



Aging – Empowering New Horizons



Area Agency on Aging

Area Plan Update for 2017-2018

An Action Plan for Addressing the
Opportunities and Challenges for
Aging in El Dorado County

ANNUAL UPDATE FISCAL YEAR 2017-2018

AAA Name: El Dorado County

PSA Number: 29

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This report serves as the Annual Update for Area Agencies on Aging (AAAs) to provide yearly information on the progress AAAs are making on achieving goals and objectives detailed in the Area Plan. The due date for the Annual Update and the original Transmittal Letter is no later than May of each Fiscal Year.

TRANSMITTAL LETTER

2016-2020 Four Year Area Plan/Annual Update

Check one: FY 16-20 FY 17-18 FY18-19 FY 19-20

AAA Name: El Dorado County

PSA Number: 29

This Area Plan Update to the 2016-2020 Area Plan is hereby submitted to the California Department of Aging for approval. The Governing Board and the Advisory Council have each had the opportunity to participate in the planning process and to review and comment on the Area Plan. The Governing Board, Advisory Council, and Area Agency Director actively support the planning and development of community-based systems of care and will ensure compliance with the assurances set forth in this 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 family caregivers in this planning and service area.

1. Shiva Frentzen

Chair, Governing Board

Date

2. Steven Shervey




Chair, Advisory Council

4/24/17

Date

3. Michelle Hunter



Director, Area Agency on Aging

4/24/17

Date

FISCAL YEAR 2017-2018 AREA PLAN UPDATE

The El Dorado County Area Agency on Aging (AAA), Planning and Service Area (PSA) 29, developed the 2017-2018 Area Plan Update, the first annual implementation plan to the 2016-2020 Area Plan for Senior Services. As required by the federal Older Americans Act and in accordance with direction from the California Department of Aging (CDA), the 2017-2018 Area Plan Update is developed for submittal to CDA. The Annual Update provides the mechanism through which the AAA reports on modifications to the Area Plan as necessary to accommodate changing service needs as well as increases or decreases in grant funding levels and availability of other resources. The Update details the status of annual objective accomplishments and discusses the impact of activities undertaken during the first fiscal year of the 2016-2020 planning cycle.

Based upon the information provided by CDA in the Population Demographic Projections by County and PSA for Intrastate Funding Formula (IFF) report, the 60+ senior population in El Dorado County increased steadily, increasing 3.99% from 2014 to 2015 and 7.69% from 2015 to 2016. The overall increase from 2014 to 2016 was 11.99%. The table below details the changes in the demographics for PSA 29.

Table 1 Demographics	2014	2015	2016	Change from 2014 to 2016
Population 60+	46,221	48,065	51,761	11.99%
Non-Minority 60+	41,258	42,748	45,749	10.89%
Minority 60+	4,963	5,317	6,012	21.14%
Low Income 60+	2,735	2,735	2,935	7.31%
Medi-Cal Eligible 60+	2,426	3,108	3,890	60.35%
Geographic Isolation 60+	16,600	16,600	16,600	---
SSI/SSP* 65+	654	647	674	3.06%
Population 75+	12,067	12,423	13,877	15.00%
Lives Alone 60+	7,375	7,375	7,305	-0.95%
Non-English Speaking	125	125	220	76.00%

*Supplemental Security Income/State Supplementary Payment

Reviewing the demographic data above, the number of seniors meeting the criteria for need based programs continues to increase. The percent of low income seniors has increased 7.31% over the last two years, the percent of Medi-Cal eligible seniors has increased 60.35%, and the percent of SSI/SSP eligible seniors increased 3.06%. The significant increase in the number of seniors who are eligible for Medi-Cal is most likely due to the Affordable Care Act which has increased eligibility to 138% of the federal poverty guidelines. A two person family would become eligible for Medi-Cal if their annual income is \$22,100 or less and other program requirements are met.

Table 1 also identifies 16,600 seniors 60+ living in geographic isolation which may be misleading due to the nature of our County. The California State Plan on Aging defines geographic isolation as rural areas compared to urban highly densely settled core areas. El Dorado County only contains two cities, Placerville and South Lake Tahoe. Many areas of our County are rural areas but not necessarily isolated areas.

El Dorado County has a myriad of services available to low income seniors. These include In-Home Supportive Services (IHSS), Multipurpose Senior Services Program (MSSP), Housing Choice Voucher Program (Section 8), Low Income Home Energy Assistance (LIHEAP) and Weatherization Programs, Senior Legal Services, Family Caregiver Support Program, Senior Nutrition Congregate and Home Delivered Meals. The Information and Assistance Program can provide appropriate referrals for seniors, disabled and low income individuals to these programs and others within the community by evaluating their unique needs and helping them make informed decisions about needed community-based programs and available support services.

Table 1 highlights the increase in minorities and also an increase in non-English speaking seniors. Since 2014, the minority senior population has increased 21.14% and the non-English speaking senior population has decreased by 76%. The Area Agency on Aging will continue to meet the needs of the non-English speaking population; the Information and Assistance Program has Spanish speaking assistance available Monday through Friday from 7:00am to 4:00pm.

SIGNIFICANT ACCOMPLISHMENTS FISCAL YEAR 2016-2017

Significant accomplishments have been achieved by the El Dorado County AAA during the first year of the 2016-2020 planning cycle. These accomplishments and activities demonstrate the AAA's commitment to assess the needs of older adults, adults with disabilities, and their caregivers in the community and make responsive improvements to enhance the service delivery system. These accomplishments include:

Increase in Congregate Meals Served by Senior Nutrition Services

Senior Nutrition Services continues to significantly increase the number of Congregate Meals served. During Fiscal Year 2014-2015 there were 51,703 meals served at the Senior Nutrition Dining Sites. This number increased to 60,192 during Fiscal Year 2015-2016. Based upon the first two quarters of Fiscal Year 2016-2017, it is projected that 62,324 meals will be served. This is a 3.54% increase over the previous fiscal year. However, this is a 20.54% increase from Fiscal Year 2014-2015. Senior Nutrition Services continues to maintain the health and wellness of older adults through good nutrition and socialization opportunities. It also provides an important safety net to help older adults remain independent.

Accomplishments of the Commission on Aging (COA)

The COA is an integral part of the AAA and assists in the development and completion of many of the goals and objectives contained within the Area Plan. In addition to the Area Plan goals and objectives, highlighted below are a few of the COA accomplishments during Fiscal Year 2016-2017.

COA Retreat

The COA held its first retreat on November 4, 2016. This retreat was attended by a majority of the COA Commissioners and focused on refining the structure of the COA. The retreat also included education on the Older American's Act.

Development of a New Monitoring Process for Senior Services

The COA developed a new monitoring process for programs serving seniors. The COA Commissioners and Special Advocates will be monitoring programs using a new standardized form with pre-determined questions and areas of focus. Monitoring visits will be conducted during March and April 2017. A comprehensive report will be compiled and presented to the COA and the AAA.

Development of a New Member Orientation Power Point

The COA, in response to questions from newly appointed commissioners, developed a New Member Orientation Power Point to be provided to all new commissioners within the first month of their appointment. This new orientation was created by one of the new commissioners and covers topics ranging from the Older Americans' Act, Area Agencies on Aging (both statewide and county specific) and the older adults safety net of senior services.

El Dorado Hills Senior Center 10th Anniversary

The El Dorado Hills Senior Center celebrated its 10 year anniversary with an Open House on September 16, 2016. The El Dorado Hills Senior Center is owned by El Dorado County and operated by the El Dorado Hills Community Services District. The senior center opened on June 30, 2016 with a few activities and the Senior Nutrition Program. The senior center now has activities for seniors offered weekdays, evenings and weekends, receiving approximately 20,000 visits per year. Along with the daily weekday Senior Nutrition Program, the senior center offers education programs and support services, advocacy/legal assistance, health and wellness programs, support groups and activities. The Adult Day Services Center is also housed in the El Dorado Hills Senior Center.

Bilingual Services Available Through the Information and Assistance Program

Spanish continues to be the most predominant language of the seniors in our community who are non-English speakers. Bilingual services for Spanish speaking seniors and their families are available Monday through Friday, 7:00am – 4:00pm through the Information and Assistance Program.

Walk to End Alzheimer's held in Sacramento

The Health & Human Services Agency, Community Services Division staff and volunteers participated in the 5K "Walk to End Alzheimer's Disease". This event was held in Sacramento on October 1, 2016 and raised money for research and direct services to those affected by Alzheimer's disease. The Senior Day Care clients, many of who are living with Alzheimer's Disease and other forms of dementia, tie-dyed bright purple (the official color of Alzheimer's) t-shirts for each member of the "Fancy Feet" walking team. The team raised \$2,600 for the cause.

Re-Opening of the Cameron Park Meal Site

After one year of operation, the Cameron Park Meal Site collaboration between the Cameron Park Community Services District, the Food Bank of El Dorado County, and the El Dorado County Senior Nutrition Program ended. The Cameron Park meal site served congregate meals two days per week (Monday and Friday) and served on average 19-22 seniors per day. With the support of Supervisor Frenzen, the El Dorado County Board of Supervisors, voted to approve the re-opening of the Cameron Park Site. The meal site re-opened on Monday, February 6, 2017 and is staffed with a Nutrition Program Meal Site Coordinator who is supported by a team of scheduled volunteers.

Elder Abuse Prevention Grant

Health & Human Service Agency received a two year grant from the State Office of Emergency Services to conduct the Elder and Dependent Abuse Project (EDAAP) which focuses on victims of elder and dependent adult abuse. The goals of the project are to:

- Provide and coordinate direct services for elder and dependent adult victims;
- Expand community capacity to serve victims;

- Ensure victims have access to the criminal justice system and conduct an outreach awareness program.

Senior Legal Services is an integral part of the EDAAP team which includes Adult Protective Services, the District Attorney's Office and the Sheriff's office. The Senior Nutrition Program participates in the outreach efforts for this grant program and Senior Legal Services has experienced an increase in elder abuse referrals.

Adult Day Services Hosted Alzheimer's Workshop

Adult Day Services (formerly known as Senior Day Care) presented a free workshop entitled "Insights into Dementia" at the El Dorado Hills Senior Center on February 11, 2017. The topics included were:

- Tips from the Latest Research on Alzheimer's;
- Using the Power of Music to Integrate the Senses and Trigger Memories;
- Demystifying Dementia Behaviors; and
- Question and answer session with resource specialists.

The workshop was attended by 67 individuals.

AARP Tax-Aid Program

The AARP Tax-Aid Program continues to grow in popularity. Annually, the AARP Tax-Aid Program assists low and middle income taxpayers, many of whom are older adults, prepare and file their income tax returns free of charge. The AAA provided the meeting space and outreach at the Placerville and South Lake Tahoe Senior Centers. Services are also provided at the El Dorado County Library and Cameron Park Community Center. At the South Lake Tahoe Senior Center, the counselors and facilitators prepared an estimated 623 e-filed returns for their clients (individuals, couples, and families) federal. In addition, there were 15 paper filings for prior year and/or amended returns. In addition, 640 community members were assisted with their tax questions. At the Placerville Senior Center, the 8 AARP/Tax Aide volunteers filed 685 federal and 681 California e-filed returns, and 9 paper returns, for prior year and/or amended returns. Of the 685 returns filed, 70 for were for Public Guardian clients. Tax questions were answered for 350 people, and an additional 14 returns were out of scope or had missing information.

Section 7: Public Hearings

The goals and objectives resultant of the community needs assessment were presented at public hearings in both the incorporated cities of Placerville and South Lake Tahoe to solicit public input and insure opportunities for older adults to provide oral and written testimony to the development of the Plan.

The public review period for the 2017-2018 Area Plan Update was April 2017. One public hearing was held during this period:

April 20, 2017
 Cameron Park Community Center
 2502 Country Club Drive
 Cameron Park, CA

SECTION 7 PUBLIC HEARINGS

PSA 29

At least one public hearing must be held each year of the four-year planning cycle. CCR Title 22, Article 3, Section 7302(a)(10) and Section 7308, OAA 2006 306(a)

Fiscal Year	Date	Location	Number of Attendees	Presented in languages other than English? ¹ Yes or No	Was hearing held at a Long-Term Care Facility? ² Yes or No
2016-17	4/20/16 4/21/16	Tahoe Senior Center El Dorado County Mental Health Conference Room	0 17	No No	No No
2017-18	4/20/17	Cameron Park Community Center	23	No	No
2018-19					
2019-20					

The following must be discussed at each Public Hearing conducted during the planning cycle:

1. Summarize the outreach efforts used in seeking input into the Area Plan from institutionalized, homebound, and/or disabled older individuals.

Along with the required legal notification, Public Hearing notices were distributed to the eight congregate nutrition sites, local senior centers, and posted online on the Commission on Aging (COA) web page on the El Dorado County website.

² A translator is not required unless the AAA determines a significant number of attendees require translation services.

³ AAAs are encouraged to include individuals in LTC facilities in the planning process, but hearings are not required to be held in LTC facilities.

2. Were proposed expenditures for Program Development (PD) and Coordination (C) discussed?

Yes. Go to question #3

Not applicable, PD and C funds are not used. Go to question #4

3. Summarize the comments received concerning proposed expenditures for PD and C

4. Attendees were provided the opportunity to testify regarding setting of minimum percentages of Title III B program funds to meet the adequate proportion funding for Priority Services

Yes. Go to question #5

No, Explain:

5. Summarize the comments received concerning minimum percentages of Title III B funds to meet the adequate proportion funding for priority services.

There were no comments made concerning minimum percentages of Title III B funds.

6. List any other issues discussed or raised at the public hearing.

- 1) The top four congregate meal sites with the highest average daily meals served in March 2017 were discussed. They are: Cameron Park (29), Diamond Springs (49), Placerville (43), and South Lake Tahoe (36). El Dorado Hills average daily meals for March 2017 were 35 making it the fourth highest instead of Cameron Park.
- 2) AARP taxes are now held at the El Dorado Hills Senior Center instead of the El Dorado Hills Library.
- 3) The Commission on Aging (COA) Meal Site Liaison Program was explained. One COA Commission will be assigned to each congregate meal site and is required to go to the meal site once a month (at a minimum) and provide outreach information on current and upcoming programs to the seniors having lunch. Any comments or suggestions received by the COA Commissioner will be brought back to the COA. Cameron Park and Diamond Springs have representatives assigned.
- 4) El Dorado County has received a new Community Safety Transportation Grant. The focus of this grant is make roads safer for pedestrians and bicyclists, especially seniors.
- 5) The Age Friendly Community designation highlights the good things that exist in the community and would assist in the planning for future services. The designation can also open doors for grant opportunities.
- 6) Age Friendly Parks which can include senior fitness cycles and a senior fitness course become socialization centers for older adults. These parks can contain enclosed memory gardens which become a safe outdoor place for individuals with dementia and/or Alzheimer's. Caregivers can socialize while the care recipient explores the memory garden.
- 7) The fee for evidence based courses held through Parks and Recreation Programs in Community Services Districts vs. the donation requirement of evidence based courses held through the Area on Aging as part of the Senior Health Education Program was discussed.
- 8) HICAP has a shortage of volunteer counselors, especially in the South Lake Tahoe area.

7. Note any changes to the Area Plan which were a result of input by attendees.

None