# **PUBLIC HEARINGS**

Thursday, May 11, 2017 9:30 a.m.

Seasoned Circle Café 1274 N. 37<sup>th</sup> St. East St. Louis. IL 62205 Thursday, May 11, 2017 12:30 p.m.

Washington County Senior Services

305 N. Nashville St. Okawville, IL 62271

Written comments accepted until 4:00 p.m. May 18, 2017 at the:

AgeSmart Community Resources

2365 Country Road Belleville, IL 62221 (618) 222-2561

Serving counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington

# Purpose of the Public Hearings and the Public Information Document

AgeSmart Community Resources (AgeSmart) is conducting the public hearings on the FY18 Area Plan on Aging for the three-year cycle FY17-18. The public is welcome and encouraged to attend the public hearings to discuss and make comments on the Area Plan on Aging.

The Area Plan on Aging is a planning, management and grant award document. The full Area Plan format is prepared by the Illinois Department on Aging (IDOA). The Area Plan may be fine-tuned or even redesigned during the year as activities and funding dictate. Some proposed activities might be reconsidered after research and feedback during the planning stages. AgeSmart submits amendments to the Area Plan each year in the format required by IDOA.

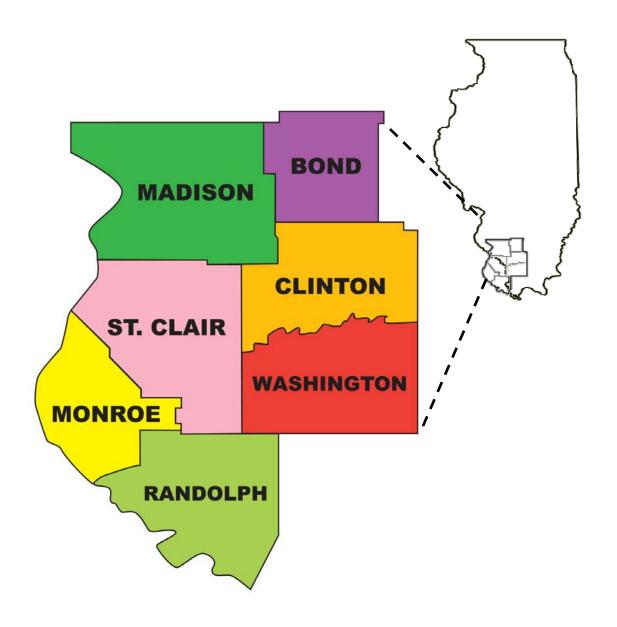
This Public Information Document is the official summary of the proposed Area Plan for FY18 beginning October 1, 2017 and ending September 30, 2018. All activities are subject to available funding.

The Public Information Document is for the reader to use as a tool to stimulate comments and questions at the Public Hearings. (See above for the dates, times and locations.) Comments must be written and presented orally at the Public Hearings or in written form only and delivered to AgeSmart no later than 4:00 p.m. on May 18, 2017.

#### What's Inside...

Service Priorities
Initiatives
Administration
Services Provided
Home Delivered Meals
Revenues/Expenses

# Planning and Service Area (PSA) 08



In accordance with the federal Older Americans Act regulations, the Illinois Department on Aging has divided Illinois into thirteen Planning and Service Areas. The thirteen Planning and Service Areas in Illinois are each managed and served by an Area Agency on Aging. AgeSmart is a nonprofit organization serving the seven counties in Southwestern Illinois highlighted above.

# The Aging Network

In 1965, Congress enacted the Older Americans Act (OAA) in response to concern by policymakers about a lack of community social services for older persons. The Act created an interconnected structure of agencies and services known as the National Aging Network.

# Administration for Community Living

(U.S. Department of Health & Human Services)

Provides national leadership on aging issues. Recommends policy, develops regulations to implement the OAA, allocates and administers the OAA budget, and disseminates grants for research, training and model projects.

# State Units on Aging

(Illinois Department on Aging)

Serves as the state governmental agency for aging issues. Administers, designs, and advocates for benefits, programs, and services for the older persons and their caregivers. Also designates Area Agencies on Aging within the state.

# Area Agencies on Aging

(AgeSmart Community Resources)

Planning agency at the local level. Responsible for advocacy on behalf of older persons, planning and service development, and administration of a wide variety of funds for community-based services.

#### Our Mission

AgeSmart enhances the lives of older adults, persons with disabilities and veterans through advocacy, action, and answers on aging.

#### Who We Are

AgeSmart is an **independent non-profit** organization and is one of over 600 Area Agencies on Aging across the country authorized by the Amended Federal Older Americans Act (OAA) to plan and administer services to persons 60 and older, their caregivers, and grandparents raising grandchildren. AgeSmart is one of 13 Area Agencies in Illinois authorized by the Illinois Act on Aging and designated by the Illinois Department on Aging.

AgeSmart plans, coordinates, and acts as an advocate for the development of a comprehensive service delivery system for over 145,000 individuals aged 60 and older in Planning and Service Area 08 (PSA). The PSA is comprised of two high-density counties (Madison and St. Clair) and five low-density\* counties (Bond, Clinton, Monroe, Randolph and Washington), two of which are rural (Randolph and Washington).

\*Low Density: Community with population under 5,000

#### FY17 Board of Directors

A 10 member Board of Directors governs AgeSmart chaired by Jonnie Anthony of St. Clair County, IL. The Board sets policy and makes decisions about programs and funding distribution. Over 60% of the Board members are over the age of 60.

Johnnie Anthony	St. Clair County
Thomas Dawdy*	Bond County
Anita Ewing	St. Clair County
Donna Frederick	St. Clair County
Cynthia Johnson	Monroe County
Tina Kassing Meurer	Madison County
Rachel Lugge	Clinton County
Michael Niermann	Madison County
Richard Stephens	Bond County
Fran Wellinghoff	Clinton County

<sup>\*</sup>President

## FY17 Advisory Council

A 12 member Advisory Council is led by Craig Taylor of Clinton County, IL. The Council advises AgeSmart on assessing the needs of older adults and their caregivers and makes recommendation on service priorities

Curtis Bailey	Erin McNamara
Debra Carter	Trista McWilliams
Cindy Hill	Doris Rencher
Dorene Hoosman	Craig Taylor*
Lori Key	Connie Turner
Bhagya Kolli	
Larry McLean	*Chairman

### FY17 Staff

Joy Paeth	Chief Executive Officer
Nancy Lonsdale	Chief Fiscal Officer
Lana Schmulbach	Executive Administrative Assistant
Chris Fulton	Information and Assistance Manager
Kiyeon Yoch	Grants/Planning Manager
Christina Anglin	Program Compliance Specialist
Ashley Duffie	Wellness Coordinator
Teresa Keaton	Options Counselor
Melanie O'Brien	I & A Resource Specialist
	Clerical-Receptionist
Judy Pensoneau	Accountant
Tamara Stancil	SMP Volunteer Coordinator
Adeline Thompson .	Options Counselor
Michelle Steward	Consumer Billing Specialist

# FY17 Grantees



#### Bond County Senior Citizens Center, Inc.

Greenville, IL (618) 664-1465

#### Centerstone

Alton, IL (618) 462-2331 ext.412

#### Children's Home & Aid

Granite City, IL (618) 452-8900



#### Clinton County Senior Services Inc.

Carlyle, IL (618) 594-2321



#### Collinsville Area **Ministerial Association**

Collinsville, IL (618) 344-5008

#### Edwardsville/Glen Carbon-Faith in Action

Edwardsville, IL (618) 692-0480



## Health Visions

East St. Louis, IL (618) 271-7000

### Land of Lincoln Legal Assistance Foundation, Inc.

East St. Louis, IL (618) 398-0958 ext.261

• Senior Citizens Legal Services Project

(618) 398-0958 ext.226

 Long Term Care Ombudsman Program (618) 398-0958 ext.215

#### **Mascoutah Senior Services Program**

Mascoutah, IL (618) 566-8758

#### Millstadt Township Senior **Services**

Millstadt. IL (618) 476-3731



### Northeastern Randolph County Senior Services, Inc.

Sparta, IL (618) 443-4020

#### Seasoned Circle Café

East St. Louis, IL (618) 295-3474



## A Senior Services Plus, Inc.

Alton, IL (618) 465-3298

### **South Central Illinois Mass Transit District**

Centralia, IL (618) 532-8076

#### Southwestern Illinois Visiting **Nurse Association**

Swansea, IL (618) 236-5863

#### **SWIC Programs & Services** for Older Persons (PSOP)

Belleville, IL (618) 234-4410

#### **Tri-Cities Faith In Action**

Granite City, IL (618) 877-9020

#### Village of Steeleville

Steeleville, IL (618) 965-3134 ext.5



#### Mashington County Senior Services, Inc.

Okawville, IL (618) 243-6533

### **Western Egyptian Economic Opportunity Council**

Steeleville, IL (618) 965-3458



Waterloo Senior Center Waterloo, IL (618) 939-8880



Chester Senior Center Chester, IL (618) 826-5108

Member, Answers on Aging Network Information and Assistance Provider

# Area Plan on Aging

### **Planning Process**

AgeSmart assesses the service needs of older adults in the seven-county region every three years as a part of the planning process and establishes a priority service list annually. The service priorities reflect those services found to be the greatest need for those older adults in the planning and service area (PSA). A variety of methods are used to identify the needs of older adults, caregivers, and grandparents raising grandchildren in the PSA as outlined below.

- Studying national trends and reports on the needs of older adults, caregivers and grandparents raising grandchildren
- Analyzing U.S. Census data and other relevant demographic statistics
- Analyzing service utilization data using National Aging Program Information System and Enhanced Services Program
- Collecting community feedback through focus groups and surveys

AgeSmart presents the findings from the assessments to AgeSmart's Board of Directors and Advisory Council to establish service priorities and develop new programs. Through monitoring efforts, open dialogue with service providers, and contact with the public, AgeSmart gathers information to make nuanced or significant changes in programs within the planning cycle. The service priorities reflect those services found to be the greatest need for the older adults and their caregivers in the region.

#### **Summary of the Needs Assessment for FY16-18 Area Plan**

A variety of activities to identify needs of consumers were completed. The findings from the needs assessment are outlined below.

## **Surveys & Focus Groups for Older Adults and Family Caregivers**

- 1. Need to increase community awareness of the Home and Community-Based Services for older adults, caregivers, and grandparents raising grandchildren.
- In one focus group, more than 30 percent said they "didn't know where to go to find information on senior services" and nearly 50 percent said they "didn't know if Home Delivered Meals (HDM) existed in their community."
- 33 percent of the survey respondents said they "didn't know if HDM existed in their community."
- Most focus group participants were not aware of the family caregiver services, especially the services available for grandparents raising grandchildren.
- When asked "What keeps you from participating in activities in the community?"
   Nearly 40 percent of the survey respondents "didn't know about opportunities."

- 2. Need for a trusted and affordable home repair/handyman service.
- In every focus group, handyman service emerged as a critical service for older adults to age in place.
- 25 percent of the survey participants "needed help with home modification and yard work."

# FY15 Online Survey for local professionals seeking feedback on senior services in the community.

The findings from FY15 survey were consistent with the needs identified from FY14 needs assessment.

- More than 40 percent of the respondents thought that the programs for older adults were not well-publicized in the community.
- "More public outreach" and "Home repair" were among the services that the respondents identified as a gap.
- People value Home and Community-Based Services such as Nutrition, Transportation and Caregiver Support Services.

**PSA8 Demographic Characteristics of Older Persons** 

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County	Total 60+	60+ Poverty	60+ Minority	60+ Live Alone	75+
Bond	4,034	343	184	1,120	1,311
Clinton	8,535	615	233	2,055	2,869
Madison	59,456	4,002	4,412	13,680	18,817
Monroe	7,839	335	144	1,360	2,624
Randolph	7,925	732	316	1,980	2,644
St. Clair	53,984	4,344	14,581	13,485	16,588
Washington	3,663	418	44	850	1,294
PSA TOTAL	145,436	10,789	19,914	34,530	46,147
STATE TOTAL	2,590,593	213,900	666,103	604,154	791,118

(2015 Census Population Estimates & 2011-2015 American Community Survey 5 year Estimates)

Based on the results of the needs assessment and evaluation of the existing service system, AgeSmart establishes the service priorities and develops local initiatives. In FY 2016, nearly 30,000 unduplicated persons participated in one or more of the services funded through AgeSmart.

# Local Initiatives

The local initiatives for the Area Plan Cycle FY16-18 are outlined below.

### 1. Expand community outreach and education

In FY18, AgeSmart's community outreach will be significantly expanded through the new branding and targeted campaign engaging various community organizations. The outreach plan is developed with the coordinated assistance of the Advisory Council and includes the following activities.

- Increase presentations to civic groups throughout the PSA
- Reach out to the faith communities developing a relationship with the Clergy Councils
- Continue to build the relationship with the hospitals, which include Memorial in Belleville and O'Fallon, St. Elizabeth's and Alton Memorial
- Expand the reach of the Healthy Living Expo, AgeSmart's biggest annual outreach event, by broadening the exhibitor base

## 2. Develop and implement a volunteer-based handyman service

While an effort to secure funding and volunteer handypersons continues, AgeSmart is also exploring an opportunity to collaborate with a community organization in St. Clair County. This potential partnership is being explored as part of the organization's social accountability initiative which would develop an employee volunteering model. The handyman service will be focused on accessibility and safety issues to help older adults maintain their independence as long as possible in their own homes.

The types of services the handyman program can offer include:

- Install grab bars in bathroom area
- Install handheld shower
- Repair minor electrical problems
- Repair minor plumbing problems (i.e. running toilet, leaking faucet)
- Repair or replace door handles or deadbolts
- Replace furnace filter
- Install/replace batteries in a smoke/CO detector
- Change light bulbs

Individuals aged 60 or older are eligible for the program. AgeSmart continues to raise awareness and engage communities about the need for community handypersons in FY17. Our goal for FY18 is to develop and implement a pilot that can be replicated throughout the entire region.

### 3. Implement and coordinate a Volunteer Money Management Program

AgeSmart's partnership with Lutheran Senior Services (LSS) to offer Volunteer Money Management Program will continue in FY18. The program is designed to help older adults manage daily financial tasks such as balancing a checkbook, reconciling bank statements, creating a budget, etc.

Volunteers are trained to identify other needs during home visits and make appropriate referrals connecting older adults to the services they need. A volunteer meets with a client in his/her home to assist with the following:

- Sorting and organizing mail
- Disposing of solicitations and junk mail
- Explaining forms
- Balancing checkbooks
- Reconciling bank statements
- Creating a budget
- Finding other resources as needed

The program serves adults aged 60 or older and those age 50-plus with disabilities free of charge. After an initial home visit, qualified adults will be matched with a volunteer. A participant must maintain an active checking account and be able to sign checks. The program is currently available in Madison, Monroe, and St. Clair counties.

In FY17, AgeSmart and LSS are expanding community outreach through coordinated joint effort. The goal for FY18 is to recruit 20 new clients and 15 new volunteers. It is our hope that this collaboration will continue to grow and the program will be available in all seven counties in the future.

# **FY18 Service Priorities**

The service priorities for FY18 are outlined below.

Should the amount of federal or state funding for FY18 decrease, AgeSmart will revise the service priorities based on the needs of a service developing a plan that would cause the least harm to consumers.

Service Definition	PROJECTED PERSONS SERVED IN FY18	PROJECTED UNITS OF SERVICE IN FY18	
Title III-B Access Se	ervices		
Assisted Transportation	600	15,000	
(Provided by multiple grantees in portions of Clinton, Madison and St. Clair counties)  Providing transportation and an escort to older persons who have difficulty using regular transportation. Assisted Transportation is "door-to-door", and the escort will often wait with the older person at the doctor's office or other destination.			
Information & Assistance (I & A)	26,000	29,000	
(Provided by AgeSmart and multiple grantees throughout the service area)  Providing current information on opportunities and services available within their communities; links the individuals to the opportunities and services that are available; and, to the maximum extent practical, ensures that the individuals receive the services needed by establishing adequate follow-up procedures.			
Options Counseling	300	1,000	
(Provided by multiple grantees throughout the service area) Providing a person-centered, interactive, decision-support process whereby individuals receive assistance in their deliberations to make informed long-term support choices in the context of their own preferences, strengths, and values.			
Transportation	1,200	55,000	
(Due vide all by many time a superstance throughout the growning area)		·	

(Provided by multiple grantees throughout the service area)

Transporting older persons to and from community facilities and resources for the purpose of acquiring and receiving services, participating in activities and attending events in order to reduce isolation and promote successful independent living.

Title III-B In-Home Services		
Residential Repair & Renovation	150	150

(Provided by one grantee throughout the service area)

Assisting older persons with physical or cognitive problems to maintain or adapt their homes to meet their specific needs.

Title III-B Community Services			
Legal Assistance	600	3,500	

(Provided by one grantee throughout the service area)

Services include arranging for and providing assistance in resolving civil legal matters and the protection of legal rights, including legal advice, research and education concerning legal rights and representation by an attorney at law, a trained paralegal professional (supervised by an attorney), and/or a law student (supervised by an attorney) for an older person.

Title III-C1 Community Services			
Nutrition Services: Congregate Meals	6,000	155,000	
(Provided by multiple grantees throughout the service area)			

Providing nutri	tious meals in	congregate	setting.
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Title III-C2 In-Home Services		
Nutrition Services: Home Delivered Meals	2,000	290,000

(Provided by multiple grantees throughout the service area)

Providing nutritious meals delivered to older persons who are homebound because of illness or disability.

Title III-D Community Services			
Chronic Disease Self-Management Program	40	160	

(Provided by AgeSmart throughout the service area)

Providing older adults with education and tools to help them cope with chronic health conditions and better manage their health.

A Matter of Balance	100	600
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(Provided by AgeSmart throughout the service area)

A fall prevention program that is designed to reduce fear of falling and increase activity levels among older adults.

Title III-E Access Assistance	e Services	
Case Management for Caregivers 100 100		100
(Provided by one grantee throughout the service area) A service to assess caregivers' needs and eligibility for Respite Care Service		
Case Management for Grandparents Raising Grandchildren	75	250

(Provided by one grantee throughout the service area)

A service that assists Grandparents Raising Grandchildren in obtaining access to the services and resources available within their communities. To the maximum extent practical, it ensures that the individuals receive the services needed by establishing adequate follow-up procedures.

Information & Assistance for Caregivers	2,800	3,500
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(Provided by AgeSmart throughout the service area)

A service for caregivers that provides current information on opportunities and services available within their communities; links the individuals to the opportunities and services available. The term "family caregiver" means an adult family member, or another individual, who is an informal provider of in-home and community care to an older individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction.

Title III-E Information Servi	ices	
Public Education	750	40
(Provided by AgeSmart throughout the service area) Information service that is directed to large audiences of current and	d potential caregivers.	
Title III-E Counseling		
Counseling	200	600
(Provided by two grantees for Bond, Madison, and St. Clair Counties) In-home personal counseling service for caregivers.		
Title III-E Respite Service	es	
Respite	80	15,000
Respite for Grandparents Raising Grandchildren (Provided by one grantee throughout the service area) Providing temporary, substitute support to allow Grandparents a bri	•	1,000 and to other needs.
Title III-E Supplemental Serv		
Gap Filling for Caregivers  (Provided by one grantee throughout the service area)  A supplemental service for caregivers that provides financial assistance	e on a case-by-case basis.	54
Gap Filling for Grandparents Raising Grandchildren	40	40
(Provided by one grantee throughout the service area) A supplemental service for Grandparents Raising Grandchildren that p basis.	rovides financial assistance	on a case-by-case

(Provided by one grantee throughout the service area)

**Legal Assistance for Caregivers** 

Services include arranging for and providing assistance in resolving civil legal matters and the protection of legal rights, including legal advice, research and education concerning legal rights and representation by an attorney at law, a trained paralegal professional (supervised by an attorney) and/or a law student (supervised by an attorney) for caregivers of older persons.

80

200

Legal Assistance for Grandparents Raising Grandchildren	15	110
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(Provided by one grantee throughout the service area)

Services include arranging for and providing assistance in resolving civil legal matters and the protection of legal rights, including legal advice, research and education concerning legal rights and representation by an attorney at law, a trained paralegal professional (supervised by an attorney) and/or a law student (supervised by an attorney) for grandparents raising grandchildren.

#### Title III-B/VII Ombudsman

#### Long Term Care Ombudsman

(Provided by one grantee throughout the service area)

Advocating for residents of long term care facilities, developing rapport with residents and providing advocacy, support and education about their rights.

#### **Title VII Elder Rights**

#### **Adult Protective Services**

(Provided by one grantee throughout the service area)

A service that responds to reports of abuse, neglect, and financial exploitation of older adults 60+ and adults with disabilities 18-59 providing investigation, intervention and follow-up services to victims.

# Other Services

## **Veterans Directed Home and Community Based Services**

AgeSmart works in partnership with the Marion and St. Louis Veterans Administration Medical Centers to help veterans live independently in the community. Options Counselors support veterans in developing a service package to meet their needs, helping them to maintain their independence.

## **Volunteer Money Management Program**

AgeSmart is collaborating with Lutheran Senior Services to offer Volunteer Money Management Program (VMM). It is designed to help older adults manage day-to-day financial tasks so they can remain self-sufficient. A volunteer meets with a client in his/her home to assist with the following:

- · Sorting and organizing mail
- · Disposing of solicitations and junk mail
- Explaining forms
- Balancing checkbooks
- Reconciling bank statements
- Creating a budget
- Finding other resources as needed

VMM serves adults age 60-plus and those age 50-plus with disabilities. After an initial home visit, qualified adults will be matched with a volunteer. A participant must maintain an active checking account and be able to sign checks.

VMM is currently available in Madison, Monroe, and St. Clair counties. For more information or volunteer opportunities, contact AgeSmart at 618-222-2561.

#### **Senior Medicare Patrol**

Senior Medicare Patrol (SMP) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

The Illinois SMP program is administered through AgeOptions in Suburban Cook County and AgeSmart participates in this statewide initiative serving as the SMP Coordinator for the Southern Illinois counties.

#### **Adult Protective Services**

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are people who are older, frail, and vulnerable and cannot help themselves and depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or "trusted others."

The **Adult Protective Services**, under authority of the Illinois Adult Protective Services Act, responds to reports of alleged abuse, neglect, or financial exploitation of persons 60 years of age and older, and of persons age 18-59 with disabilities living in the community. It is designed to build upon the existing legal, medical, and social service systems in place, and ensures the system is more responsive to the needs of abuse victims.

## **Types of Abuse**

- Physical Abuse inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.
- Sexual Abuse non-consensual sexual contact of any kind.
- Neglect the failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- Exploitation the illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else's benefit.
- Emotional Abuse inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.
- Abandonment desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- Self-neglect characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

AgeSmart serves as the Regional Administrative Agency for the Illinois Adult Protective Services as designated by IDOA and, in turn, grants funds to local agencies to insure direct client services are provided. Every month, approximately 80 abuse and neglect cases are reported to Adult Protective Services in PSA8.

## To Report Abuse

Call the Southwestern Illinois Visiting Nurse Association: **1-800-642-5429** or 24-hour **Elder Abuse Hotline: 1-866-800-1409, 1-888-206-1327 (TTY).** Any person can voluntarily report. By law, anyone making an Adult Protective Services report in good faith has civil and criminal immunity from liability and professional disciplinary action. All reports are kept confidential and anonymous reports are accepted.

# Administration

# Administrative Activities

The OAA restricts AgeSmart administrative cost to 10% of the Title III funding. AgeSmart's proposed administrative expenses and activities for FY18 are as follows.

Budget: \$296,500

### Synopsis of Activities

- Implement Area Plan assurances
- Implement Area Plan Statewide and Local Initiatives
- Procure Federal and State funds
- Develop and implement RFP process to award grants for services
- Maintain NAPIS/ESP program databases
- Monitor grantees in program and fiscal performance including on-site reviews
- Provide technical assistance and training for grantees
- Comply with IDOA requests and requirements
- Complete annual Agency financial audit
- Write and disseminate an annual report
- Follow Civil Rights regulations and monitor grantees' adherence
- Provide Board Management training for the Board of Directors
- Provide Service Procurement training for the Advisory Council
- Provide administrative support for the Board of Directors and Advisory Council
- Maintain AgeSmart's website (<u>www.AgeSmart.org</u>) to provide the public with 24/7 access to comprehensive aging resources
- Administer and coordinate Farmers Market Coupon Program

# Administratively Related Activities

In addition to the 10% administrative cost, AgeSmart retains part of III-B supportive service funds for the Administratively Related Direct Services, which are Advocacy, Coordination, and Program Development. AgeSmart's proposed administratively related expenses and activities for FY18 are as follows.

# **Advocacy**

Budget: \$93,000

#### Synopsis of Activities

 Provide legislators with information regarding constituencies including but not limited to demographics, service trends, number of consumers served to address the area's needs

- Visit legislators (2 senators, 2 congressional representative, 9 state senators, and 7 state representatives) and stay in constant contact regarding important issues regarding beneficiaries (locally and in Springfield)
- Seek contact with 7 county boards, over 50 mayors and village presidents,
   133 township and precinct supervisors
- Advisory Council hosts monthly meetings throughout the Aging Network to address advocacy issues
- Participate in the National and Illinois Associations of Area Agencies on Aging (N4A & I4A)
- Serve as a catalyst for local community elected officials who are interested in programs for their 60+ citizens and meet with them individually on multiple occasions
- Encourage the media to highlight issues pertaining to older adults and their caregivers

# Coordination

Budget: \$51,000

### Synopsis of Activities

- Coordinate efforts throughout AgeSmart's PSA for the Senior Health Assistance Program (SHAP) / Senior Health Insurance Program (SHIP) / MIPAA (Medicare Improvements for Patients and Providers Act) / Aging and Disability Resource Center (ADRC) / Options Counseling
- Attend numerous health and senior fairs throughout AgeSmart's PSA
- Participate in quarterly meetings with the CCU and CCP providers
- Serve as a catalyst for local community elected officials who are interested in programs for their 60+ citizens by meeting with them individually on multiple occasions
- Serve as Senior Medicare Fraud Patrol Volunteer Coordinator
- Work with local Lions Clubs to offer eye screenings
- Serve on the following state and local committees:
  - Aging and Disabilities Resource Center Leadership Team
  - Belleville Chamber of Commerce Community Services Committee
  - East St. Louis Health and Social Services Consortium and Senior Conference
  - Southern Illinois Human Service Transportation Planning Committee (Region 9 & 11)
  - Illinois Alliance of Information & Referral Systems (AIRS)
  - National AIRS Affiliate Council
  - St. Clair County Emergency Preparedness
  - Local Area Network of Mental Health & Aging Professionals
  - St. Clair County Healthcare Commission

- Southwestern Illinois College Human Services Department Advisory Council
- Coordinate the Southwestern Illinois Pioneer Coalition for Culture Change
- Illinois State 211 Board
- United Way of Greater St. Louis 211 Advisory Committee
- Breakthrough Coalition Steering and Advocacy Committees
- Illinois Coalition of Mental Health and Aging
- O'Fallon Chamber of Commerce Healthcare and Wellness Committee
- Madison County Mental Health Alliance
- Reveille Veterans Services Network

# **Program Development**

Budget: \$93,000

### Synopsis of Activities

- Encourage innovation through pilot programs and prototypes
- Develop and implement new programs
- Follow Request for Proposal procedures
- Utilize the Advisory Council throughout the granting process
- Participate as members on the following IDOA Councils: Nutrition, Elder Abuse,
   Caregiver, and Long Term Care Ombudsman
- One staff member is certified in Federal Grants Management by Management Concepts, Inc.
- Train grantees in program and NAPIS reporting
- Maintain Illinois Food Service Sanitation Manager Certified staff member
- One staff member is trained to provide Chronic Disease Self-Management Program
- Two staff members are trained as Master Trainers for A Matter of Balance Program

# Services Directly Provided by AgeSmart

AgeSmart proposes to continue to provide III-B/E Information & Assistance, III-B Options Counseling, III-D Health Promotion & Disease Prevention, III-E Public Education, and Respite and requests Direct Service Waivers in order to directly provide these services in FY18.

## III-B/III-E Information and Assistance

AgeSmart provides area-wide Information & Assistance (I&A) and Options Counseling as a single point of entry serving older adults, their caregivers and people with disabilities in the seven-county region.

## **Synopsis of Activities**

- Provide individuals with current information on opportunities and services available
- Assess the problems and capacities of the individuals
- Establish adequate follow-up procedures based on the older individual's needs
- Maintain Enhanced Services Program (ESP) database for PSA 08
- Provide ESP technical assistance to the grantees
- Utilizing FeatureLink® to connect callers to the grantees and Aging Network services
- Maintain Certified Information & Referral Specialists for Aging (CIRS-A)
- Maintain AgeSmart website (<u>www.AgeSmart.org</u>) to provide consumers with 24/7 access to aging resources
- Provide education programs to the public

#### Justification

While AgeSmart funds eight local service providers to deliver I&A in their communities, AgeSmart serves as a single point of entry responding to service requests from the entire planning and service area and beyond. The Elder Care Locator managed by the National Association of Area Agencies on Aging directs callers to Area Agencies for I&A. This single point of entry is necessary for older adults and caregivers not to be overwhelmed by multiple agencies and numerous phone numbers. At the same time, it is imperative that consumers find "no wrong door" when seeking information. AgeSmart's I&A service complements the area I&A efforts not only with those provided by the grantees, but also throughout the Aging Network.

Being located in St. Clair County which has nearly 40% of the region's 60+ and 70% of the minority population, AgeSmart directly reaches out to those with the greatest need and serves as the information hub, providing training and technical assistance to the local I&A providers. There is no other local agency for providing I&A at this capacity.

# **III-B Options Counseling**

AgeSmart provides PSA wide Options Counseling services to all persons with disabilities aged 18+ and older adults who request or require current long term support services and/or persons of any age who are planning for the future regarding long term support services without regard to income or assets.

## Synopsis of activities:

- Outreach to all communities on the service and its value in planning
- Personal interview
- Exploration of resources
- Decision support
- Goal setting
- Links to available services
- Follow up with consumers

#### Justification

In terms of coordination and trainings, AgeSmart is the focal point in the seven-county region for Information and Assistance services. Options Counseling forces a paradigm shift from an older medical model approach in Information and Assistance services to a person centered model. AgeSmart is already in the position to coordinate, train, and update the existing network in this newer, more extensive manner of delivering Information and Assistance services. As with standard Information and Assistance, AgeSmart's Options Counseling complements the PSA efforts in providing consumers with the best, most up-to-date information and resources.

Drogram	Pudgot	Projected	Projected
Program	Budget	Persons	Units
Title III-B Information & Assistance	\$31,500	5,000	6,500
Title III-E Information & Assistance for Caregivers	\$6,600	2,800	3,500
Title III-B Options Counseling	\$30,000	100	300

# **III-D Health Promotion & Disease Prevention**

AgeSmart requests a Direct Service Waiver to provide **Chronic Disease Self-Management Program (CDSMP)** and **A Matter of Balance (MOB)** under III-D Health Promotion and Disease Prevention programs in FY18. These programs meet the highest level criteria for the Title III-D Evidence-Based Programs as required by the Administration for Community Living.

### **Synopsis of Activities:**

- Provide outreach and community education on the evidence-based health promotion programs throughout the PSA
- Recruit and retain coaches and provide coach trainings

- Provide technical assistance to local coaches in the program delivery
- Implement and coordinate workshops
- Recruit participants for the workshops through advertising and community presentations
- Purchase and prepare class materials
- Ensure coaches have class materials and other supplies
- Monitor the program utilization trends and comply with the reporting requirements
- Maintain the program licenses and ensure fidelity of the evidence-based programs

#### **Justification**

According to the Centers for Disease Control and Prevention (CDC), approximately 80 percent of older adults have a chronic condition and over 60 percent have at least two. Over 40 percent of all older Americans have high blood pressure and more than one in four has high cholesterol. Diabetes affects 12.2 million Americans aged 60+, or 23% of the older population. An additional 57 million Americans aged 20+ have pre-diabetes, which increases a person's risk of developing type 2 diabetes, heart disease, and stroke. It was reported that 84 percent of all health care costs were spent on individuals with one or more chronic conditions. Chronic conditions place a significant burden on individuals as well as health care systems. In a 2007 Centers for Disease Control and Prevention program for people at high risk for developing diabetes, lifestyle intervention reduced risk by 71% among those aged 60+.

Another common health concern for older adults is falls. Falls are leading cause of injuries, hospitalizations, and deaths due to injury. Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries, can impact the health and independence of older adults. CDC's new data highlighting the seriousness of falls show that from 2000 to 2013, death rates from unintentional falls grew for those aged 65 years and over. Death rates from falls increased from 38.2 per 100,000 in 2000 to 67.9 in 2013 for males. For females, death rates virtually doubled from 24.6 in 2000 to 49.1 in 2013. Fear of falling can lead older adults to limit their activities, which can worsen mobility and increase the risk of falling. Educating and empowering older adults to help them take charge of their own health is more important than ever. Studies show that people with chronic conditions who learn how to manage their symptoms can improve their quality of life and an evidence-based Fall Prevention program helps reduce fear of falling and increase activity levels among older adults.

Promoting health and wellness among older adults through provision of evidence-based programs is one of the AgeSmart's priorities. For FY18, AgeSmart proposes to continue to provide Chronic Disease Self-Management Program (CDSMP) and A Matter of Balance (MOB). AgeSmart has built strong partnerships with local hospitals, health departments, and many community organizations in the PSA raising awareness and promoting the evidence-based health promotion programs. Through collaboration with

Belleville Memorial Hospital, MOB classes will be available at the hospital beginning May, 2017 on a regular basis. AgeSmart has also partnered with Breese St. Joseph's Hospital to offer CDSMP classes. Increased number of workshops will be offered in Madison and St. Clair counties that have higher prevalence of chronic illnesses among older adults. Utilizing the current outreach channels and resources, AgeSmart will continue to expand CDSMP and MOB programs throughout the region. Currently there is no other local organization to provide the III-D programs at this capacity.

Program	Budget	Projected Persons	Projected Units
Title III-D Health Promotion & Disease Prevention	\$43,000	140	760

# **III-E Public Education**

AgeSmart provides Public Education for family caregivers of older adults in the sevencounty region. Through educational events, community presentations, and media campaigns, the program provides valuable information and resources for family caregivers and encourages them to use the programs and services available.

## **Synopsis of Activities**

- Attend local Health and Information Fairs in the communities reaching out to caregivers
- Conduct community presentations which link caregivers to needed services and benefits
- Provide caregivers with on-the-spot access to information using Enhanced Services Program (ESP) via mobile devices
- Provide an annual Caregiver Conference that is designed to educate and support caregivers
- Host the annual Healthy Living Expo
- Use online newsletter and social media to engage public and promote Home and Community-Based Services

#### **Justification**

The area has many Health & Informational Fairs that AgeSmart spends considerable staff time attending. Due to limited time and the high cost of space rental, most grantees are not able to attend these events. AgeSmart also has the capability to have ESP available at the events using mobile devices. This allows us to provide on-the-spot individual assistance to caregivers. No other agency exists to fill this gap.

Program	Budget	Projected Persons	Projected Units
Title III-E Public Education	\$27,000	750	40

# **III-E Respite**

AgeSmart administers Respite care program for primary caregivers of persons 60 and older throughout the seven-county region. Respite care is a short term relief designed to provide a break from the physical and emotional stress from caregiving. The service offers caregivers the flexibility and freedom in choosing their respite care providers.

## **Synopsis of Activities**

- Require Respite Assessments via CCU
- Verify monthly Respite service forms, provide assistance in completing the form and make follow-up phone calls, if needed
- Maintain the Respite client database, tracking service utilization
- Reimburse caregivers up to \$150 per month for Respite care
- Provide caregivers with information on educational opportunities and resources to help with their caregiving

#### Justification

AgeSmart began funding Respite care in FY02 through a community agency. Although the service provided was good, clients did not use the service widely because they did not want a stranger in the house and/or the hourly rate did not allow for enough hours of service. Efforts were made to find other agencies with the flexibility needed by caregivers, but none were found.

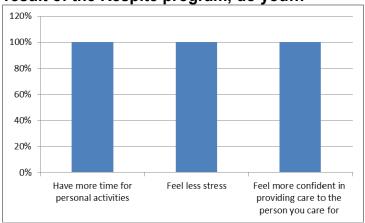
As AgeSmart's caregiver program evolved, the service delivery was changed in January 2003. The new service empowers caregivers to select the Respite care provider best suited to their needs and negotiate their own payment amount. AgeSmart, serving as the administrator of the program, then reimburses eligible caregivers up to \$150 per month. In FY16, AgeSmart served 78 caregivers providing 12,214 hours of respite.

Since its implementation, the Respite care program has experienced continued growth. The number of caregivers using Respite has significantly increased and the cost per hour has decreased from \$13 to \$7, which has not changed since 2005. Cutting these costs increases the funds available to caregivers and AgeSmart is the most logical entity to provide the service directly in order to keep the costs down. Over 90 percent of the budget goes directly to the program and AgeSmart retains **\$6,000** for administrative costs.

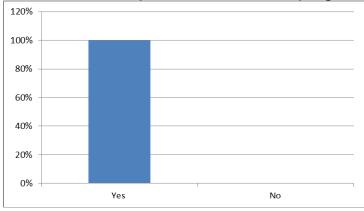
Program	Budget		Projected Units
Title III-E Respite	\$85,000	80	15,000

FY15 Respite Consumer Survey demonstrates the program's positive impact on the family caregivers' lives. Some of the key findings are listed below.

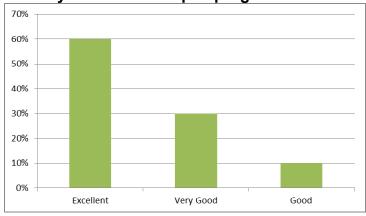
As a result of the Respite program, do you...



Has the Respite program enabled you to provide care for a longer period of time than would have been possible without the program?



How would you rate the Respite program?



# Home Delivered Meals Unmet Needs

FY16 Home Delivered Meals survey indicated that the PSA had 25 older persons needing meals living in the areas where Home Delivered Meals are not available. Providers in rural counties such as Monroe and Randolph are not able to deliver meals to the areas outside of their town limit. High food and fuel cost remains a challenge to many meal providers, especially the ones that serve rural areas and log many miles a day. In some areas, providers might not be able to deliver meals due to lack of funding or the need for additional volunteers to deliver the meals. Some providers altered the meal delivery system incorporating frozen meals to reduce the increased costs of transportation and fuel surcharges. The estimated number of older persons needing meals in unserved areas is as follows.

County	Unserved Townships/Communities	# of Older Persons Needing HDMs
Randolph	Ellis Grove	5
	Prairie du Rocher	5
Monroe	Renault, Valmeyer	10
PSA Total		20

Due to increased demand and funding uncertainty, AgeSmart had to institute a region-wide waiting list at the end of FY15. Many providers had to incorporate more frozen meals reducing number of delivery days and the waiting list continued until April, 2016. AgeSmart served **224,249** Home Delivered Meals to **1,609** frail, homebound older adults in FY16. This is over 20% decrease in utilization compared to FY15.

**HDM Service Utilization Comparison FY15 vs. FY16** 

	# Persons	# Units
FY15	2,172	293,396
FY16	1,609	224,249

The Department on Aging has allocated additional FY17 State Home Delivered Meals (HDM) funds to expand HDM statewide. AgeSmart is providing additional meals through provision of shelf-stable meals and weekend meals. Shelf-stable meals will serve as emergency meals for the days when normal meal delivery is not feasible due to increment weather or other emergency circumstances at the nutrition sites. Nearly 900 HDM clients are to receive ten (10) shelf-stable meals. The clients have started receiving weekend meals beginning March, 2017 and the weekend meals are expected to continue through September, 2017. It is our hope that we will be able to maintain the increased service level in FY18 and continue to offer weekend meals to our consumers. There is no waiting list at the time of writing.

# Other Funding Possibilities

While AgeSmart's main sources of funding are the federal Older Americans Act and Illinois General Revenue Funds, AgeSmart has made progress in securing grant funds from sources other than the Older Americans Act to enhance current programs and develop new programs. The Advisory Council has an active Outreach & Development Committee to assist in accessing additional funds. Possible funding sources for AgeSmart include the following.

## The Development Association for the Aging

The Development Association for the Aging (DAA) was created as a response to dwindling State and Federal Funds. The DAA is organized exclusively for charitable, educational, religious, or scientific purposes as a nonprofit organization to support the efforts of AgeSmart. The primary purpose of the DAA is to offer and provide support to older persons and the families of older persons as well as to agencies serving these populations. The region will see services for older adults increase and programs to be enhanced as the DAA grows and develops. The DAA is managed by a volunteer board of directors and currently employs no staff.

Since FY11, DAA has provided nearly 1,300 home delivered meals to the older adults who would otherwise have been denied the service due to lack of funding. DAA also provided over \$5,000 of emergency funds during the past two years for older adults in need.

## Other Possible Funding Sources

AgeSmart is collaborating with the Marion, Illinois and St. Louis, Missouri Veteran's Medical Centers to offer the Veterans Directed Home and Community Based Services Program (VDHCBS). VDHCBS is a program to provide home and community-based services to help veterans stay at home and remain in the community. It is a collaboration between the Veterans Health Administration (VHA), the Administration on Community Living (ACL), the Illinois Department on Aging (IDOA), the thirteen Illinois Area Agencies on Aging (AAAs), and currently two Missouri Area Agencies on Aging. VDHCBS serves veterans of any age that are at risk of nursing home placement, and their family caregivers. This will create another source of revenue for AgeSmart.

# Changes in Funding

For the purpose of this document, the FY18 Governor's proposed budget is used to estimate the funding level. When the actual funding allocation is received, AgeSmart will make adjustments in the way that causes the least disruption to services.

## Funding Increase

Should the amount of Federal or State funding increase during the FY18 funding cycle:

- AgeSmart's Board of Directors will determine the services and funding level based on the needs of the communities.
- Taking into account greatest needs, any increases in funding by a specific title may be used to expand/enhance existing services, to fund new pilot programs, and/or to offer innovative grants.

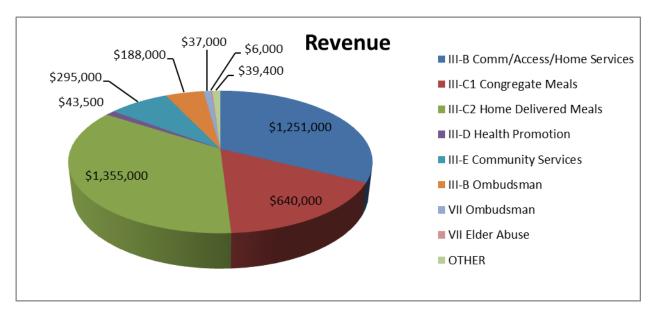
## **Funding Decrease**

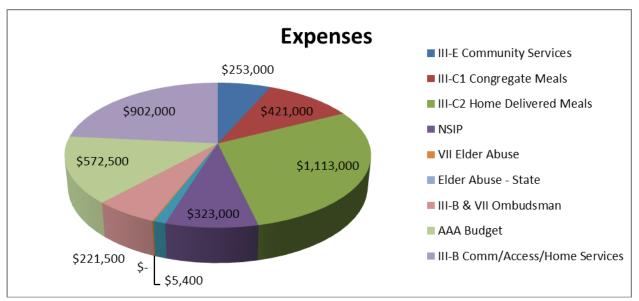
Should the amount of Federal or State funding decrease during the FY18 funding cycle:

- Decreases will come from the affected title.
- AgeSmart will revise the service priorities and appropriately adjust the funding to the services so that reduction of the funding will cause the least amount of harm to the consumers.

The following pages demonstrate estimated revenues and expenses for FY18. This projection is subject to change based on changes to funding levels if there is a sequestration or other budgetary impacts from the Federal or State government.

# FY18 Projected Revenues and Expenses





# Revenues and Expenses Projected for FY18

# Revenues Projected for FY18

SOURCE	IIIB	IIIC-1	IIIC-2	IIID	IIIE	III OMB	VII OMB	VII ELD	OTHER	TOTAL
FY18 ALLOCATIONS	610,000	794,000	414,000	40,000	275,000	46,000	37,000	6,000	0	2,222,000
TRANSFERS	181,000	300,000	119,000							0
STATE FUNDS	450,000	•	575,000			142,000			39,400	1,206,400
NSIP		126,000	197,000							323,000
CARRYOVER	10,000	20,000	50,000	3,500	20,000	0	0	0		103,500
TOTAL AVAILABLE	1,251,000	640,000	1,355,000	43,500	295,000	188,000	37,000	6,000	39,400	3,854,900

Title	Older Americans Act Programs
III B	Transportation, Assisted Transportation, Information & Assistance, Options Counseling, Legal, and Residential Repair & Renovation
III C-1	Congregate Meals
III C-2	Home Delivered Meals
III D	Chronic Disease Self-Management Program / A Matter of Balance (Health Promotion Programs)
III E	Caregivers & Grandparents Raising Grandchildren Services – Information & Assistance, Outreach, Case Management, Legal, Counseling, Respite and Gap Filling
III OMB	Ombudsman
VII OMB	Ombudsman
VIII ELD	Adult Protective Services

# Revenues and Expenses Projected for FY18 (continued)

# Expenses Projected for FY18

APPLICATIONS	IIIB	IIIC-1	IIIC-2	IIID	IIIE	III OMB	VII OMB	VII ELD	OTHER	TOTAL
Assisted Transportation	160,000									160,000
Transportation	168,500									168,500
Information & Assistance	346,500				6,600					353,100
Options Counseling	62,000									62,000
Case Advocacy/Management					9,500					9,500
Legal Services	150,000				30,000					180,000
Residential Repair & Renovation	15,000									15,000
Health Screening										0
Congregate Meals		421,000								421,000
Home Delivered Meals			1,113,000							1,113,000
NSIP		126,000	197,000							323,000
Health Programs				43,500						43,500
Public Education					27,000					27,000
Counseling					61,000					61,000
Support Groups					0					0
Training					0					0
Respite					94,400					94,400
Gap Filling					24,500					24,500
Ombudsman						188,000	33,500			221,500
Elder Abuse								5,400	0	5,400
AAA Budget	349,000	93,000	45,000		42,000		3,500	600	39,400	572,500
	1,251,000	640,000	1,355,000	43,500	295,000	188,000	37,000	6,000	39,400	3,854,900