

Spring 2020



LTCSWI Spring Conference Moved to Fall

We appreciate our members who have supported us with their membership fees and registrations for the fall 2020 conference. See you in October!

Inside this issue:

| | |
|---------------------------------|-----|
| <i>Fall Conference Preview</i> | 1 |
| <i>Emergency Proclamation</i> | 2 |
| <i>Art of Self-Care</i> | 3-4 |
| <i>Relay Iowa</i> | 5 |
| <i>Money Follows the Person</i> | 6 |

Like so many other things in today’s Covid-19 environment, the Long Term Care Social Workers of Iowa 2020 Spring Conference had to be postponed. The good news is that the conference has been rescheduled for October 22-23, replacing the typical one-day fall conference with a two-day event.

We will still have the *Ethics* presentation which meets the Iowa Board of Social Work Examiners Rules for 3.0 hours of Ethics education. Dr. Sara Sanders, PhD, MSW, and Stephen Cummins, MSW, from the University of Iowa School of Social Work will present, *Ethics in Long-term Care: Maintaining Boundaries in the World of Technology and Social Media*.

Angela Broughton-Romain, JD, and Deputy Director at Iowa Legal Aid

will cover *Elder Abuse Protective Orders in Iowa: Legal Updates and Strategies for Preventing Elder Abuse*.

Kyle S. Page, PhD, ABPP, and board-certified geriatric psychologist is providing two presentations: *Personality Disorders in Long-Term Care AND Mood Disorders in Later Life: Is It Really All That Bad?*

Guardianship, Conservatorship, and Alternatives will be covered by Jennifer Donovan, JD, who is the Public Guardian for the State of Iowa and oversees Iowa's Office of Public Guardian.

The presentation on *Massage Therapy* has been moved to the Spring 2021 Conference.

Additional presentations are still being determined.



Mark your Calendars!
LTCSWI Fall Conference
Friday, October 22-23, 2020

LTCSWI 2020 Board of Directors

Tonya Amos
amostonya@hotmail.com

Lorene Austin-Bennett
budtop@huxcomm.net

LeeAnn Braga
Bethany Life, Story City
515-203-6006
leann.braga@bethanylife.org

Teddy Crawford
Retired
tcrawford1007@gmail.com

Mary Beth Delaney
Northridge Village, Ames
515-232-1000
marybeth.delaney@northridgevillage.com

Evonne Fitzgerald
Mary Greeley Home Health, Ames
515-946-6000
efitzgerald@mgmc.com

Connie Hadden
Retired, Ames
connie_hadden@msn.com

Elaine Malek
The Cottages, Pella
641-620-4119
emalek@wesleylife.org

Lori Miller
Bishop Drumm, Johnston
515-270-1100
lori.miller@chilivingcomm.org

Evonne Sherer, Treasurer
Missouri Valley
craftsncars@aol.com

OFFICE

Ceci Johnson, Executive Director
1040 Market Street
Carlisle, IA 50047

Iowa Board of Social Work Emergency Proclamation Guidelines

Iowa Board of Social Work Emergency Proclamation Guidelines On March 22, 2020, Governor Kim Reynolds issued a Proclamation of Emergency Disaster. In this Proclamation, Governor Reynolds temporarily suspended a number of regulatory provisions applicable to a number of professions, including those professions regulated by the Board of Social Work. The Proclamation eases administrative rules relating to renewal of licenses, continuing education, and background checks. The suspension of rules identified in the Proclamation is effective through June 25, 2020, unless the Governor terminates or extends the Proclamation. As required in the Proclamation, the Board of Social Work issues this guidance relating to the temporary suspension of administrative rules in these areas:

License Renewal

Licenses are not scheduled to expire until December 31, 2020. The Board does not anticipate the Proclamation having an impact on license renewal. In the event the Proclamation is extended in a manner that does impact license renewal, the Board will send additional information at that time.

Continuing Education

Licenses are already allowed to obtain all of the required continuing education hours online. Due to licenses not expiring until December 31, 2020, the required continuing education hours for license renewal are not being waived at this time. Licensees will still be required to obtain 27 hours of continuing education. The Board will continue to monitor this issue and provide additional guidance as the window for compliance narrows.

Supervision Requirements

Licenses who begin their period of supervised professional practice for licensure at the independent level while the Proclamation is in effect are not required to have their first supervision meeting in person. Licensees are already permitted to have the remaining supervision

Out-of-state Social Workers

For the duration of the Proclamation, individuals who are licensed as social workers in another state, whose license is in good standing, may provide services to Iowans through electronic means without obtaining a license from the Board.

Iowa Department of Public Health

05/27/2020

~ Submitted by Ceci
Johnson per requests
for information regard-
ing CEU deadlines



The Art of Self-Care for Social Workers

By Alexandrya Blackmon, LBSW, MSW, and Terricka Hardy, LCSW, ACSW, BCD, CCFP

The world as we know it is changing before our very eyes, and so is social work. Although the way that we serve clients today looks very different from yesterday, one thing remains the same: we still have a responsibility to competently serve clients while upholding the fidelity of the social work profession. To do this effectively, social workers must take care of themselves.

In the face of the COVID-19 pandemic, social workers everywhere are faced with anxious clients, overwhelming work demands, and challenging decisions that involve the safety of clients, and also their own personal safety. Simply put, the profession of social work as we know it is changing—not just rapidly, but exponentially. To our social work colleagues reading this, know that you are not alone and that together we will work to get through this challenging time day by day, client by client.

Social workers are skilled at serving vulnerable populations in times of crisis. We are experts in helping clients to manage stress and responding to societal issues (Greer, 2016). Generally speaking, social workers can be found doing their best work in critical times. We are in high demand right now and for good reason. From coast to coast, the COVID-19 pandemic is affecting everyone, both clients and social work professionals, without discrimination. With the increasing work demands and stress, it is imperative that social workers across all practice settings are practicing professional and personal self-care.

Professional impairment within the field of social work has been a concern for decades. The NASW Code of Ethics requires social workers to take action when their work (Standard 4.05) or the work of their colleagues (Standard 2.08) may be affected by impairment. Professional impairment can be detrimental for social workers, clients, and the entire social work profession. In fact, Reamer (2015) identified professional impairment as an ethical pitfall for social workers.

When delivering compassionate, competent, and ethical social work practice, engaging in professional self-care is an essential component. Exposure to stories of traumatic experiences, stressful workplace climates, having concerns for safety, and the increase in practice demands makes practicing self-care not just an idea but a professional and ethical obligation for social workers.

Professional self-care is simply acknowledging that it is time to care for oneself to prevent work burnout. “Self-care is a spectrum of knowledge, skills, and attitudes including self-reflection and self-awareness, identification and prevention of burnout, appropriate professional boundaries, and grief and bereavement” (Sanchez-Reilly et al., 2013).

Carrying the honorable title of social worker and being considered an essential worker has many hidden pressures that one endures daily working within the profession. You may sometimes ask yourself, “How can I save myself?” “How can I allow myself to even think about myself?” “I am in a profession of helping others, which means I am professionally obligated to serve. How could I think about myself?” And, “Where is the time to even do that?”

When you formulate these thoughts, you also begin to chase yourself down a rabbit hole, believing that you are selfish. Being committed to helping others while also being selfish is considered a contradiction. You cannot allow yourself to dwell on selfishness. Take a deep breath and say, “It’s okay to care about myself.” Taking time to think about your health, realign your aspirations, and give yourself time to process is not only acceptable and constructive; it also will benefit your clients.

Self-care Strategies

Here are some self-care strategies for social workers to utilize inside and outside of the office:

1. When it gets difficult, acknowledgment is key in surviving self-care. Remember, you have every right to be honest with yourself. You are human and have human limitations, and you know that you have done everything you can despite it being a difficult time right now.
2. Ensuring boundaries is beneficial for self-care. In a qualitative study, Mills, Wand and Fraser note that establishing and maintaining boundaries between home and the workplace is an effective self-care strategy. “Some boundaries involved commuting to the workplace via modes of transport that prevented over-working, while for others the commute time itself constituted a process of unwinding from work so as to separate from it when arriving home” (Mills, Wand, & Fraser, 2018).

~ Continued on Page 4

~ Continued from Page 4

3. Be intentional. Intentional breathing is a way to achieve grounding. Do you realize how often you hold your breath during the day? Right now, as you are reading this you are holding your breath. Now is the time to be intentional with your breathing. Take a minute to ground yourself. If you are in a seated or standing position, stop what you are doing and look at your feet. Where are they positioned? How do they feel? As for your legs, are they locked or are they bent? If they are locked, slightly bend them.

Are your hips centered? Your diaphragm, is it contracting and expanding, are you breathing deeply? Is your chest rising and falling? Intentionally observe its pace. Your shoulders, are they stiff? Give your shoulders a roll forward and then a roll backward. Your arms, how are they positioned? Are they relaxed? Take the time to relax them. Realign your body. Your neck: acknowledge how it is positioned. Your head: take the time to make sure it is aligned with your neck and shoulders. Take deep breaths: when inhaling count to 10, and then exhale while also counting to 10. You should see your diaphragm expand and contract. Repeat two more times. Taking the time to intentionally breathe in this manner assists in grounding.

4. Take five minutes to walk around your facility, get some fresh air, or just walk up and down the hallway a few times.
5. Use positive words of affirmation, lead with “I am ____ and I can ____”.
6. Keep a daily journal. Utilize technology apps or a good old-fashioned pen and paper.
7. Practice yoga.
8. Practice meditation.
9. Have a support group, whether it be close friends, colleagues, or family members.
10. Take a chance with your artistic side and embrace painting, adult coloring books, listening to music, crafting, singing, dancing, or even learning a new instrument or language.
11. Utilize your spirituality.
12. Cry if need be. It is OK to cry!
13. Laugh. When was the last time you had a good laugh? Watching comedy movies or stand-up shows and taking the time to joke around with others can help relieve stress.

Self-Care Resources for Social Workers

Books

- The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals
- Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions
- The Self-Care A-Z Adult Coloring Book

Continuing Education:

- The 3 S's: Supervision, Self-reflection, and Self-care
- Mindfulness and Self-Care
- Professional Resilience: Ethics & Professional Self-Care for Helping Professionals

Journaling:

- iPhone and Android Notes
- Gratitude: Personal & Affirmations Journal app
- 365 Gratitude Journal app
- Work Perks: A Gratitude Journal for Helping Professionals

Meditation apps:

- Calm
- Headspace Meditation & Sleep

Social Work Blog: NASW

<http://www.socialworkblog.org/practice-and-professional-development/2020/04/the-art-of-self-care-for-social-workers/>

~ Submitted by Ceci Johnson



We Are Here and We Hear You!

Relay Iowa and Telecommunications Access Iowa (TAI) are dedicated now more than ever before to help provide accessible communication over the telephone for Iowans who are Deaf, Hard of Hearing, or have speech difficulty. We want everybody to know that we are here, and we hear you loud and clear.

During this period of “social distancing,” it can be easy to feel isolated and disconnected from the world.

If you are an Iowan that is Deaf, hard of hearing, or has speech difficulty, you may now find yourselves having to make the effort to connect to your friends and loved ones in a barrier-free way.

It is so important to maintain your relationships, now more than ever, especially over the telephone. If you need a telecommunication equipment – such as an amplified phone, captioned telephone, or iPad – or need relay services, we here at Telecommunications Access Iowa (TAI) and Relay Iowa are available to help provide you the opportunity for you to stay connected with your friends and loved ones.

Telecommunications Access Iowa

To get an application form from us, please visit our website, www.teleiowa.com to download a copy, or contact us we can mail one to you.

If you qualify with TAI, we will provide vouchers that will cover up to 95% to 99% of the average cost of the equipment, meaning you would only pay little to nothing out of pocket.

If you are a new applicant and need a professional signature to verify your hearing loss or speech difficulty, we suggest mailing or emailing your application from to the professional, then they can sign it and send it to us. If you are re-applying, you may not need to be verified.

You can choose up to one telephone/device and three accessories.

Once the application is filled out, mail it to us at 6925 Hickman Road, Des Moines, IA 50322. Or scan it and email it to us at info@teleiowa.com.

Relay Iowa

Relay Iowa continues to provide relay and captioned telephone services to our customers with call processing continuing to be fully operable and available 24/7.

Our services assist individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking over the telephone. Some examples of what is available from Relay Iowa for you or someone you know include:

- Captioned Telephone: This service allows someone who has difficulty hearing to listen while reading captions of what is being said to them. Captions appear on a bright display screen, and the phone includes features such as amplification, tone control and a built-in answering machine that captions messages.
- Speech-to-Speech (STS): This service is especially useful for people who have difficulty speaking or being understood on the telephone. STS involves specially trained Communication Assistants who are familiar with the speech patterns of a wide variety of individuals who have difficulty being understood.

These and other services are available through Relay Iowa. For more information, please check us out at www.relayiowa.com today or give us a call at 515-344-8548 or email at lori.sporrer@hamiltonrelay.com.

Please know that we are still up and running. We are here and we hear you loud and clear. On behalf of everyone here at TAI and Relay Iowa, we hope that you, your friends and loved ones stay safe, healthy and connected to each other.

Submitted by Lori Sporrer, Relay Iowa



Long Term Care Social Workers of Iowa

Long Term Care Social Workers of Iowa
1040 Market Street
Carlisle, IA 50047

Phone: 515-989-6068
E-mail: ltswi@mchsi.com

Ceci Johnson
Executive Director

www.ltswi.com



*These are such trying times.
Many thanks to all of you who
work in social services. I am
proud to work for such a great
group of people!*

*Ceci Johnson
LTCSWI Executive Director*



Money Follows the Person

In 2007, Iowa received a \$51 million dollar federal "Money Follows the Person" grant to assist residents of Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/ID) to move into a community of their choice. Since 2014, Iowa has also been able to assist individuals living in nursing facilities, hospitals, and Psychiatric Mental Institutes for Children (PMICs). Upon moving, individuals receive the services they need through Home and Community Based Services (HCBS) programs via the Intellectual Disability or Brain Injury waivers. MFP Participants also have access to enhanced services such as help with planning for their move, funds for deposits and household setup costs, employment and behavioral support services, and more.

To qualify for Money Follows the Person, individuals must (1) have either an intellectual disability or brain injury diagnosis that meets the eligibility criteria for Iowa's Intellectual Disability Waiver or Brain Injury Waiver; (2) be Medicaid eligible; and (3) have resided in a qualifying facility for at least 90 consecutive days.

The MFP grant program operates through a Fee-for-Service (FFS) structure for all HCBS services, enhanced MFP services, and certain State Plan Long Term Care Services for 365 days after the individual moves into the community.

1270 individuals have been referred to the program since September 2008. To date, Iowa has transitioned 775 individuals into the community, and 95% of persons served remain in the community after the demonstration year is completed.

For more information, please contact the Money Follows the Person Operations Manager, Lindsey Robertson, at lrobert1@dhs.state.ia.us. More information about the program can be found at <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/mfp>