held every March in celebration of Disability Awareness Month, the St. Mary's County Commission holds this event to foster awareness toward individuals with disabilities and to help promote progress within the county. This event is geared toward educating the community in all aspects of disability issues.

**Project Access Conference  
April 17, 2008  
Howard Community College**

The purpose of Project Access is to improve the delivery and outcomes of post-secondary education for individuals with disabilities. Project Access is designed to significantly facilitate the transition of high school students with disabilities into post-secondary education, to increase the success rate and retention of freshman students with disabilities at Howard Community College, and to improve career counseling and job placement services for students with disabilities. MDOD Secretary Cathy Raggio is the keynote speaker.

**The Arc of Maryland  
2008 Convention  
April 25-26, 2008  
Baltimore Marriott Hunt Valley Inn**

The largest and most comprehensive event bringing together self-advocates, families, volunteers and professionals throughout the State. More than 250 people will gather to learn, play and strategize on key issues. They will collectively represent thousands of people living with developmental disabilities in the state. MDOD will have an exhibit.

**World of Possibilities  
Disabilities Expo  
May 2-3, 2008  
Montgomery County Fairgrounds,  
Gaithersburg**

This two-day conference will provide an opportunity for thousands of attendees to explore a vast array of products and services such as assistive and adaptive technology, durable medical equipment, computer software, mobility products, living aids and more, all conveniently displayed to see, touch, and compare in a "one-stop shopping" experience. This will give individuals who do not typically have easy access to comparison shopping a hands-on opportunity to try devices and speak directly to equipment representatives about the products, services and resources.



*From top to bottom:  
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**SAVE THE DATE**

**July 26, 2008**

**18th Anniversary**

**of the Signing**

**of the**

**Americans with Disabilities Act Celebration**

**Strathmore Music Center**

**North Bethesda, Maryland**