

## EXECUTIVE SUMMARY

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The El Dorado County Area Agency on Aging (AAA) has developed the 2008-2009 Year-End Report, the final Year-End Report for the 2005-2009 planning cycle, for submittal to the California Department of Aging (CDA) as required by the federal Older Americans Act and in accordance with direction from CDA. The Year-End Report provides the mechanism through which the AAA reports the status of annual objective accomplishments, and in this final Year-End Report, discusses the impact of activities undertaken during the entire planning cycle and how the AAA intends to use its findings in the planning process to enhance or improve the local aging services delivery system.

The 2005-2009 Area Plan addressed priority areas of need based on a comprehensive community needs assessment through the identification of 58 objectives presented within the context of four goals for the agency: awareness of services, elder abuse prevention, aging in place, and health and wellness. During the final year of this planning cycle, significant changes and accomplishments were achieved, confirming the AAA's responsibility to fulfill its role as the planner, catalyst, and advocate on behalf of older adults, their caregivers, and persons with disabilities living in El Dorado County. Various undertakings included enhancing and expanding the number of community focal points through which older adults can access needed services, hosting multiple opportunities for health and wellness promotion activities, including education and screenings, elder abuse awareness and prevention activities, and emergency preparedness for local heat/cold emergencies.

The surge in the growth in the aging population in El Dorado County continually affects the planning and service delivery system, bringing about real and emergent challenges for the aging network in our County. A retrospective review of the status of objectives set for the preceding year reveals that challenging economic times has inhibited our ability to implement many proposed activities. Although program cuts were unavoidable, diligent efforts were made to ensure the least impact on our most frail and vulnerable older adults. While demographic and economic variables created significant challenges in program implementation, considerable accomplishments were achieved and tremendous progress has been made over the past four years in supporting and honoring our older residents in El Dorado County. The prior year findings will be utilized to modify the current delivery system by shifting the focus from expansion of services to maintaining the current level of services and the core program activities in spite of ever-increasing community need. As development and implementation of organizational activities evolve, revisions will be made as necessary in response to the changing landscape of our community and the older adults we serve.

### FOUR-YEAR GOALS AND OBJECTIVES

The goals and objectives of the four-year Plan, with accompanying outcomes and evaluation measures, addressed the following priority areas of need:

**Goal 1 – Awareness of Services** *Improve awareness of services for older adults and adults with disabilities through community education and outreach.* Objectives focused on

implementing strategies to enhance accessibility to the support and services necessary to achieve optimal health and well-being included: collaborative efforts to host multiple community health fairs that provided outreach, health screenings, and medication management services; enhanced outreach efforts to inform the community of available services, including the addition of a bilingual program assistant to the Information and Assistance program to provide enhanced support and referral services to the Latino community and to translate agency materials into Spanish; and the development of an interactive website on aging services that offers pertinent information on AAA home and community-based services, various publications available for download, and numerous links to other resources.

**Goal 2 – Elder Abuse Prevention** *Increase awareness and recognition of abuse to elders and dependent adults while supporting and encouraging prevention and prosecution efforts.* The range of elder abuse prevention activities to raise awareness about elder abuse and to build capacity of the long-term care system to prevent, identify, and respond to elder abuse, fraud, neglect, and exploitation included: hosting annual elder abuse seminars; the establishment of the Elder Protection Unit, which brought together the District Attorney's Office, Senior Legal Services, and County Counsel to pursue vigorous prosecution of physical, emotional, and fiscal abuse of older adults; the expansion of CAPE (Citizen Advocates for the Protection of Elders) services to the Tahoe Basin; collaborating to establish a County Elder Death Review Team; enhanced advocacy efforts in the legislative process by the Commission on Aging; and increased provision of respite care for caregivers provided by the Family Caregiver Support Program.

**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.* Objectives focused on enhancing and expanding critical supports to remain at home included: advocacy efforts for the expansion of public transportation, senior day care services, and accessible and affordable housing; the number of home-delivered meals routes were expanded; YANA, our daily telephone reassurance program, was expanded in the Tahoe Basin; the Friendly Visitor Program was created to recruit and match volunteers with homebound older adults who would benefit from companionship and friendship; and the Information and Assistance Program was enhanced to include a short-term case monitoring and care coordination component for persons in need of more intensive support and referral services in accessing resources to remain in the community.

**Goal 4 – Health and Wellness** *Improve the health and wellness of senior citizens in our community.* Activities included those that focused on encouraging healthy lifestyles, planning for long-term care, and expansion of health services in the Tahoe Basin: the Senior Health Education Program (SHEP) arranged for medication management education and assistance through pharmaceutical review; development of an exercise resource directory; expansion of Senior Legal Services to serve Cameron Park, El Dorado Hills, and the Tahoe Basin; enhancement of Senior Peer Counseling to provide phone consultation to the Tahoe Basin; advocacy for mental health needs of older adults through participation in meetings with the Mental Health Division of the Health Services Department; and enhanced community education on legal matters, Medicare issues, and energy assistance.

