

NCCAP



NEWS

THE OFFICIAL NEWSLETTER OF THE NATIONAL CERTIFICATION COUNCIL FOR ACTIVITY PROFESSIONALS

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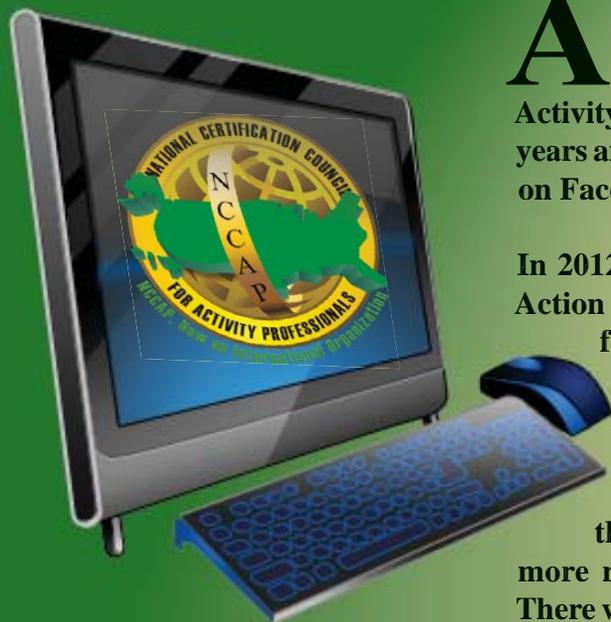
NCCAP Makes Technological Advancements for the Activity Professional



Although some of us never truly embrace technological advancements, we have to come to terms that it is going to continue to happen. NCCAP, being the leader of the Activity Profession, has embraced technology over the past several years and it wasn't too long ago that NCCAP got their first "friend" on Facebook.

In 2012, NCCAP introduced "live streaming" during a Call To Action meeting in Virginia Beach. After getting good reviews from the "streamers" NCCAP decided to offer sessions that were live streamed at the 2013 NCCAP Symposium. Over twenty viewers logged in and participated via live stream. This was an opportunity for professionals to attend the symposium that normally would not have had the opportunity. NCCAP also offered live stream sessions more recently at the 2014 NCCAP Symposium in Minnesota. There were over 60 professionals that participated via live stream! As a result, NCCAP will continue to offer this opportunity for those that can't attend the symposium(s) or other educational opportunities that they host.

Currently, NCCAP is working on the official NCCAP "application" that will work on any apple or android device. This "app" will put NCCAP at your finger tips and you will no longer need to type in the website address if you are trying to access the site from your phone or tablet.



As always, NCCAP thanks you for everything you do in this profession!

The NCCAP website (www.nccap.org) will soon be getting a "face lift" to help make it more "user friendly".

We have garnered input from various individuals throughout the past year and now will be applying them to our changes, with the input of an expert in the field of marketing and PR.



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The Changing Health Care World

By Dawn Appler Worsley, ADC

“The Bureau of Labor Statistics predicts job growth of 70% for home health over the coming decade, noting that home care can be a less expensive alternative for those who don’t need comprehensive assistance”.

“While today’s news is bombarding us with headlines about Healthcare.gov, the Affordable Care Act isn’t just about insurance coverage. The legislation is also about transforming the way health care is provided. Consequently, it has ushered in new competitors, services and business practices, which are in turn generating substantial industry shifts that affect all players along health care’s value chain”.

“The average cost of a private room in a nursing home amounted to \$229 per day, equating to \$83,585 per year in 2010, according to a United States Census Bureau report, and those high prices are not affordable for a majority of the aging population”.

“Roughly two-thirds of older people cannot afford to live in a nursing facility for over one year. Medicare only provides assistance to seniors

living in skilled nursing facilities for short periods following hospital visits. At the same time, Medicaid provides for long-term stays in certified facilities to certain low-income older people, but the program only paid for 43 percent of long-term care in 2006”.

“Even with funds available to qualifying seniors, the US Census Bureau reported that the population of seniors and the available Medicaid funds are shifting away from nursing home facilities. Instead, in order to dodge costs and age more comfortably, more seniors are opting to age at home by hiring home health care professionals and taking advantage of advancements in home care devices and home care software.

Many older people rely on help from unpaid family members to live at home. However, recent studies purported that family caregivers are often too inexperienced to meet the needs of aging loved ones and can provide unsatisfactory health care service, which often leads to infections and other complications.

Nonetheless, the amount of elders using nursing home facilities has been steadily declining since 2000. In 2010, 3.1 percent of older people used skilled nursing care facilities, down from 4.5 percent of older people in 2000. Additionally, Medicaid funds for in-home care and community-based services have been rapidly increasing since 1990. Whereas only 13 percent of Medicaid funds were distributed to such programs roughly two decades ago, 43 percent of Medicaid funds in 2007

Send NCCAP your activity photos with captions and details to info@nccap.org.
Photos must be for public release.



went to home-and-community-based programs.”

NCCAP Sets the standard in home care with the Home Care Certification Right now there is no national criterion for the qualifications of the individuals working in this profession. It can vary from agency to agency, with most holding at best a high school diploma or GED.

Home Health worker (PC training) criteria vary from state to state as it's built on a medical model of care to the client. The Home Care agencies send their workers into the homes based on a social model of care. The need for a minimum criteria and training in this area is so imperative for the client's meaningful quality of life. Assessing the client's customary routine, learning about physical and psychosocial

needs, assessing their functional and cognitive abilities and then being able to implement an individualized leisure program accordingly, as well as the ability to follow that client from the home care to their family care, or ADS etc will ensure more meaningful experiences.

The HCC criteria will require (as with all other levels of certification) the "hands on" experience working with a credible home care agency, the continuing education for continued learning, the core knowledge/training for this level of certification, and the high school diploma/GED. This is an entry level of certification that we hope will also encourage those individuals to pursue becoming certified activity assistants/directors in the future, after they get their foot in the door in the health care industry.

Congratulations to the first Home Care Certified Activity Professionals :

Shelley Hauschild
Adonica Ellis
Karen Herbison
Cheri Nelson
Stacy Scarborough

To read full article where excerpts were obtained:
Higher nursing home costs causes push for increased home care
<http://continulink.com/2014/07/01/higher-nursing-home-costs-causes-push-for-increased-home-care/>

The Changing Health Care World: Trends to Watch In 2014
<http://healthaffairs.org/blog/2014/02/10/the-changing-health-care-world-trends-to-watch-in-2014/>

8 Predictions on the Future of Senior Care
<http://www.aplaceformom.com/blog/2013-8-27-future-senior-care/>

Imagine This . . .

Two families - different hospitals; both with children needing emergency health surgery.

Family A is at the hospital who only employs a board certified medical doctor who has gone through a year of medical school, taken his exam, and has met all the standards of the American Medical Association.

Family B is at the hospital who has accepted a 20 year veteran health care professional who has worked along side top cardiac surgeons, taken many continuing education classes, but has no medical schooling, but has a state professional medical doctor certificate..

Which hospital do you choose for care?

NO other profession would even entertain the fact of lowering standards to make someone certified based on experience. The Activity Profession has fought for many years and is still fighting to be treated with the same respect and clinical expertise as a dietitian or a social worker. With the face of healthcare changing and clinical complexity increasing now is not the time to tell the world that an Activity Profession does not need to meet the highest standards as other professions.

Lets take a look at other Health Care Professionals and what do they ALL require:

1. Education
2. Specially classes related to the field of work
3. Experience
4. Continuing Education
5. Passing a National Exam

There are many people in the profession who have decades of experience and are very good at what they do, however, I would love to be a nurse. Even with 24 years of long term care experience I do not meet the highly respected Board of Nursing standards they adhere to to qualify as a nurse.

I support NCCAP and oppose any credential that does not meet or exceed the NCCAP Standards and so should you.



Left to right: Melanie Evans, Linda Redhead, Bryan Rife, Cindy Bradshaw, Debbie Hommel, and Dawn Worsley

Getting to Know Your New Board Members

The NCCAP Board welcomes Dawn Worsley from Maryland and Melanie Evans from North Carolina to the Board this year.



Getting to know Dawn~

Dawn Worsley found her way into activities through a side door, so to speak.

She started by going to school for Physical Therapy and worked as a Rehab Aide in a nursing home. Once working in a nursing home, Dawn decided she wanted to become a nursing home administrator and obtained a position as an Admission

Director. This position led to being a manager of a secure memory care unit where she was responsible for planning the activities for the 40 residents who resided there. This is where Dawn found her passion for providing activities and meeting the quality of life needs for her residents. One thing led to another and before you know it, Dawn had completed the MEPAP class, became NCCAP certified and has been a director since. Currently, Dawn is the Director of Activities for Future Care Health and Rehab in Baltimore, Maryland, as well as the Lead Activity Contact for the company, providing mentoring and consulting for the sister facilities. Dawn's facility meets the needs of short term and long term care residents as well as residents dependent on Ventilators and Dialysis. In 2004, Dawn created her own consulting company called *Dawn on the Horizon* which provides the MEPAP class as well as consultation for long term care facilities. Dawn also teaches the Home Care Certification

The NCCAP Board in conjunction with the strategic plan will be pursuing some new ventures on behalf of the certified individuals, so be watching for more on this in the upcoming NCCAPNews and also in the monthly emailed NewsBlitzes!

program for ROS Therapy Systems. Dawn characterizes her life as the "36 hour day" with everything she is involved in, but finds great satisfaction in making a difference every day in her students, residents and family member's lives.

Dawn cherishes her family, having a close relationship with her parents and siblings. Dawn is happily married to the "man of her dreams" and the step mom to the "two best step sons a woman could ever ask for". Dawn loves to spend free time with family. Dawn also enjoys traveling domestically and internationally, with her favorite place being Sunny Isles Beach Florida (just north of Miami).

Dawn is excited to be a part of the NCCAP Board, assuming the role of Treasurer for 2014-2015. Dawn's administrative experience will be a great asset for this position. Dawn feels our profession is currently at a crossroads and long term care is changing, where we need to have

educated and qualified professional leading activity programs more than ever before. Dawn has seen increased emphasis and scrutiny on the activity programs during state surveys. With that being said, Dawn feels NCCAP has introduced the highest educational and ethical standards which will guide our profession into the future. "Easy is not always better", Dawn shares when discussing standards and lesser forms of certification and training.

Dawn is very proud that NCCAP has recognized the need for standardization in the Home Care industry and have started the Home Care Certified Activity Professional Certification (HCC). This new training and certification is not only

Continued on page 6.

Reminder~

NCCAP renewals are processed in the order in which they are received. **EXAMPLE** path of a renewal – Lets say the renewal expires August 1, 2014. The renewal is mailed to the certified individual at the address that we have on file 3 months prior to the expiration which means that the renewal for the August 1, 2014 expiration was at the certified members address by May 1, 2014. Once the renewal is received at the NCCAP P.O. Box, which is checked 3 times per week, then it is processed for the appropriate fees and initial review if the number of hours etc have been sent. Many times a person that needs 30 CE's will send only 20-23 etc – this could cause a delay. Many times a person neglects to send in their renewal fee or the wrong amount, this could delay the process. (All files are held 10 days for the checks to clear the bank) Once all are received, the file is then sent OUT of the office to a volunteer reviewer. They have 14 days upon receipt to review the file to make sure all the standards have been followed, and then they return the file to the NCCAP for processing. This whole process from start to finish could take 3 to 6 weeks depending on the mail, holidays and if application was complete. You MAY think about sending it sooner than the day before it expires to allow for the above process to be completed so that your renewal is back to you by the expiration date!

NCP1410

It's time to **EXERCISE** YOUR BRAIN!

This brain-engaging software program was specifically designed for people over 60 who want to exercise their brains. It can help revitalize mental acuity and has been shown in clinical testing to improve memory, attention, focus, and concentration. 5, 10, and 20-User Licenses available.

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a way to standardize the education and services provided to the elderly but also as a stepping stone to many new clinicians finding their way through health care as Dawn did 24 years ago.

Dawn plans to serve the NCCAP Board to the best of her ability, with honor and respect. Dawn shared she will always support and advocate for NCCAP, making sure that we go state by state and country by country until we change regulations and standardize the world of activities.



Getting to Know Melanie~

Melanie Evans' first experience with nursing homes was not a

positive one. Melanie's grandmother, whom "hung the moon and the stars" to Melanie, became a resident in a facility which left a little to be desired. Melanie was saddened during her visits to her grandmother, seeing the type of care and lack of compassion provided to not only her grandmother but all the residents. Around that time, Melanie was given the opportunity to become a nursing assistant and decided that would be one way to make a difference. "Not for everyone but at least for those in her care", Melanie thought at the time. Melanie worked as a nursing assistant and was able to provide good care to her residents but she was counseled on occasion for "spending too much time talking" to the residents. In 1999, the activity training class was offered in Melanie's facility and it was thought

activities would be a better fit for Melanie. Once in the class, Melanie realized this is where she belonged. Melanie currently works at Clear Creek Nursing and Rehab in Mint Hill, North Carolina. It is a brand new facility, providing care to 120 short and long term care residents. Opening a new facility, from the beginning, has been a dream of Melanie's for some time. Melanie shares it has been an exciting opportunity but there are many challenges too. Melanie says that is half the fun, figuring out how to tackle them with success.

When asked what she loves about her job – Melanie said she found that hard to do because there are so many amazing aspects to it. Melanie shared her many moments of satisfaction include when you make the "connection" with the hard to reach resident or the smiles that greet you when you enter a room or the family member that sends a little note to say how you have helped to ease their mom's transition to a nursing facility. One of Melanie's favorite comments to hear is "you mean they can do THAT in a nursing home?"

Melanie is the very proud mom of two sons, ages 19 and 23. Both sons have entered the US Air Force and are scheduled to leave in July and September. Melanie describes herself as an adventurer, having been white water rafting, parasailing and the spontaneous road trip is not out the question. Melanie has a goal of going sky diving in the near future. Melanie is also a "reality TV Junkie" and is known to introduce a family "Survivor" or "Amazing

Race" gathering involving her family. Melanie shared being "typical" is not something she is normally accused of being. A fun day for Melanie means finding the local "Wooly Worm Festival" or "Pickle Ball" to attend.

Melanie will be the Nominations Chairperson on the NCCAP Board for the 2014-2015 term. Melanie shared "being a part of NCCAP is an amazing feeling". Melanie is looking forward to networking with others about activities and also playing a role in ensuring quality activities, not just busy work, is

Continued on page 8.

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NCCAP Symposium

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**Cheer's to raising over \$500
from the Silent Auction at the 2014 Symposium**

These funds will help someone become an Activity Professional through NCCAP, or support a currently certified individual in pursuing a level change or with completion of a college course or assist with attendance at a local or state conference.

Thanks to the Activity Professional Associations across the country for donating gift cards, gift baskets and the businesses that support our profession to include:

APND
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Activity Director Network
The Paintstro! Art Kit
Pat Griffith with Chair Chi
Venture Publishing

Be sure to mark your calendar for the next NCCAP Symposium held the first weekend in June 2015 located in North Carolina. Details are posted on the NCCAP website announcement page and NCCAP Facebook page.

Becki Sims, ADC/MC/EDU Beckisims40@gmail.com



<https://www.facebook.com/groups/officialnccap>

Home Care (Activity) Certification (HCC)

The HCC criteria will require (as with all other levels of certification) the "hands on" experience working with a credible home care agency, the continuing education for continued learning, the core knowledge/training for this level of certification, and the high school diploma/GED. This is an entry level of certification that we hope will also encourage those individuals to pursue becoming certified activity assistants/directors in the future, after they get their foot in the door in the health care industry.

Requirements for HCC

1. High School diploma/GED
2. Completion of the Activities 101 (8) hour training course
3. Six (6) months {1000 hours} of Home Care experience
4. 20 hours of continuing education

Process

Applicants will complete the HCC application form (in addition to the NCCAP application), sending the verification of the HS/GED, the Home Care experience, CE's (per the NCCAP Standards) and certificate of completion of the Activities 101 (8) hour course.

(That will be offered throughout the country from NCCAP pre-approved MEPAP instructors who also obtain their Activities 101 PRE-approval #.)

*The Activities 101 training hours can also be applied toward an HC specialization

2015 CALL for Presentations

NCCAP is currently seeking presenters for the 2015 NCCAP Symposium to be held June 4-7, 2015 in Raleigh, North Carolina. If chosen to speak, your registration for the conference will be waived, and if 2 or more sessions accepted, you will be paid a \$100.00 stipend. Most sessions are 1.5 hours in length and are presented to seasoned professionals who either teach the MEPAP courses, consult, educate or train others, so please gear your topics toward this target audience. You may complete and submit your Call for Papers (found under the symposium link) to NCCAP at info@nccap.org by November 1, 2014.



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provided to our residents. Melanie feels we have worked very hard to get where we are now, in terms of respect and credibility. Melanie plans to help market to Administrators and Health Care Corporations the importance of having qualified professionals lead the activity department as a way to ensure the needs of the residents will be met. Melanie is honored to be a part of the NCCAP team and is very excited to see what the future holds!



2014 NCCAP Symposium