



NEW COVENANT CHURCH



Caregiver Support Group



JAN MITCHELL
She Moves Forward, Inc.

Dialogue & Idea Exchange

Caregiver Encouragement, Medicaid Info
Resource Sharing, Technology Supports
Challenges & Solutions, Prayer



PASTOR BRYAN HUDSON, D.Min.

Wednesday, May 8 at 7:00pm

4625 N. Keystone Avenue ~ www.NewCovenant.org/csg

Welcome!

- **Get Acquainted: Jan Mitchell, She Moves Forward, Inc.**
- **Indiana Medicaid changes**
- **Private Pay options for home care**
- **Technology Supports**
- **Insights from Caregivers: Blessings and challenges**
- **Questions & Answers**



Jan Mitchell

Certified Grief Coach

CEO & Founder, **She Moves Forward, Inc.**

www.shemovesforwardinc.com

info@shemovesforwardinc.com

(317) 660-1588

After \$1 billion Medicaid budget shortfall, Indiana to cut program paying family caregivers

 **Kayla Dwyer**
Indianapolis Star

Published 5:53 a.m. ET Jan. 23, 2024 | Updated 9:48 a.m. ET Jan. 23, 2024



 24 Photos

VIEW FULL GALLERY 

Budgeting mistake may cause some Hoosiers with severely disabled children to scramble

A recent Family and Social Services Administration decision is slated to eliminate financial reimbursement for family members who care for severely disabled and medically complex children.

Indiana Medicaid Changes

- \$1 Billion accounting forecasting error
- Unexpected growth of services for aging and disabled Hoosiers and institutional care like nursing homes and assisted living facilities.
- “There’s going to be some tough decisions ahead,” ~ Sen. Ryan Mishler, (R)
- “Tough Decisions” include cutting benefits and instituting a “waitlist” for the aged and disabled.

<https://www.indystar.com/story/news/health/2024/01/23/amid-1-billion-medicaid-shortfall-indiana-cuts-aid-to-aged-and-disabled/72280956007/>

<https://indianacapitalchronicle.com/2023/12/19/covering-1b-shortfall-in-medicaid-forecasting-means-dipping-into-reserves/>

Medicaid Waiver Aged & Disabled Waitlist

Indiana CAPITAL CHRONICLE 

COMMENTARY EDUCATION ECONOMY GOVERNMENT & POLITICS HEALTH & ENVIRONMENT ELECTION 2024

GOVERNMENT & POLITICS

HEALTH & ENVIRONMENT

FSSA implements waitlist for Aged and Disabled Waiver services

Implemented April 4, 2024

“The Aged and Disabled Waiver has a maximum capacity each year for individuals to receive services through the Aged and Disabled Waiver. This number is determined in the state’s Aged and Disabled Waiver application, which is approved by the Centers for Medicare and Medicaid Services. FSSA has reached the currently allowed limit and must implement a waiting list for individuals seeking to access services through the Aged and Disabled Waiver,”

“Pathways” Program

Medicaid/Medicare services for senior members

PathWays

Home **Indiana PathWays for Aging**

Information and Resources

- Who is eligible for the PathWays program?
- PathWays Health Plan Comparison
- PathWays History
- Stakeholder Engagement
- Important information and documents
- Frequently Asked Questions
- HCBS Provider Frequently Asked Questions
- Nursing Facility Frequently Asked Questions
- Glossary
- Promotional Toolkit

How PathWays Helps Hoosiers Like You

- Sofia
- John
- James

Indiana PathWays for Aging virtual stakeholder meeting

To learn more about the PathWays for Aging program and how to enroll, please join us at one of our events. These are for Hoosiers aged 60 and over who receive Medicaid (or both Medicaid and Medicare benefits).

[Click here to watch the April meeting](#)

Call 87-PATHWAY-4 (877-284-9294) to Enroll Today

- Members and Caregivers**
[Learn more](#)
- Agency Advocate**
[Learn more](#)
- PathWays Providers**
[Learn more](#)
- PathWays Resources**
[Learn more](#)

“Pathways” Program

Medicaid/Medicare services for senior members

NEWS • HEALTH

APRIL 22, 2024

FSSA encourages Medicaid members 60+ to select Pathways plan as lawmakers flag concerns

<https://www.wfyi.org/news/articles/fssa-encourages-medicaid-members-60-to-select-pathways-plan-as-lawmakers-flag-concerns>

Seek Expert Assistance

- Navigating state systems is difficult
- Legal and consulting support can be helpful
- Organizations like CICOA are helpful, but can be difficult or inconsistent with communication and results
- CICOA also offers non-government services, but government related services depend upon legislative and administrative actions which may change without notice.

Private Pay Home Care

- For persons not receiving Medicaid benefits or receiving ongoing care from family members, “Private Pay” care is an option

Private Pay Home Care

Care.com is a resource for finding private companies and persons to provide in-home services.

The screenshot shows the Care.com homepage. At the top left is the 'care.' logo. On the top right, there are navigation links: 'List your business', 'Apply to jobs', 'Log in', and a red 'Join now' button. Below the navigation is a large heading: 'Connecting families with quality, local caregivers'. Underneath this heading are two tabs: 'Find care' (which is selected and underlined) and 'Find a job'. Below the tabs is a search bar with a placeholder 'ZIP code' and a location pin icon, followed by a red 'Search' button. To the right of the search bar is a photograph of three children hugging. Below the search bar is a row of five service category buttons: 'Child care' (with a baby icon), 'Senior care' (with a heart icon), 'Housekeeping' (with a house icon), 'Pet care' (with a paw print icon), and 'Tutoring' (with a book icon). At the bottom of the page, there is a text block: 'Access a network of background checked caregivers' followed by a smaller line of text: 'With an average 4.7 star rating, you'll find a caregiver to rave about too.'



Technology Supports

Digital Thermostat on WiFi
with App

Ecobee3 Lite Smart Thermostat

\$149.99

<https://a.co/d/7ejD9Hx>

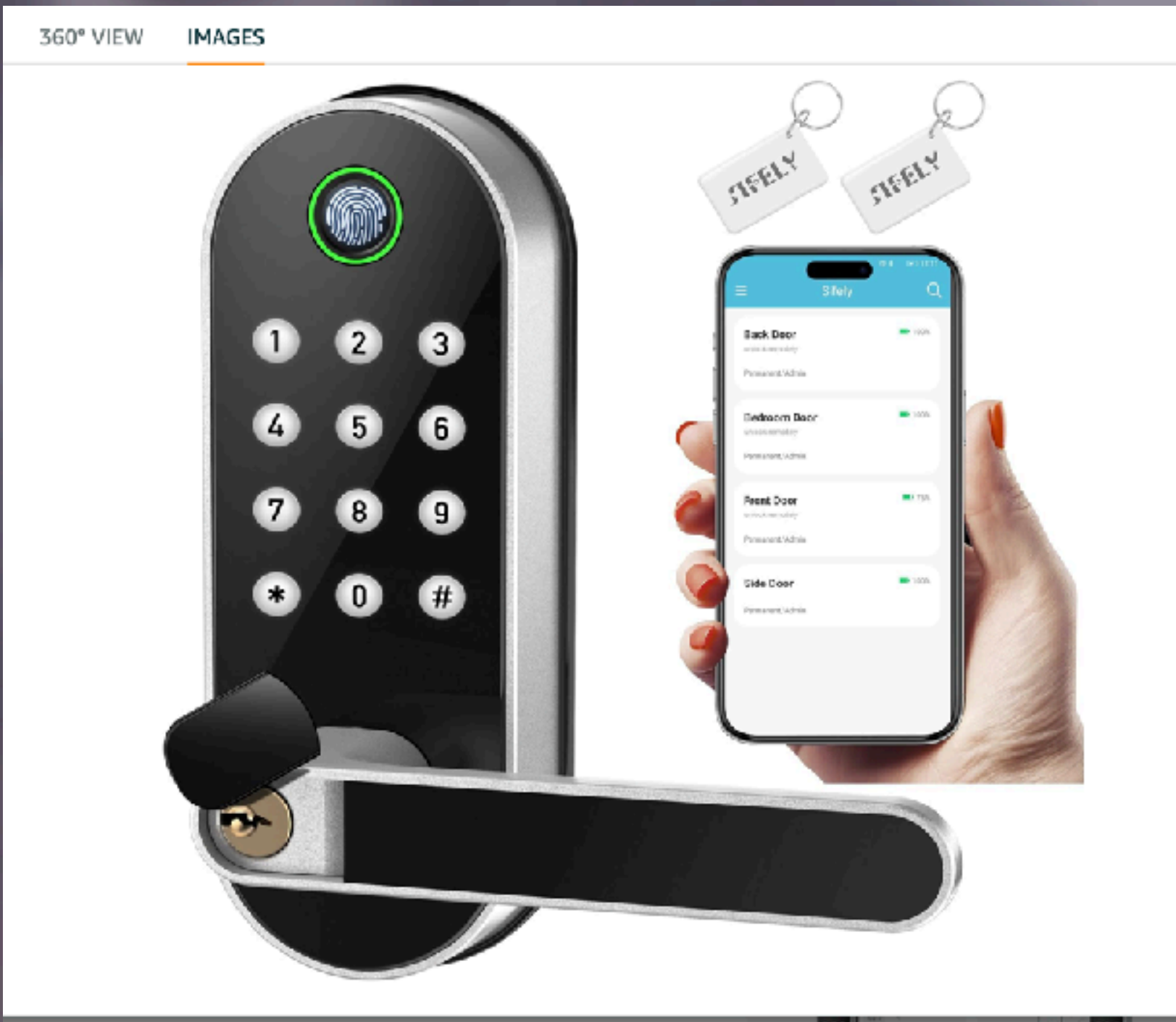
Technology Supports

Inside door lock

Smart Lock Front Door, Keyless
Entry Door Lock with Passcode

\$67.99

<https://a.co/d/3YeKcbo>





Technology Supports

Ring Camera

**Ring Indoor Cam (2nd Gen)
plug-in**

\$59.99

<https://a.co/d/fX9egbP>



Technology Supports

Smart TV w/ YouTube TV

No Cable TV Box

Requires fast wireless router

With Wifi Internet service

Other Thoughts

- Secure durable power of attorney
- Advocate for your loved one – they should not receive info alone
- Become an authorized healthcare representative
- Establish or re-work the will
- Become joint owner on all accounts
- Pay bills through bank
- Your insights.....

Some Insights for You

1. Caregiving is a lonely journey, even when you are not alone.

Some Insights for You

2. Because most people have not been in the role of a caregiver, or have that mindset, their emotional capacity to understand and empathize with you is minimal to absent.

Some Insights for You

3. Do not feel sorry for yourself, even though you have times of deep sorrow and feelings of being abandoned and neglected. Remember that these are only feelings, not reality.

If you have only one person who cares about you, you are cared for.

Some Insights for You

4. Do not stop living your life to care for another person, not even a loved one. They want you to continue to enjoy your life.

Some Insights for You

5. Find resources, people, and opportunities to be encouraged and educated along this journey.

What Are Your Thoughts?

Q & A

Helpful Resources

- [Attorney Jennifer Norton Estate Planning and Elder Law](#)
- [Yisraela Yehudah, Certified Medicaid Planner](#)
- [Jan Mitchell, CEO & Founder, She Moves Forward, Inc](#)
- [CICOA Aging & In-Home Solutions](#)
- [King's Grace Home Care](#)
- [State of Indiana Medicaid Services](#)
- [Pathways to Aging \(State Medicaid for Seniors\)](#)
- [Joy's House \(Adult Day Care\)](#)
- [Wellness Connection, Inc. "Health & Wellness In Focus"](#)

Visit www.newcovenant.org/csg for links to events