

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS

ACTION AGENDA SUMMARY

DEPT: ^{mp} Aging & Veterans Services

BOARD AGENDA # *B-6

Urgent

Routine

AGENDA DATE April 22, 2008

CEO Concurs with Recommendation YES NO

4/5 Vote Required YES NO

(Information Attached)

SUBJECT:

Approval of Area Agency on Aging Fiscal Year 2008-2009 Planning and Service Area (PSA) Plan Update

STAFF RECOMMENDATIONS:

1. Approve the Area Agency on Aging's Fiscal Year 2008-2009 Planning and Service Area (PSA) Plan Update.
2. Authorize the Chair of the Board of Supervisors and the Director of the Area Agency on Aging to sign the Transmittal Letters to the California Department of Aging.
3. Return Original Signed Transmittal Letters to the Area Agency on Aging.

FISCAL IMPACT:

The projected PSA Plan Budget for Fiscal Year 2008-2009 is \$ 2,953,697. The budget is made up of \$1,935,475 from the California Department of Aging, \$133,573 from the County's matching share of Area Agency on Aging administration to fulfill federal Older Americans Act and state mandates, and \$884,649 from contracting providers for the minimum required match for each program, which includes cash / in-kind contributions.

BOARD ACTION AS FOLLOWS:

No. 2008-281

On motion of Supervisor Grover, Seconded by Supervisor DeMartini and approved by the following vote,

Ayes: Supervisors: O'Brien, Grover, Monteith, DeMartini, and Chairman Mayfield

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

1) X Approved as recommended

2) _____ Denied

3) _____ Approved as amended

4) _____ Other:

MOTION:

Christine Ferraro

ATTEST: CHRISTINE FERRARO TALLMAN, Clerk

File No.

APPROVAL OF AREA AGENCY ON AGING FISCAL YEAR 2008-2009 PLANNING AND SERVICE AREA (PSA) PLAN UPDATE

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DISCUSSION:

The Area Agency on Aging is designated by the California Department of Aging and the local Board of Supervisors to be the lead agency in the County for advocacy, planning, and program development on behalf of older persons in the County. The mission of the Area Agency on Aging is:

“To maintain, enhance, and improve the quality of life for seniors in Stanislaus County by developing systems of home and community-based services which promote independence and self-sufficiency.”

The 2008-2009 Planning and Service Area Plan Update provides an update of goals and objectives for the Area Agency on Aging’s Four-Year planning document (the 2005-2009 Planning and Service Area Plan). The updated version of the Plan also integrates any new objectives in the Area Plan Budget for Fiscal Year 2008-2009 that begins on July 1, 2008.

The Area Agency on Aging will continue working on the three goals developed during the 2005-2009 planning process:

1. Promote Health and Well-Being: We intend to promote better health and well-being for the senior citizens of Stanislaus County through attention to life transitions, physical, and emotional needs.
2. Provide Information and Assistance: We intend to make available to seniors and caregivers information regarding services and agencies that will assist them to achieve or maintain a beneficial lifestyle.
3. Promote and Maintain Independence: We intend to assist seniors and caregivers in promoting and maintaining the optimum conditions to remain independent in the community.

This Area Plan Update integrates five new objectives into the Four-Year 2005-2009 Area Plan. These new objectives will fall under Goals # 1 and # 3.

1. Goal # 1.11: The Area Agency on Aging staff, in collaboration with the Healthy Aging Association, the Commission on Aging and various County and community organizations will conduct and evaluate one fall prevention activity in 2008. The activity will be planned according to the results of the Needs Assessment Survey, expected to be finalized in May 2008.
2. Goal # 1.12: The Area Agency on Aging staff will work with the Howard Training Center, the provider of both the Congregate and Home Delivered Meals programs to develop alternate funding sources, and implement some cost reduction strategies to help accommodate the increase in demand for both meals programs.
3. Goal # 1.13: The AAA staff will work with the Stanislaus County Behavioral Health and Recovery Services (BHRS) to develop a program of peer counseling for seniors in their homes. The program will focus on addressing depression and isolation in homebound seniors.

APPROVAL OF AREA AGENCY ON AGING FISCAL YEAR 2008-2009 PLANNING AND SERVICE AREA (PSA) PLAN UPDATE

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4. Goal # 1.14: The AAA staff will work with the BHRS staff to develop a program addressing problems associated with substance abuse in the senior population. Classes will be developed to help seniors modify their behaviors away from abusing prescription drugs and alcohol to handle life's challenges.

5. Goal # 3.5: The AAA staff will work with the provider of the Assisted Transportation Program and other community transportation agencies to seek grants to expand specialized transportation services for seniors and disabled adults.

A copy of the updated Plan is available from the Clerk of the Board of Supervisors.

POLICY ISSUES:

By approving the Fiscal Year 2008-2009 Update of the Four-Year 2005-2009 Area Plan, Stanislaus County will be able to continue to provide Older Americans Act and Older Californian's Act aging services to residents of Stanislaus County, consistent with the guiding priority of ensuring a healthy community.

STAFFING IMPACT

There are no staffing impacts associated with this request.

TRANSMITTAL LETTER

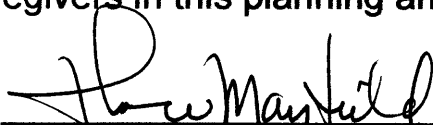
AAA Name: Stanislaus County Area Agency on Aging

PSA Number: 30

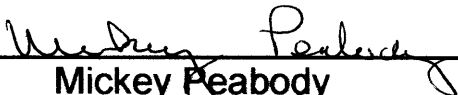
Check appropriate box for:

2005-09 Area Plan FY 06-07 FY 07-08 FY 08-09

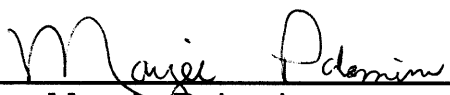
This Area Plan is hereby submitted to the California Department of Aging for approval. The Board of Supervisors and the Commission on Aging have each had the opportunity to participate in the planning process and to review and comment on the Area Plan. The Board of Supervisors, Commission on Aging, and Area Agency on Aging Director actively support the planning and development of community-based systems of care and will assure compliance with the assurances set forth in this 2005-2009 Area Plan. The undersigned recognize the responsibility within each community to establish systems in order to address the care needs of older individuals and their families and caregivers in this planning and service area.

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|----|---|--------------------------------|
| 1. | 

<u>Thomas Mayfield</u>
Chair, Stanislaus County Board of Supervisors | <u>APR 22 2008</u>

Date |
| 2. | 

<u>Mickey Peabody</u>
President, Commission on Aging | <u>4-14-08</u>

Date |
| 3. | 

<u>Margie Palomino</u>
Director, Area Agency on Aging | <u>4-14-08</u>

Date |

Stanislaus County Area Agency on Aging
Area Plan Update, 2008-2009

Overview-PSA 30:

According to the U.S. Census and the California Department of Finance estimates for 2007, Stanislaus County has grown to include 539,299 residents. Approximately 14% of that population are 60 or older, 75,833 persons. Approximately 14% of the seniors, or 10,545, are at or below the poverty line as prescribed by the Federal government. The approximate minority senior population, mainly Latino, is 29% or 21,898. At least 14% of the minority population, or 3,153 persons, are below the poverty line. Additionally over one third of the total County population, 183,083 persons, receive 200% or less of the prescribed Federal poverty line. Assuming 14% of the population to be over 60, approximately 25,600 seniors are living on \$20,420 per year for a single person and \$27,380 per year for a couple. Assuming that 29% of the senior population to be part of the minority populations, approximately 7,373 persons in various minority groups are likely to be at or below 200% of the poverty line. With rising costs for all parts of the economy, seniors that are either at the poverty level or in the group that are living on incomes less than \$21,000 or \$28,000 per year will continue to be the focus of our work at the Area Agency on Aging.

The Area Agency on Aging (AAA) staff, in collaboration with the Healthy Aging Association, the Commission on Aging and various County and community organizations has formed a coalition to assess the fall risks of the senior population in Stanislaus County. Under terms of the funding from the Fall Prevention Center of Excellence (Archstone Foundation), the coalition members have conducted a needs assessment and will conduct a public event focusing on the various ways to prevent falls. Beyond this event, the coalition members will develop a Strategic Plan to continue providing the community with information about fall prevention, working directly with consumers to reduce the potential consequences associated with improper medication use, unsafe home environments, and a lack of physical activity. See Objective 1.11.

In the past year the Howard Training Center (HTC), the agency that provides the Congregate Meals and Home Delivered Meals Programs, has seen significant growth in the need for both programs. Through Objective 1.12, the AAA staff will assist HTC find ways to trim the costs for both programs and explore new ways to raise the necessary funds to continue providing these vital services to the seniors of Stanislaus County.

One of the new priorities of the Stanislaus County Behavioral Health and Recovery Services (BHRS) department is to address the problem of substance abuse in older adults. The AAA will work with the staff of BHRS to design and implement classes that will help seniors develop alternative behaviors to the use of alcohol and medications to cope with depression, loss and loneliness. See Objective 1.14.

A growing number of seniors that are living independently and do not qualify for existing mental health programs are isolating themselves. The cause of the isolation seems to be loneliness and depression. Many of these seniors have been identified through the daily contact with the Home Delivered Meals drivers. The AAA staff will work with BHRS to develop a Senior Peer Counseling Program. This program will assist seniors who are homebound to deal with depression, loneliness and isolation. Implementation of the program will be through the Howard Training

Center for the Meals Programs, the Information and Assistance Program and BHRS. See Objective 1.13

Seniors and disabled adults are increasingly in need of specialized transportation services that cannot be currently met by the Assisted Transportation Program and the local transit systems. The AAA staff will work with Catholic Charities, the provider of the Assisted Transportation Program; the local Stanislaus Council of Governments; the Disability Resource Center for Independent Living; and the Stanislaus Regional Transit System to explore and obtain new grants to fund new transit opportunities for seniors and disabled adults. This program will be addressed in Objective 3.5.

The seminars that have been a collaboration between the AAA and Community Solutions of Doctors Medical Center Foundation did not happen in fiscal year 2007-2008. Efforts by this group have been focused on a Stroke Resources Seminar. The AAA staff is proposing different methods to deal with depression, grief and loneliness. See above. Objective 1.2 has been deleted until further notice.

The Healthy Aging Association and AAA staff did not collaborate in fiscal year 2007-2008 to do a Medication Management Seminar. None have been planned for fiscal year 2008-2009. The Healthy Aging Association will continue to distribute medication cards to assist seniors to keep a convenient record of their prescription drugs. Medication Management will be one of the areas addressed in the Fall Prevention event planned for later in 2008 as improper use of prescriptions can lead to falls. Objective 1.9 will be deleted until further notice.

Attempts to provide information to Spanish speaking seniors through the local paper *Vide en el Valle* have not been successful. Outreach through the Info Van and at community events will continue. Brochures for each of the AAA programs are available in both Spanish and English. Many other publications are available in our offices and through the InfoVan in both English and Spanish. Staff at the AAA office and the staff that accompanies the InfoVan are bilingual in English and Spanish. Objective 2.8 will be deleted until further notice.

The AAA staff is active in the collaboration of agencies known as the Stanislaus Elder Abuse Prevention Alliance. The AAA Director regularly attends both core meetings and forums in outlying areas of the county. Other staff members are active in the forums in other parts of the county. The proposed Financial Abuse Specialist Team (FAST) has not become reality due to a lack of funding. Objective 2.11 will be deleted until further notice.

As noted above, the senior population in Stanislaus County has grown. The seniors, caregivers and disabled adults will continue to need the services offered through the AAA and its providers. Following are the specific objectives that the AAA staff, the service providers and the Commission on Aging will be working to assist as many seniors, caregivers and disabled adults as possible during the period, July 1, 2008-June 30, 2009.

System Building & Administrative Goals & Objectives

Goal #1-Promote Health and Well-Being

We intend to promote better health and well-being for the senior citizens of Stanislaus County through attention to life transitions, physical and emotional needs.

Rationale:

- ❖ The needs assessment survey showed that physical activities such as doing heavy housework (72%), shopping (46.3%), and walking (44.8%), were the activities that most of the respondents identified as most difficult.
- ❖ Results of the needs assessment survey showed that those respondents who exercised regularly had less difficulty in accomplishing activities of daily living.
- ❖ Other results showed that 41.1% of respondents said depression was a problem and 38.5% identified loneliness as a significant issue.

Objectives:

1.1 AAA staff will partner with the staff of the Stanislaus County Behavioral Health and Recovery Services department to develop new programs in compliance with the requirements of Proposition 63, to address depression in elders. Measurement will be by the programs developed and compliance with the guidelines of the initiative. ***To be accomplished 7/1/05-6/30/06. New Program Development objective – Completed 1/1/06.***

1.2 AAA will partner with Community Solutions of Doctors Medical Center Foundation to promote seminars addressing grief, loss, depression and loneliness. The seminars will be held in Modesto in September 2005 and will be measured by the attendance and commitment to future seminars. ***New Coordination objective***

Update: Seminars for FY 2007 will be held in September and April. ***Outcome:*** Seniors and caregivers attend seminars to gain knowledge and exchange views in dealing with difficult issues faced by caregivers and persons who are aging in place. ***Measurement:*** Number of participants per seminar and completed surveys by participants. ***Continued Coordination Objective.***

2007-08 Update: Community Solutions, the AAA and various agencies will coordinate to provide a seminar in the spring of 2008. ***Outcome:*** Seniors and caregivers will receive information to assist them to deal with the challenges of decreased abilities and disease associated with aging. ***Measurement:*** Number of participants and completed surveys by participants. ***Continued Coordination Objective. No Coordination Funding spent-no seminars held in FY 2007-2008-Completed March 23, 2007***

1.3 The Linkages staff will develop a Circle of Friends, a telephone tree among the Linkages clients, to assist clients in dealing with various causes of loneliness and depression. Measurement will be done by the social workers and gauged by client satisfaction. ***To be accomplished 7/1/05-12/31/05. New Program Development objective. Completed 12/31/05.***

1.4 The AAA will coordinate with the Behavioral Health and Recovery Services (BHRS) department to conduct depression screenings at the 14 nutrition sites in the county

during October, Depression Screening Month. Measurement will be by attendance at the screening sessions and by participation in follow-up sessions by the BHRS. ***To be accomplished by 10/31/05. New Coordination objective***

Update: The AAA will continue to coordinate with BHRS to conduct depression screenings at the nutrition sites during October 2006. ***Outcome:*** Seniors will receive individual evaluation of their tendency towards depression. ***Measurement:*** The number of seniors screened and the number participating in follow-up sessions to assist with coping with depression. ***To be accomplished by 10/31/06. Continued Coordination Objective.***

2007-08 Update: The nutrition sites will continue to be a place that depression screenings will be conducted during October 2007. The AAA will support this effort to assist seniors in identifying depression and finding solutions. ***Outcome:*** Seniors will receive free individual evaluation regarding depression. ***Measurement:*** See above. ***To be accomplished by 10/31/07. Continued Coordination Objective.***

2008-09 Update: The nutrition sites will continue to be a place that depression screenings will be conducted during October 2008. The AAA will support this effort to assist seniors in identifying depression and finding solutions. ***Outcome:*** Seniors will receive free individual evaluation regarding depression. ***Measurement:*** See above. ***To be accomplished by 10/31/08. Continued Coordination Objective.***

1.5 The AAA will distribute USDA Farmer's Market Coupons at area certified farmer's markets. The staff will work with local governments to promote the availability and distribution of the free coupons to low income senior citizens. This will include establishing programs in local communities as certified markets open. Measurement will be by the distribution and redemption of the coupons. ***To be accomplished 5/1/06-6/30/06. New Program Development objective***

Update: The AAA will continue to work with local farmer's market committees to become certified and able to accept the USDA Coupons. ***Outcome:*** The AAA will distribute coupons at farmer's markets in new cities throughout the county, bringing affordable, healthy food products to seniors in their communities. ***Measurement:*** Distribution of the coupons and the redemption of those coupons. ***To be accomplished 5/1/07-6/30/07. Continued Program Development Objective***

2007-08 Update: The AAA staff will promote the use of the Farmers Market Coupons at certified markets and with certified farmers to expand the program to more low income seniors. ***Outcome:*** Residents in areas outside of the current markets will be able to access the program. ***Measurement:*** Distribution of coupons in areas not currently being served by certified markets, but with certified farmers. ***To be accomplished 5/1/08-6/30/08. Continued Objective. Completed-New markets added in Oakdale and Patterson.***

2008-2009 Update: ***Due to a lack of participation by the California Department of Aging, this objective will be deleted until further notice.***

1.6 During May 2006, Older Americans Month, the AAA and Commission on Aging will co-sponsor with the Stanislaus Arts Council and the Stanislaus County Board of Supervisors, the program "Celebrating and Spotlighting Seniors". Measurement will be attendance at the event and the satisfaction of the participants. ***To be accomplished***

1/1/06-5/31/06. New Coordination objective

Update: During May 2007, the AAA and the Commission on Aging will co-sponsor an event to highlight the accomplishments of senior citizens from throughout the county. *Outcome:* The varied talents and accomplishments of senior citizens will be featured, raising community awareness of the contributions made by and for senior citizens. *Measurement:* Number of participants and the results of a participant satisfaction survey. ***To be accomplished 1/1/07-5/31/07. Continued Coordination Objective***

2007-2008 Update: The AAA will coordinate with area organizations and the Board of Supervisors to honor the accomplishments of seniors and provide information to assist them. *Outcome:* The seniors of Stanislaus County will be honored and their accomplishments better known in the community. *Measurement:* The recognition of Older Americans Month given at the Board of Supervisors, specific senior citizens honored and the number of events specifically for seniors during May 2008.

Continued Coordination Objective.

2008-2009 Update: The AAA will coordinate with area organizations and the Board of Supervisors to honor the accomplishments of seniors and provide information to assist them. *Outcome:* The seniors of Stanislaus County will be honored and their accomplishments better known in the community. *Measurement:* The recognition of Older Americans Month given at the Board of Supervisors, specific senior citizens honored and the number of events specifically for seniors during May 2009.

Continued Coordination Objective.

1.7 In December 2005 the AAA will coordinate with the City of Modesto Senior Center to sponsor a holiday party and transportation to view holiday lights. Measurement will be by attendance at the event and the satisfaction of the participants. ***To be accomplished 7/1/05-12/31/05. New Coordination objective. Deleted.***

1.8 In October 2005, the AAA will coordinate with the Healthy Aging Association to sponsor the Healthy Aging Summit. The Summit includes free health screenings for seniors and caregivers. Measurement will be by attendance at the event and the satisfaction of the participants. ***To be accomplished 7/1/05-10/31/05. New Coordination objective***

Update: The AAA will continue to sponsor with the Healthy Aging Association, the Stanislaus County BHRS and Health Services Agency the Healthy Aging Summit in October 2006. *Outcome:* Seniors will receive free health screenings, flu shots and information about healthy living. *Measurement:* The vendors will report the number of screenings administered, flu shots given and the participants and vendors will complete satisfaction surveys. ***To be accomplished 3/1/06-10/31/06. Continued Coordination Objective***

2007-08 Update: The 5th Healthy Aging Summit will be held in October 2007. The AAA will continue to coordinate with the Healthy Aging Association and other agencies to provide this successful event. *Outcome and Measurement:* See above. ***To be accomplished 3/1/07-10/31/07. Continued Coordination Objective.***

2008-2009 Update: The 6th Healthy Aging Summit will be held in October 2008. The AAA will continue to coordinate with the Healthy Aging Association and other

agencies to provide this successful event. *Outcome and Measurement:* See above. ***To be accomplished 3/1/08-10/31/08. Continued Coordination Objective.***

- 1.9 The AAA will coordinate with the Healthy Aging Association to conduct a seminar to assist senior citizens and their caregivers in understanding the use of various medications. Measurement will be by attendance at the event and the satisfaction of the participants. ***To be accomplished 11/1/05-4/30/06. New Coordination objective***

Update: The AAA will continue to coordinate with the Healthy Aging Association and pharmacies such as Walgreens and Save Mart to provide a seminar to assist seniors in understanding medication interactions, etc. *Outcome:* Information will be given by a doctor and a pharmacist that will assist seniors in maintaining healthy lifestyles while using medications correctly. *Measurement:* The number of seniors attending the seminar and the post-seminar satisfaction survey. ***To be accomplished 3/1/07-5/31/07. Continued Coordination Objective***

2007-08 Update: The AAA and the Healthy Aging Association will continue to promote safe and healthy management of medications through communication with local doctors and pharmacists. *Outcome:* Seniors and caregivers will be given the opportunity to receive information about using medications safely and to promote healthy living. *Measurement:* The number of seniors attending seminars. ***To be accomplished 7/1/07-6/30/08. Continued Coordination Objective. No Coordination Funding spent in FY 2007-2008. Deleted.***

- 1.10 The Healthy Aging Association will continue to conduct strength training and aerobic classes throughout the county to assist seniors in achieving and maintaining optimal health and preventing injuries. Measurement will be by participation in the classes and the number of new classes started by the Healthy Aging Association. **New objective**

Update: As the Title III D contractor, the Healthy Aging Association will continue their classes, expanding to other areas of the county. *Outcome:* Participants will gain strength, reduce pain and the incidence of falls. *Measurement:* Number of classes, participants in the classes and the satisfaction of the participants. **Continued Objective**

2007-08 Update: The Healthy Aging Association will continue their very successful exercise classes throughout the new fiscal year. *Outcome and Measurement:* See above. **Continued Objective.**

2008-2009 Update: The Healthy Aging Association will continue their very successful exercise classes throughout the new fiscal year. *Outcome and Measurement:* See above. **Continued Objective.**

- 1.11 The Area Agency on Aging staff, in collaboration with the Healthy Aging Association, the Commission on Aging and various County and community organizations will conduct and evaluate one fall prevention activity in 2008. The activity will be planned according to the results of the Needs Assessment Survey, expected to be finalized in May 2008. *Outcome:* Seniors who participate in the event will be informed of the ways that their lives can be enhanced by taking steps to prevent debilitating falls. *Measurement:* The number of participants in the Fall Prevention activity and subsequent plans to continue the work of the Coalition. ***To be accomplished 7/1/2008-6/30/2009. New Coordination Objective.***

1.12 The Area Agency on Aging staff will work with the Howard Training Center, the provider of both the Congregate and Home Delivered Meals programs, to develop alternate funding sources, and implement some cost reduction strategies to help accommodate the increase in demand for both meals programs. *Outcome:* 10,000-15,000 more meals in the combined programs will be provided throughout Stanislaus County. *Measurement:* Howard Training Center will be successful in finding new sources of income and reducing costs for the programs. The number of additional meals provided over the course of the fiscal year. *To be accomplished 7/1/08-6/30/09. New Coordination Objective.*

1.13 The AAA staff will work with the Stanislaus County Behavioral Health and Recovery Services (BHRS) to develop a program of peer counseling for seniors in their homes. The program will focus on addressing depression and isolation in homebound seniors. *Outcome:* A peer counseling program will be made available through the BHRS and publicized through the AAA Information & Assistance and InfoVan and the provider for the Home Delivered Meals Programs. *Measurement:* The number of peer counselors trained and available to assist seniors in their homes and the number of seniors who benefit from the attention to their needs. *To be accomplished 7/1/08-6/30/09. New Coordination Objective.*

1.14 The AAA staff will work with the BHRS staff to develop a program addressing problems associated with substance abuse in the senior population. Classes will be developed to help seniors modify their behaviors away from abusing prescription drugs and alcohol to handle life's challenges. *Outcome:* Classes will be developed and publicized through the Information & Assistance and Info Van Programs. *Measurement:* Successful outline of classes and the number of seniors attending the classes. *To be accomplished 7/1/08-6/30/09. New Coordination Objective.*

Goal #2-Information and Assistance

We intend to make available to seniors and caregivers information regarding services and agencies that will assist them to achieve or maintain a beneficial lifestyle.

Rationale:

- ❖ Having enough money to meet expenses was one of the top issues that was identified as a concern for 39.3% of the respondents of the needs assessment survey.
- ❖ Of the respondents to the survey, 35.7% said that getting information about services was a major issue and 30.8% identified obtaining services and benefits as a concern.
- ❖ As the population continues to age it will become more vital that the AAA be the conduit for information about senior services in the county.

Objectives:

2.1 The AAA Information and Assistance staff will provide guidance in completing applications for discounts on utilities. This guidance will be available in both English and Spanish. Measurement will be by the referrals for assistance from seniors in the cities within the PSA. *To be accomplished 7/1/05-6/30/05. New objective*

Update: Through the InfoVan visiting different events and sites, information about discounts on utilities will be distributed throughout the county. *Outcome:* Seniors will be aware of ways that they can save money on utility bills and be able to access those savings by having a knowledgeable

staff person assist them in their primary language. *Measurement:* The number of applications distributed and completed. *To be accomplished 7/1/06-6/30/07. Continued Objective*
2007-08 Update: The I&A office and the Info Van will continue to provide information about utility discounts to seniors and caregivers. When needed the staff will assist seniors in completing these applications. *Outcome and Measurement:* See above. *To be accomplished 7/1/07-6/30/08. Continued Objective.*
2008-2009 Update: The I&A office and the Info Van will continue to provide information about utility discounts to seniors and caregivers. When needed the staff will assist seniors in completing these applications. *Outcome and Measurement:* See above. *To be accomplished 7/1/08-6/30/09. Continued Objective.*

2.2 The AAA staff and the Commission on Aging will coordinate with the Healthy Aging Association to produce a semi-annual newsletter "Golden Times and Lifestyles". The newsletter will include information about health issues and medication management. The newsletter will be distributed throughout the county through the use of the InfoVan, through the congregate meal sites, to AAA providers and places that senior citizens frequently go. Distribution will be in September 2005 and April 2006. Measurement will be by the production of the two editions and by the distribution of 5,000 copies to various places throughout the county. **New Coordination objective**

Update: *Outcome:* The two editions will be produced by the *Modesto Bee* with pertinent information for senior citizens. *To be accomplished in September 2006 and April 2007.*

Continued Coordination Objective

2007-08 Update: The production of the newsletter will continue into the new fiscal year. *Outcome and Measurement:* See above. *To be accomplished in September 2007 and April 2008.*

Continued Coordination Objective.

2008-2009 Update: The production of the newsletter will continue into the new fiscal year.

Outcome and Measurement: See above. *To be accomplished in September 2008 and April 2009.*

Continued Coordination Objective.

2.3 The I & A staff of the AAA will work with the staff of the Stanislaus County's Health Services Agency to assemble and provide senior information and assistance packets to health care clinics in outlying areas of the county. The I&A and InfoVan staff will distribute packets individually as seniors and caregivers visit the van. Measurement will be by the number of visits to the east and west sides of the county and by the number of packets distributed. *To be accomplished 7/1/05-6/30/06. New Program Development objective. Completed 5/31/06*

Update: The health care clinics will be visited by the InfoVan staff in May 2007. *Outcome:* Information about senior services will be available and distributed to people attending the Stanislaus County Health Services Agency's clinics in rural areas of the county. *To be accomplished during May 2007. Continued Objective*

2007-08 Update: The county health care clinics continue to be an avenue to distribute information to seniors and caregivers throughout the county. *Outcome and Measurement:* See above. *To be accomplished during May 2008. Continued Objective.*

2008-2009 Update: The county health care clinics continue to be an avenue to distribute information to seniors and caregivers throughout the county. *Outcome and Measurement:* See above. *To be accomplished during May 2009. Continued Objective.*

2.4 The Commission on Aging with assistance from AAA staff will develop a Speakers Bureau, compile a list of community groups and make presentations to those groups to publicize the programs and services available for seniors and caregivers in Stanislaus County. Measurement will be by the number of presentations made to community groups. ***To be accomplished 7/1/05-6/30/06. New Program Development objective. Completed 3/15/06***

Update: The Speakers Bureau of the Commission on Aging will continue to make presentations to community groups throughout the county to publicize the services available through the AAA.

Outcome: Community groups will gain information about services available for seniors and be able to refer caregivers and seniors to the programs and agencies in Stanislaus County. ***To be accomplished 7/1/06-6/30/07. Continued Objective***

2007-08 Update: The Publicity Committee of the Commission on Aging, with the assistance of AAA staff has taken the responsibility of presenting information about the services of the AAA to community groups. These presentations will continue throughout fiscal 2007-08. ***Outcome and Measurement:*** See above. ***Continued Objective.***

2008-2009 Update: Members of the Commission on Aging will continue to represent the Area Agency on Aging to various community groups. These presentations will continue throughout fiscal 2008-2009. ***Outcome and Measurement:*** See above. ***Continued Objective.***

2.5 The AAA staff through the InfoVan will attend meetings and community functions, distributing information about services for senior citizens and caregivers in the rural areas of the county, particularly during May 2006, Older Americans Month. The I&A and InfoVan staff will distribute information individually as seniors and caregivers visit the van. Measurement will be by the number of meetings and events attended by the staff of the Info-Van and the number of people who receive information. ***To be accomplished 7/1/05-6/30/06. New objective***

Update: Outcome: Information about senior services will be distributed throughout the county, especially in the rural areas. ***To be accomplished 7/1/06-6/30/07. Continued objective***

2007-08 Update: The InfoVan staff will continue to participate in community events and visit shopping areas frequented by seniors and caregivers. ***Outcome and Measurement:*** See above.

Continued Objective.

2008-2009 Update: The InfoVan staff will continue to participate in community events and visit shopping areas frequented by seniors and caregivers. ***Outcome and Measurement:*** See above. ***To be accomplished 7/1/08-6/30/09. Continued Objective.***

2.6 The AAA staff will offer information, assistance and programs at the Westley/Grayson Community Center twice per month. These meetings will be in both English and Spanish and will address the needs of rural and culturally isolated seniors on the west side of the county. Congregate meals will be offered three times a week. Measurement will be by the number of participants per month. ***To be accomplished monthly 7/1/05-6/30/06. New Program Development objective.***

Update: The Healthy Aging Association (Title III D contractor) will continue a strength training class twice per week at the Community Center. The class instructor serves as a liaison between the participants and the AAA Information & Assistance staff. Due to lack of appropriate equipment the meals are not available yet. It is anticipated the equipment will be available in the next fiscal year. ***Outcome:*** A nutrition site that serves the rural and culturally isolated communities of Westley and Grayson will be established. ***Measurement:*** The establishment of the meal site and the participation by seniors in the community. ***To be accomplished 7/1/06-6/30/07. Continued***

Program Development Objective. Completed April 1, 2007.

2007-2008 Update: The meals and exercise classes will continue.

2008-2009 Update: The meals and exercise classes will continue.

2.7 The AAA staff will coordinate with the Stanislaus Elder Abuse Prevention Alliance (SEAPA) to attend and sponsor seminars and information days that warn seniors and caregivers about elder abuse. Seniors and caregivers will be given information on how to avoid abuse and what to do if abuse is suspected. The I&A and InfoVan staff will distribute information individually as seniors and caregivers visit the information table. ***To be accomplished 7/1/05-6/30/06. New Coordination objective***

Update: *Outcome:* Seniors and caregivers will gain knowledge regarding types of potential elder abuse and how to prevent it. *Measurement:* Number of seminars given, number of seniors and caregivers attending the seminars and response surveys following those seminars. ***To be accomplished 7/1/06-6/30/07. Continued Coordination Objective***

2007-08 Update: The AAA staff will continue to participate in these ongoing events to highlight elder abuse and distribute information to seniors and caregivers. *Outcome and Measurement:* See above. ***To be accomplished 7/1/07-6/30/08. Continued Coordination Objective.***

2008-2009 Update: The AAA staff will continue to participate in these ongoing events to highlight elder abuse and distribute information to seniors and caregivers. *Outcome and Measurement:* See above. ***To be accomplished 7/1/08-6/30/09. Continued Coordination Objective.***

2.8 The Commission on Aging Promotions Committee and staff from the AAA will provide information to the Hispanic community through monthly public service announcements in Vida en el Valle, the local Spanish language newspaper. Measurement will be by the number of announcements made each month. ***To be accomplished 7/1/05-6/30/06. New Coordination Objective***

Update: The Commission on Aging Public Relations Committee and staff from the AAA will provide information to the Hispanic community through quarterly public service announcements in "Vida en el Valle", the local Spanish language newspaper. *Outcome:* Information will be available to seniors and caregivers whose primary language is Spanish. *Measurement:* Number of news items published. ***To be accomplished 7/1/06-6/30/07. Continued Coordination Objective***

2007-08 Update: Through new contacts and a new Commission on Aging member, this objective will continue into the new year. *Outcome and Measurement:* See above. ***To be accomplished 7/1/07-6/30/08.*** Repeated attempts to contact the newspaper have not resulted in a successful way to spread information. **No Coordination funding was spent on this objective during FY 2007-2008. Deleted until further notice.**

2.9 The AAA staff will partner with the Stanislaus County Adult Services and Adult Protective Services staff to conduct a Speed Networking Seminar during May 2007. *Outcome:* Professionals in the field of services to aged and disabled persons will meet and gain information regarding a variety of services available to this population in Stanislaus County. *Measurement:* Number of staff from local agencies, care homes and organizations that represent the senior citizens and disabled persons in the county and the satisfaction survey taken at the conclusion of the seminar. ***To be accomplished by May 2007. New Coordination Objective.***

2007-08 Update: The second Speed Networking Event is being planned for May 2007 and another will be planned in May 2008 to highlight other agencies in the area. *Outcome and Measurement:* See above. ***To be accomplished in May 2008. Continued Coordination Objective. No***

Coordination Funding spent-Networking Seminar not held in FY 2007-2008-Completed May 13, 2007.

2008-2009 Update: After a year off from this event, the Area Agency on Aging staff will coordinate with staff from the Stanislaus County Adult Services and Adult Protective Services to host another Speed Networking Event. *Outcome and Measurement:* see above. *To be accomplished by May 2009.* **Continued Coordination Objective.**

2.10 The AAA staff will participate with the United Way of Stanislaus and the Mother Lode and other agencies to establish the 211 Information System in the PSA. *Outcome:* Funding for this project will be received and the 211 system will be established. *Measurement:* The necessary funding in place and the 211 system in place to serve Stanislaus County. *To be accomplished 7/1/06-6/30/07.* **New Program Development Objective.**

2007-08 Update: The 211 Information and Referral Program is still in the formation stages. The AAA staff continues to be part of the advisory and planning committee as funding and community support is sought. *Outcome and Measurement:* See above. *To be accomplished 7/1/07-6/30/08.* **Continued Program Development Objective. Completed 10/01/07.**

2.11 The AAA staff with the Stanislaus Elder Abuse Prevention Alliance (SEAPA) committee will establish a Financial Abuse Specialist Team (FAST). The FAST program will consider reported instances of financial elder abuse and work out solutions to the problem on behalf of the senior citizens involved. *Outcome:* Solutions to cases of financial elder abuse will be expedited. The community will have a greater awareness of the possibilities of financial elder abuse. *Measurement:* The number of cases reviewed and solutions found to stop and prevent financial elder abuse. *To be accomplished 7/1/06-6/30/07.* **New Program Development Objective 2007-08 Update:** The AAA and APS staff will continue to seek funding to establish the FAST program in Stanislaus County. Included in the planning will be the SEAPA partners. *Outcome and Measurement:* See above. *To be accomplished 7/1/07-6/30/08.* **Continued Program Development Objective. This objective is not workable at the present time. No Program Development Funds were used during FY 2007-2008. Delete until further notice.**

2.12 The AAA staff and the Commission on Aging members will compile Disaster Preparedness Packets to be distributed throughout Stanislaus County. The packets will contain a File of Life, with instructions for its use; information about assembling a disaster kit; and where emergency information will be available in case of a disaster. *Outcome:* Packets will be distributed to seniors in senior apartments, mobile home parks, and to rural areas through the use of the InfoVan. *Measurement:* Number of residences visited and packets distributed. *To be accomplished by September 30, 2007.* **New Program Development Objective. Completed 3/31/08.**

2.13 The AAA staff will coordinate with the Ombudsman Program staff to develop a training program to facilitate communication between leaders of local ethnic groups, the staff of long term care homes and the Ombudsman Program. The Ombudsman manager, staff from the AAA, and leaders from various community groups that represent the ethnic diversity of Stanislaus County will assist in the training programs. The objective of the training sessions will be to find ways to better communicate with members of ethnic groups, assisting them to understand the long-term care system when placement in a care home becomes necessary for members of their family and community. *Outcome:* Training sessions will be conducted for family members and staff of care

homes to foster understanding of cultural norms while adhering to the laws and guidelines of the care home system. *Measurement:* Measurement will be by the number of training sessions given, and attendance at the meetings. *To be accomplished 7/1/07-6/30/08. New Program Development Objective.*

2008-2009 Update: Plans for the training sessions are currently in process. Completion of this objective will continue into the new fiscal year. *Outcome and Measurement:* See above. *To be accomplished 7/1/08-6/30/09. Continued Program Development Objective.*

Goal #3-Promote and Maintain Independence

We intend to assist seniors and caregivers in promoting and maintaining the optimum conditions to remain independent in the community.

Rationale:

- ❖ Approximately 30% of needs assessment respondents identified transportation as an issue.
- ❖ The number of family caregivers that require assistance to maintain the best conditions to continue providing care at home has increased.
- ❖ Approximately 72% of needs assessment respondents identified heavy housework and approximately 45% identified light housework as issues to maintain their independence.

Objectives:

3.1 The AAA staff will coordinate with Stanislaus Regional Transit (StaRT) to sponsor training sessions on the use of the public transit system. Measurement will be by the number of sessions conducted and the number of participants in each training session. *To be accomplished 7/1/05-6/30/06. New Coordination objective*

Update: Outcome: Seniors will have the opportunity to understand the various public transit options available in Stanislaus County. *To be accomplished 7/1/06-6/30/07. Continued Coordination Objective. Completed 9/30/06.*

3.2 The AAA staff will assist the provider of homemaker services to seek grants to expand the current program. Expansion will include hiring additional homemakers and providing services in the isolated east and west sides of the county. Measurement will be by the number of additional staff hired, the provision of additional homemaking services and a significant reduction in the waiting list. *To be accomplished 7/1/05-6/30/06. New objective*

Update: Outcome: The Homemaker Program will be available in rural and isolated areas of the county. *To be accomplished 7/1/06-6/30/07.*

2007-08 Update: The AAA has included the provider of the Homemaker Program as a vendor for the Linkages and Family Caregiver Program to assist caregivers. With this agreement the provider has been able to hire more employees and expand service into the rural areas of the county. This arrangement will continue in FY 2007-08. *Outcome and Measurement:* See above. *To be accomplished 7/1/07-6/30/08. Continued Objective.*

2008-2009 Update: The AAA will continue to include Catholic Charities as one of the agencies to assist with Homemaking services for both the Linkages and Family Caregiver Support Program for unpaid caregivers. *Outcome and Measurement:* See above. *Continued Objective.*

3.3 The AAA staff will assist the provider of homemaking services in seeking Community Development Block Grant funding to expand the homemaker services to include specific provisions for heavy chore work. Measurement will be by the successful grant applications and expanded

services to seniors and caregivers. *To be accomplished 7/1/05-6/30/06.* **New Program Development objective**

Update: Due to significant staff changes at the provider of the Homemaker Program, no grants were written. *Outcome:* Frail senior citizens and disabled persons will have access to services that will assist them in maintaining their homes and retaining their independence. *To be accomplished 7/1/06-6/30/07.* **Continued Program Development Objective.**

2007-08 Update: The provider is awaiting the outcome of grant proposals to address this need. The AAA will continue to assist the provider in developing a program to meet the greater needs of seniors and caregivers, thereby making it feasible for them to remain in their homes. *Outcome and Measurement:* See above. **Continued Program Development Objective.** The Catholic Charities staff has developed a training program for homemakers and chore workers. **Completed 12/31/07.**

3.4 The Linkages staff will use Targeted Case Management funding to expand the level of case management services to current and potential clients. Measurement will be by the funding received and the services provided to the Linkages Program clients. *To be accomplished 7/1/05-6/3/06.*

New Program Development objective

Update: The system for accessing Targeted Case Management funds is in the process of allocation. *Outcome:* The level of case management services will be expanded for Linkages clients. *To be accomplished 7/1/06-6/30/07.* **Continued Program Development Objective. Completed 12/31/06.**

2007-2008 Update: The Linkages staff will continue to expand services for clients as needs warrant and funding remains available for these purposes.

2008-2009 Update: The Linkages staff will continue to expand services for clients as needs warrant and funding remains available for these purposes.

3.5 The AAA staff will work with the provider of the Assisted Transportation Program and other community transportation agencies to seek grants to expand specialized transportation services for seniors and disabled adults. *Outcome:* Catholic Charities, the Assisted Transportation Program provider, and other Transportation Agencies will obtain funding that will enable them to expand existing programs into more areas of the County. *Measurement:* The number of additional routes and transportation services available through the Assisted Transportation Program and associated Community Transportation services. *To be accomplished 7/1/08-6/30/09.* **New Coordination Objective.**