

El Dorado County  
Area Agency on Aging  
2007-08 Year-End Report Summary

The El Dorado County Area Agency on Aging (AAA) prepares plans in four-year increments to guide the agency in providing services to senior citizens and disabled adults in the County. The 2005-2009 Area Plan, approved by the Board of Supervisors on May 24, 2005, focused on four priority goals that were established in response to a needs assessment conducted in the fall of 2004. The AAA targeted resources to the four priorities of Awareness of Services, Elder Abuse Prevention, Aging in Place and Health and Wellness. Annually, a report is completed that provides a retrospective account of progress made toward specified goals and objectives during the preceding year. It also provides highlights of the services that are offered to seniors, adults with disabilities and their caregivers in the County.

*Goal 1 – Awareness of Services: Improve awareness of services for older adults and adults with disabilities through community education and outreach.* The second Seniors and Adults with Disabilities Health Fair was held on October 25, 2007 at the Placerville fairgrounds. Outreach was provided to over 600 seniors and adults with disabilities. Over 500 flu shots were provided and 519 health screenings were performed. This successful event was co-sponsored by El Dorado County's IHSS Public Authority, Senior Health Education Program, Family Caregiver Support Program, and Senior Day Care Center. The AAA is continually doing outreach to educate the community regarding available services for seniors, older adults and their caregivers. The Department of Human Services has a comprehensive, interactive website that highlights senior services. The community can access information about services available through the AAA, have questions answered and download such information as the Senior Nutrition menu, the Senior Activities schedule and the In-Home Provider list. To educate the senior population about the IHSS Program, the AAA distributes the Care Connection Newsletter, a quarterly publication of the IHSS Advisory Committee through the senior congregate and home-delivered meals program.

*Goal 2 – Elder Abuse Prevention: Increase awareness and recognition of abuse to elders and dependent adults while supporting and encouraging prevention and prosecution efforts.* In 2008, a member of the Board of Supervisors requested the Departments of Human Services and Mental Health to develop a proposal how the County can meet the emergency sheltering needs for individuals with dementia. Funding availability and licensing requirements are being explored to determine if the Placerville Senior Day Care Center could be utilized for this temporary emergency shelter.

*Goal 3 – Aging in Place: Provide a comprehensive array of community services designed to improve the quality of life and to maintain seniors and functionally impaired adults in their home and/or community.* The first phase of the new El Dorado Hills Senior Center was completed and the Senior Nutrition Program began serving lunch there on 6/30/06. Phase II construction to accommodate the Senior Day Care Center/ Alzheimer's Day Care Resource Center (ADCRC) was substantially completed on August 26, 2008, with the exception of the secure outdoor area. A comprehensive marketing and business plan will be developed to establish the feasibility of opening the El Dorado Hills Senior Day Care Center next fiscal year. A Friendly Visitor Program, under the direction of the AAA in collaboration with the Mental Health Department began January 8, 2007. Currently, there are 18 active volunteers providing companionship to 17 senior citizens through weekly visits. In January 2009, the administration of the Friendly Visitor Program will transition from the AAA to the Mental Health Division of the Department of Health Services. To realize a Senior Day Care Center in the Tahoe Basin, the El Dorado Community Foundation will assist in the planning and initial funding. A potential location has been identified, and the Senior Day Care Program Supervisor will provide consultation. The Commission on Aging (COA) through advocacy with letters of support and attendance at public hearings and forums will work to achieve appropriate housing for our growing senior population. The COA wrote and submitted for consideration to the California Senior Legislature (CSL) a

proposal that would increase the availability of affordable housing for seniors by a standardization and minimization of zoning and impact and permit fees for second dwelling units. Although the proposal was not picked up by a legislator, it has been and will be continued to be advocated. The CSL is pursuing a proposal to increase the annual homeowner's exemption for seniors from \$7,000 to \$27,000.

Goal 4 – Health and Wellness: *Improve the health and wellness of senior citizens in our community.* Frail elderly and disabled adults in our care management programs were contacted to permit the S.T.A.R. (Sheriff's Team of Active Retirees) volunteers to visit and enroll them in YANA II (You Are Not Alone II). YANA II is a collaborative effort between the Sheriff's Department, Office of Emergency Services (OES), and Department of Human Services to assist the frail elderly and disabled population in the event of an emergency evacuation. Of the individuals visited, roughly 50 percent were identified to be appropriate for YANA II as they did not live in a facility that already had an emergency plan in place, such as a senior apartment complex. To further expand YANA, the Department of Human Services will continue to provide OES with names and addresses of older and disabled adults in the community. With a generous donation of six new computers and a color printer from the Placerville Rotary Club, the Placerville Senior Center has a new Computer Center. After months of planning, a Kick-Off party was held August 14, 2008. The Computer Center is managed by volunteers under the direction of the Senior Activities Coordinator. In addition, two bathrooms were remodeled and brought up to ADA compliance in the Placerville Senior Center as part of the County's capital improvement plan. The project was completed June 13, 2008. These improvements continue to create a more inviting environment that is greatly appreciated by the older adults that utilize the Senior Center. The El Dorado Hills Senior Center is in full-swing, providing a wide array of activities and services to older adults in the westernmost area of the County. To promote strength training and fall prevention, the Senior Health Education Program offers five Active Aging exercise classes throughout the community targeting the special needs of older adults.

The following activities represent some of the many services provided to seniors, adults with disabilities and their caregivers in El Dorado County during Fiscal Year 2007-2008.

- 95,514 meals were delivered to 773 homebound seniors in the community
- 65,053 congregate meals were served at our eight dining centers
- 7,788 meals were provided to members attending the Senior Day Care Program
- \$20 Farmers Market coupons were distributed to 250 low-income seniors
- 1,389 low-income senior households received energy assistance
- 187 low-income senior residences were weatherized to become more energy efficient
- 97 caregivers received services through the Family Caregiver Support Program, including 1,104 hours of respite and 1,272 Information and Assistance contacts
- 121 seniors and adults with disabilities attended the Senior Day Care Program/ADCRC
- Health Insurance Counseling and Advocacy Program (HICAP) volunteers provided assistance to 430 seniors with Medicare concerns and questions regarding health insurance, long-term care insurance and the Medicare Part D Prescription Drug Program
- 133 individuals were served by the Linkages Care Management Program
- 96 individuals were able to remain living at home due to receipt of Multipurpose Senior Services Program (MSSP) services
- The Legal Assistance for the Elderly Program provided 6,179 hours of legal assistance
- 780 seniors enjoyed a variety of trips through the Senior Activities Program
- Seventeen presentations on the subject of Alert Community were made to over 375 individuals, and seven informational notices were distributed to the Alert Community network
- 1,284 hours of exercise opportunities were provided to seniors in five locations
- 390 Vital Health Information Packets, and 246 pill boxes were distributed to frail seniors
- 660 individuals were assisted by AARP in collaboration with the AAA to receive their Economic Stimulus Payment