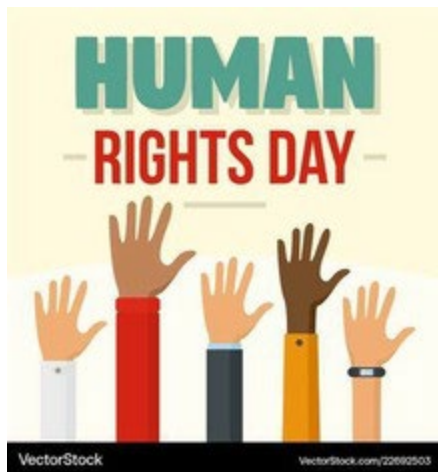




MI Health Link

NOVEMBER 2024 BULLETIN



Monthly Spotlight:

Universal Human Rights Month

Human Rights Day is observed by the international community every year on December 10th. It commemorates the day when the United Nations General Assembly adopted the [Universal Declaration of Human Rights](#) in 1948.

The formal inception of Human Rights Day dates from 1950, after the Assembly passed resolution 423 (V) inviting all States and interested organizations to adopt December 10th of each year as Human Rights Day.

When the General Assembly adopted the Declaration, it was proclaimed as a "common standard of achievement for all peoples and all nations", towards which individuals and societies should "strive by progressive measures, national and international, to secure their universal and effective recognition and observance".

The Universal Declaration of Human Rights sets out a broad range of fundamental rights and freedoms to which all of us are entitled. It guarantees the rights of every individual everywhere, without distinction based on nationality, place of residence, gender, national or ethnic origin, religion, language, or any other status.

Although the Declaration is not a binding document, it inspired more than 60 [human rights instruments](#) which together constitute an international standard of human rights. Today the general consent of all United Nations Member States on the basic Human Rights laid down in the Declaration makes it even stronger and emphasizes the relevance of Human Rights in our daily lives.

This year the theme for Human Rights Day is "*Our Rights, Our Future, Right Now*". Human rights can empower individuals and communities to forge a better tomorrow. By embracing and trusting the full power of human rights as the path to the world we want, we can become more peaceful, equal and sustainable. This is an important month to focus on how human rights are a pathway to solutions, how they play a critical role as a preventative, protective and transformative force for good.

Human rights impact everyone, every day and are an important area to spread awareness and increase knowledge within our programs and communities. To learn more please click [here](#).

Program and Policy Notes

MI Health Link Program, Contractual, Policy Requirements and Highlights

Medicaid Coverage of Doula Services

Medicaid Bulletin [MMP 24-40](#) discusses the recent Update to Medicaid Coverage of Doula Services that was issued on September 26, 2024.

Effective for dates of services on and after October 1, 2024, Medicaid will cover doula services as follows:

- The total number of covered doula visits is increased to 12 per pregnancy (from 6)
- The doula services reimbursement rate for labor and delivery support will increase to \$1500
- The doula visit reimbursement rate will increase to \$100
- ICOs can have their own PA requirements, and the policy does indicate FFS in the PA related section.

A Plan Benefit Package (PBP) and marketing model CH.4 update is forthcoming. Please reach out to the MI Health Link team at Integratedcare@michigan.gov with any questions related to this update.



Beneficiary Health and Welfare:

Prescription for a Healthy Holiday

The following information has been provided by the [Administration for Community Living](#).

For many people, the holiday season means extra visits with family and friends, creating fun memories, sharing traditions, and enjoying the warm glow of family.

With all the decorating and activities, it's easy to let safety slip off your To Do list. But this is an excellent time to make sure powerful medicines don't fall into the wrong hands.

Prescriptions and over-the-counter remedies we rely on can be dangerous to others, and not just to children. It is true that about 60,000 young children are taken to the emergency room each year because they got into medicines left within easy reach. Unfortunately, older kids and teens often experiment with drugs they find in someone else's medicine cabinet.

A surprising number of heroin users started abusing drugs by taking opioid pain killers stolen from a family member. In fact, drug addiction crosses ALL age groups, and it often starts with prescription medicines.

Six ways to safeguard your prescription drugs – and your loved ones:

1. Keep all medicines and over-the-counter items—especially cough syrup, sleep aids, and motion sickness medicine—locked up, or move them to a place where they won't be easily found.
2. Sort through all your medicines and get rid of old or unused ones. The label will tell you how to dispose of them. Before you put them in the trash, mix them with something that tastes bad, like cat litter or old coffee grounds, and then put them in a sealed bag or old container and place it in the trash. (Most medicine should not be flushed because it gets into creeks and rivers.) Ask the pharmacy or police department about "drug take-back" programs for an even safer method of disposal.
3. Keep track of your medicines on a regular basis (weekly), especially opioids or other pain killers, including how many pills you should have.
4. Check around your home for old medicines. Purses, coat pockets, kitchen cupboards, bureau drawers, and hall closets are common places to find old medicines.
5. If you take prescriptions with you when staying in someone else's home, quietly ask your host or another trusted adult to lock them up or find a secure place to store them. Suitcases and purses are not safe places to keep powerful prescriptions.
6. Keep the Poison Help number handy in case of emergencies: (800) 222-1222.

More information on how to avoid becoming an “unwitting supplier” of prescription medications is available from the [Food and Drug Administration](#).

Education and Support Opportunities

Nurturing Dignity: Understanding Hospice and End-of-Life Support

Wednesday December 4th, 2024 1:00PM

While end-of-life discussions may be challenging, they are integral to honoring an individual's wishes and preserving their dignity. Join this webinar to unravel the often overlooked and misunderstood aspects of end-of-life, with a special focus on hospice care. Gain insights into crucial conversations and thoughtful planning essential for this stage of life. This session aims to demystify the support and resources available for end-of-life, shedding light on the true value of hospice care and other supportive services. Participants will gain a deeper understanding of how these resources contribute to preserving dignity and enhancing the quality of life during life's final chapter. Don't shy away from this important conversation—be part of an insightful exploration into end-of-life care. Click [here](#) to register and learn more.

Understanding the Health Impacts of Military Service

Wednesday December 11th, 2024 1:00PM

Veterans do not come home from war; they come home with war. Join this 1-hour webinar to explore the unique health needs of veterans. The session will cover the physical, psychological and psychosocial health consequences of military service, combat and toxic exposure. It will reveal common injuries from complex, war-specific conditions. The discussion also will focus on a team-based approach to care management that includes clinical pearls you can adapt to your care setting. Click [here](#) to register and learn more.

Building Confidence: Exploring Fall Risks, Fear and Prevention Strategies

Tuesday December 17th, 2024 1:00PM

Falls are a leading cause of injury in older adults, and the fear of falling can significantly impact health and independence. This webinar will explore the risks and

consequences of falls, the effect of fear of falling on mobility and well-being, and practical strategies for fall prevention. Participants will learn how to help older adults stay safe, maintain confidence, and preserve their independence, while also gaining insights from the latest research findings on effective fall prevention strategies. Click [here](#) to register and learn more.



Resource Link:

Helping Older Adults During the Holidays

It's hard to believe, but the holiday season is upon us! This time of year is often joyful for most, but for some it can be stressful especially for older adults who have physical and/or memory limitations. Identifying the needs of our loved ones and planning ahead is the key to not just surviving, but thriving during the holidays this year.

Below are five areas you can plan for to ensure everyone enjoys the holiday festivities this season.

1. Accommodate Physical Limitations and Barriers

Consider physical barriers to ensure everyone can comfortably enjoy your holiday celebration. Older loved ones may have difficulty walking longer distances and navigating stairs. They may rely heavily on “muscle memory” routines, and this repetition may be disrupted during the holidays.

To mitigate this, plan festivities for the most accessible location. Consider things like stairs, grab bars/hand railings, and throw rugs. Look around and consider how those using canes, walkers, or wheelchairs might require changing the furniture arrangement.

In addition, festive decorations can be uplifting, but they can also be distracting. Give older adults or those with mobility issues extra time to process the environment. Work to keep pets out from underfoot while also knowing that some might enjoy having a

friendly pet on their lap. If family gatherings are overwhelming, try staggering arrivals or having a quiet space for a loved one to “get away from it all” or even take a nap.

2. Plan Ahead for Dietary Restrictions

Mealtime brings its own set of challenges. If you know a loved one always wants to eat as soon as they arrive, then plan to have snacks ready ahead of time. Dietary considerations may mean not just accommodating the needs of a vegetarian or gluten-free guest, but you may need softer or cut-up foods for someone who has difficulty chewing or swallowing. With a bit of planning, you can be sure there is something for everyone at your table.

3. Adapt to Communication Needs

Hearing loss is common as we age, and this affects how we communicate. For those with hearing loss, regardless of whether hearing aids are used, group settings add a layer of complexity to regular communications.

Make conversations more successful by:

- Decreasing background noise. Turn off or lower holiday music at mealtime to help everyone pay attention to eating and each other.
- Get closer. Seat older adults near those they will want to talk to.
- When starting a conversation, try to be face-to-face and ensure eye contact while speaking. Using a gesture or starter phrase (“I was thinking...”, or, “By the way...”, or, “Hey Dad...”) can also help you get someone’s attention.

4. Ensure You Know Religious Requirements

Consider the demands as well as the benefits of religious services. Familiar faces, music, routine, and repetition are some of the keys that can make attending services comforting for your loved ones.

However, there is some planning required to ensure it’s a comfortable and stress-free experience. If you know your loved one has trouble sitting for too long, a shorter service might be best. Many of our seniors, especially those with dementia, enjoy music. If so, attending a service with more music would be a good choice. If distraction is an issue, finding a service that will be less crowded could be the key.

5. Preparation Increases Comfort and Ease

Some of our older friends and family like to know what to expect. They may be nervous that they won’t recall names or family relationships. We can help them be more comfortable in the moment by giving them a verbal or written schedule before

the festivities. Reviewing ahead of time, perhaps several times, and including a “who’s who” list in addition to the activity schedule can help ease stress.

Be sure to avoid “quizzing” during this activity, and instead provide the information in a straightforward fashion. For example, saying, “Look at this picture of Lucy” instead of “Who is this?” does the trick. Labeling photos for low-stress, “errorless learning” will also allow your loved one to review the information on their own.

Remind yourself: If you know your Grandma tends to repeat herself and tell the same stories over and over, be more patient and respond with interest or affirmation instead of with irritation.

Remember to take the time to plan ahead for successful holiday gatherings!



Q & A: Your Questions About MI Health Link

If you have a question about the MHL program we want to hear from you. We will work to get you the information you need.

Q: Who should I contact on the MI Health Link Team about members in deeming?

A: Please email the Waiver Team at MDHHS-MHL-Waiver@michigan.gov with information and guidance on members currently in deeming.

Please send any questions for future bulletins to Integratedcare@michigan.gov.

Topic Submission

If you have suggestions for topics to be addressed in future additions of the MI Health Link Bulletin, please send them to Integratedcare@michigan.gov



Quick Links

[MI Health Link Website](#)

[Highly Integrated Dual Eligible Special Needs Plan \(HIDE D-SNP\)](#)

[CMS Financial Alignment Website](#)

[MI Health Link Minimum Operating Standards](#)

[MDHHS Medicaid Provider Manual](#)

Previously Released MHL Bulletins

Previously released MI Health Link Bulletins can be found by visiting the [MI Health Link Website](#).

[Become a foster parent through Michigan Department of Health & Human Services foster care program.](#)



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