

El Dorado County
Area Agency on Aging
2006-07 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 Senior Health Education Program (SHEP) hosted three community health fairs: On 10/12/06 at the Greenwood Community Center, on 11/09/06 at the Pioneer Park Community Center, and on 4/25/07 at the new El Dorado Hills Senior Center. Outreach was provided to 168 seniors and adults with disabilities, and 266 health screenings were performed. The Information and Assistance Program has been enhanced with the addition of a bilingual Program Assistant. As well as being able to provide information and assistance to the Hispanic community, this individual will translate senior service brochures into Spanish and enhance outreach to that community. 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.

Goal 2 – Elder Abuse Prevention: *Increase awareness and recognition of abuse to elders and dependent adults while supporting and encouraging prevention and prosecution efforts.* To further ensure the safety and well being of the County's older adults; on March 13, 2007 the Board of Supervisors approved additional staffing to enhance the efforts of the Elder Protection Unit (EPU). The expansion of this unit includes one additional District Attorney, two District Attorney Investigators, one Accountant/Auditor and one Legal Secretary. On 9/21/06 a presentation was made at the South Lake Tahoe Senior Center to inform the community about the important services provided by the EPU. The Commission on Aging, through the California Senior Legislature, supported SB 108 which became law on January 1, 2007. SB 108 provides California seniors with new protective measures to help them avoid becoming victims of financial abuse. This new law requires that employees of financial institutions report any suspicious activity involving the accounts of senior citizens and other dependent adults. The formal kick-off of Alert Community took place at a community workshop on August 31, 2006. Alert Community is dedicated to the prevention and avoidance of scams, fraud, and financial abuse. Local organizations subscribe to Alert Community to receive the latest information about these crimes. Each subscriber is asked to "spread the word" within their network, thereby involving a broader segment of the community in this effort.

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.* A Friendly Visitor Program, under the direction of the AAA in collaboration with the Mental Health Department, commenced operations on January 8, 2007. Funds from Proposition 63, the Mental Health Service Act, are being used to cover most program costs. The Friendly Visitor Program has begun to recruit and match volunteers with homebound senior citizens who would benefit from companionship and friendship. YANA (You Are Not Alone), a free daily telephone reassurance service has been expanded to the Tahoe Basin. YANA, which

was implemented in 2000, is designed to provide daily phone contact to individuals with limited family or community contacts and assistance. Phase two construction at the new El Dorado Hills Senior Center to accommodate a Senior Day Care Center/ Alzheimer's Day Care Resource Center (ADCRC) is in process and program operations should commence by the end of 2007. To meet the needs of working caregivers, extended hours are planned at the El Dorado Hills location.

Goal 4 – Health and Wellness: *Improve the health and wellness of senior citizens in our community.* On October 12, 2006 at the Placerville Senior Center, with the help of two local pharmacists, older adults were assisted with appropriate medication management. Seniors brought all their medications including prescriptions, over-the-counter preparations and nutritional supplements for a one-on-one consultation. To promote strength training and fall prevention, the Senior Health Education Program offers six Active Aging exercise classes targeting the special needs of older adults. Additional improvements have been made to the Placerville Senior Center. A previously vacant room was renovated to become a new game room. One-time-only funds were used to purchase new dining room, lobby, and reading lounge furniture. These improvements continue to create a more inviting environment that is greatly appreciated by the senior participants. The new 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.

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 2006-2007.

- 86,802 meals were delivered to 724 homebound seniors in the community
- A third home delivered meal route in north county was started to serve the communities of Cool and Auburn Lake Trails
- 82,302 congregate meals were served at our eight dining centers
- \$20 Farmers Market coupons were distributed to 352 low-income seniors
- 926 low-income senior households received energy assistance
- 166 low-income senior residences were weatherized to become more energy efficient
- 202 caregivers received services through the Family Caregiver Support Program, including 1,414 hours of respite and 1,359 Information and Assistance contacts
- 141 seniors and adults with disabilities attended the Senior Day Care Program/ADCRC
- Health Insurance Counseling and Advocacy Program (HICAP) volunteers provided assistance to 296 seniors with Medicare concerns and questions regarding health insurance, long-term care insurance and the new Medicare Part D Prescription Drug Program
- 128 individuals were served by the Linkages Care Management Program
- 110 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 1,929 hours of legal assistance and expanded services to the El Dorado Hills Senior Center
- 866 seniors enjoyed a variety of trips through the Senior Activities Program
- Twelve presentations regarding Alert Community were made to over 250 individuals, and eleven informational notices were distributed to the Alert Community network
- 2,805 hours of exercise opportunities were provided to seniors in six locations
- 606 Vital Health Information Packets, and 244 pill boxes were distributed to frail seniors