



MI Health Link

AUGUST 2024 BULLETIN



Monthly Spotlight:

Welcome Walaa Salman

Hello, I am Walaa Salman, Integrated Programs Quality Analyst at MI Health Link Program. My role is to monitor the Integrated Care Organization (ICO) quality improvement, performance plan, and evaluation of their performance.

I have a bachelor's degree of science in Biology from Wayne State University and Doctor of Pharmacy from Lake Erie College of Osteopathic Medicine. I'm also a registered pharmacist in the State of Michigan. I have experience in both institutional and retail pharmacy and before that I had experience in research and teaching.

I live in Saline, MI with my husband and three children. We have a girl, a boy, and a girl, ages seven, five, and two years old. I personally enjoy my morning weekends at HomeGoods and night online Macy's shopping. As a family we enjoy watching Disney, family walks, visiting water parks and petting zoos. We have extended family living nearby and always have activities and gatherings.

I'm fascinated with all the rules and regulations and eager to learn and be a great addition to the MI Health Link team. I'm honored to be a State of Michigan employee and looking forward to working with and getting to know you all.

-Walaa

Program and Policy Notes

MI Health Link Program, Contractual, Policy Requirements and Highlights

MI Health Link Quarter 3 Training

Monday September 30th, 2024 at 1:00PM

The MI Health Link team is excited to announce the upcoming quarterly training is scheduled for Monday September 30th at 1:00PM and will be highlighting the long term supports and services LTSS programs. Together with program experts from the other LTSS areas the MI Health Link team will be covering the differences and the requirements of the various programs. Participants in this training will have a better understanding of the requirements for qualifying for each program and the varying benefits and services of each program. For more information or questions about this learning opportunity please email the waiver team at MDHHS-MHL-Waiver@michigan.gov.



Beneficiary Health and Welfare:

Why Everyone Should Plan for Long-Term Care

Research suggests that most Americans turning age 65 will need some form of assistance with everyday activities, known as long-term care, as they grow older. The amount of care needed will depend on many variables, including overall health, cognitive functioning, and home environment.

Age is a strong predictor of the need for help, and because women live longer on average, they are more likely than men to require long-term care. Regardless of gender, factors such as a disability, injury, or chronic illness also increase the chance that long-term care will be needed. For some people, the need for long-term care may occur suddenly as the result of illness or accident. For others, the need may grow slowly.

Make your decisions about long-term care before you have the need. These three simple steps can help start your planning.

1. Know what to expect

Most people know they should save for retirement, but many don't know exactly what expenses to expect for help with everyday tasks such as bathing, dressing, or eating. While most of this care is provided by family members and friends, sometimes older adults and their families get these services from providers like home health agencies

or area agencies on aging. Long-term care insurance can help to cover the cost of professional services provided in the home.

Understanding long-term care is the first step in creating a plan. Key things to know include:

- Most people prefer to receive long-term care at home; their odds of doing so may be improved by making home modifications to reduce the risk of falls.
- A person who lives alone is more likely to require long-term care than one who can rely on a spouse or partner for help with daily tasks.
- Long-term care is expensive and represents a major risk to your retirement savings.
- Medicare does not pay for long-term care services or supports (with some minor exceptions) and neither does your employer-based health insurance or Medigap.
- Many Americans say they do not want to rely on their children for care, but a lack of planning for paid care often leads to exactly that result.

2. Make your preferences known

A choice to plan or not plan will likely have a big impact on family and friends who may also be informal caregivers. Statistics show that most long-term care is provided by family members or other loved ones. Research has also shown that caregivers can experience significant stress when they have caregiving responsibilities.

Take the time to make clear your preferences for what kind of help you value most and where you want to receive it. Family and friends will feel better knowing that you are thinking about your needs – and theirs – by planning for long-term care.

3. Get a plan in place

Be proactive. Staying at home is great, especially if it has been modified to help you avoid an injury and continue to care for yourself. However, it won't happen without taking steps to ensure you can get the supports you need. Start thinking about ways to maintain your independence and safety as long as possible within your home and community.

To support individuals who wish to remain in their home, the MI Health Link HCBS program can assist individuals remain as independent as possible by providing various services while living in the community. The exact long-term services and supports an individual can receive is based on one's specific needs, circumstances and eligibility. Potential benefits include adult day program, adaptive medical equipment, chore services, environmental modifications, expanded community living supports, fiscal intermediary, home delivered meals, non-medical transportation,

preventive and private duty nursing, personal emergency response system and respite.

Education and Support Opportunities

Compassionate Goals-of-Care Conversations

Tuesday September 3rd, 2024 1:00PM

Goals-of-care conversations can help people living with serious illness clarify their wishes regarding their care, which members of their care team can then use to guide care plans. This may be facilitated by a physician, nurse, social worker, faith leader or another healthcare professional. These discussions are crucial, complex and often challenging. In this session, the presenters will outline important elements of these conversations, review necessary facilitation skills, and learn about the impact they have on patient experience. Click [here](#) to register and learn more.

Exploring Other Dementias: LBD, FTD, Vascular and Mixed

Wednesday September 4th, 2024 1:00PM

The most common type of dementia is Alzheimer's disease, and we hear a lot about it. However, there are several types of dementia less likely to get the spotlight, but that still impact hundreds of thousands of individuals and their families. Join this webinar for an exploration of the lesser-known dementias. Click [here](#) to register and learn more.

Brain Injury and Dementia

Thursday September 12th, 2024 1:00PM

Studies have shown a significant relationship between brain injury and dementia. Researchers have learned that a history of traumatic brain injury (TBI) increases the risk of developing dementia later in life. This course will address the impact of brain injuries on cognitive function and how to mitigate the risk of cognitive decline in individuals with a history of brain injury. Click [here](#) to register and learn more.



Resource Link:

Empowering Professionals in Aging

The American Society on Aging and Home Instead have joined together to host a webinar series based on improving the lives of older adults. This series covers a variety of topics, including medication management, end-of-life, technology, mental health, financial exploitation and other important issues in aging. Working together, increasing knowledge, and understanding the various perspectives of these issues helps to unite professionals in their common mission to better serve older adults and the families who care for them. The team of Home Instead gerontologists, along with guest speakers, will share their expertise to educate and empower all participants to be great advocates for their clients. Click [here](#) to learn more and get more information about this series.



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: How often should I be submitting a setting survey for residential and non-residential settings to the MI Health Link team?

A: Settings surveys are due on an annual basis and should be submitted every year. If you are unsure on the status of a setting survey please email MDHHS-MHL-Waiver@michigan.gov.

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](#)

[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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