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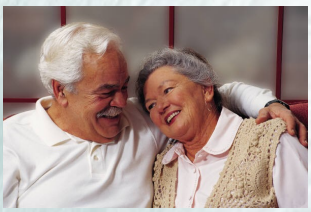
Opportunities for Living Life (OLL) Newsletter

THE OKLAHOMA HEALTH CARE AUTHORITY

What is OLL?

Opportunities for Living Life (OLL) is charged with developing, operating and administering new program initiatives for SoonerCare. Additionally, OLL is charged with developing collaboration among state and private agencies, community organizations, and stakeholders in creating a system of health care, long-term care support and home-and community-based services support that meets the needs of every Oklahoma citizen.



Sign up to receive the OLL Newsletter by e-mailing OLL@okhca.org or calling Ashley @ 405-522-7902.

OLL Mission Statement

To enhance quality of life for target citizenry by delivering effective programs and facilitating a partnership with the community.

NURSING LIFE STAGE SOLUTIONS

Help finding health care, housing and quality of life options for your loved ones.

In 1995, the University of Oklahoma College of Nursing began offering case management for families of aging and disabled people living in Oklahoma. Since then, the organization now called Life Stage Solutions has helped nearly 9,000 families make life care decisions on behalf of loved ones. The group features the services of professional care managers. Sometimes called case managers, geriatric care managers and eldercare managers, these professionals have specialized knowledge and expertise helping families make difficult life choices.

Life Stage Solutions care managers offer such assistance as:

- Conduct comprehensive assessment to determine if an elder or disabled individual can safely live at home
- Assist families in deciding about appropriate residential options
- Manage in-home services as needed
- Provide education about chronic disease processes, such as Alzheimer's and cancers
- Help prevent unnecessary medical care
- Assist families in coping with the emotional stress of caring for an elder or disabled family member
- Create a health Care plan for your loved one.

For more information on OU's Life Stage Solutions, visit the Web Site at www.oulifestagesolutions.com or call toll free, 1-866-416-4980.

The History of the Long Term Care Industry

Many of us who follow long-term care in America may assume that nursing facilities are fairly recent entities. Not true, however. A time line of the evolution of long-term care, composed by Long Term Care Education.Com, shows that England built nearly 700 "shelters for the aged" between the 12th and 15th centuries and that the population demographics for those shelters were similar to those found in many of today's facilities.

Initially, long-term care facilities were affiliated with monasteries and run by people appointed by the king and the local bishop. It is likely that the individuals selected for these posts were trained in apprenticeship programs similar to "administrator in training" programs required today by most states.

In the mid-1500s, King Henry VIII closed all the monasteries and their associated long-term care facilities as part of his ongoing dispute with the Catholic church. He then appointed a board of local citizens to oversee long-term care for all of England. In 1601, Queen Elizabeth I required each community to care for its elderly in their own homes for as long as possible, moving them to a facility once home care became impossible, a care concept similar to programs and demonstration projects in today's long-term care industry. OLL's "Money Follows the Person" is just such a program. In 1722, England enacted the Poor Law stating that the sick and the poor elderly would receive better care in institutions than in their own homes.

The American colonies, of course, followed the English system and established facilities in Philadelphia (1722), New York City (1734) and Charleston S.C. (1735) similar to those in place in England. Most American cities followed suit and homes for the elderly prospered during the 18th and 19th centuries. The industrial revolution, however, brought with it societal changes that presaged our current system of care.

As America was becoming an industrialized nation, the nation's new industrial workers were having fewer children to care for them as they aged. Add to that low wages, which were not sufficient to allow workers to save for retirement, and an ever-increasing life span. It became clear early in the 20th century that America needed a plan for long-term care.

The Social Security Act of 1935 was the first federal program to help workers who were living longer but who did not have adequate resources. Benefits for old age survivors and disabled individuals were gradually added during the 1940s and 50s. Social Security checks allowed the elderly to purchase care in "Mom and Pop homes" during the 40s, 50s and 60s.

Today's nursing facilities began in the 1950s when the federal government offered incentive subsidies to anyone who would build a nursing home. Thousands of facilities were built and a new — and unregulated — industry grew. In 1965, Medicare legislation was passed and the U.S. Congress held hearings to develop policies that would assure quality care for all people whose care was being paid for by Medicare. Today, those policies are called "Federal Requirements and Guidelines to Surveyors."

To learn more about this and other information about educational opportunities in the long term industry, visit www.LongTermCare Education.com. Long Term Care Education.com is *The National Resource for Long Term Care Education.*

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