

# CMP PROJECT SPOTLIGHT

Civil Money Penalty Reinvestment Program

## Caring for Younger Adults in Long-Term Care: Training and Resources

In the 2008 national long-term care (LTC) survey sponsored by the Centers for Disease Control and Prevention (CDC), an estimated 12 percent of adults living in LTC were younger than 65. This population has unique needs — they are more likely than older nursing home residents to have chronic disorders, cardiac diseases, Parkinson's disease, Alzheimer's disease, and psychiatric diagnoses. They may be living in LTC because of Huntington's disease, multiple sclerosis, or a spinal injury. Nursing home staff typically have not received training to work with younger adults, many of whom were cared for by their parents, but their parents have died and now they have nowhere else to go.

### Equipping Staff with Tools and Training

Eleven training sessions were held with directors of nursing, physicians, nurses and rehabilitation professionals. Participants' evaluation of the training was positive. Rebecca Ferrini, MD, MPH, CMD, Medical Director for Edgemoor (the County of San Diego LTC facility), Mary Mulligan, RN, BSN, MA, CDONA/LTC, the Director of Clinical Affairs for AMDA: The Society for Post-Acute and Long-Term Care Medicine, and Danielle Jordan, Project Manager at AMDA, led a team of physicians and researchers to develop a toolkit and training, to educate nursing home staff on how to care for younger adults. The team developed training videos; a sample video can be viewed on YouTube (<https://www.youtube.com/watch?v=BQBMEEQmbpw>). Mulligan and her team hope to roll out the training nationwide.

*"The reaction to the material and training has been one of excitement and visibility," said Mary Mulligan, RN, BSN, MA, CDONA/LTC. "We have to do the best we can in caring for these younger folks, whose needs and wants are different from older adults. These young people may be living in these facilities for 20 or 30 years."*

### Project Details

**Focus:** Improving quality of care

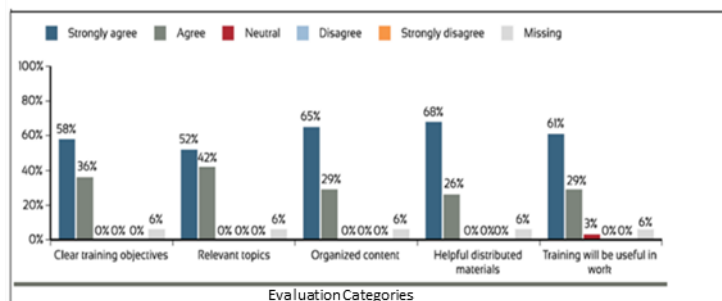
**Project Duration:** 2014-17

**Project Funding:** \$1.624 million

**Funded Entity:** AMDA: The Society for Post-Acute and Long-Term Care Medicine

**Participating States:** Alabama, Georgia, South Carolina, Florida, Kentucky and Mississippi

Figure A



Eleven training sessions across six states were held with directors of nursing, physicians, nurses and rehabilitation professionals. Participants' evaluation of the training was strongly positive (see above). "I feel empowered to work with young adults and I have information and strategies to share with staff, administration and practitioners at my facility," one participant said.