

Executive Summary

The El Dorado County Area Agency on Aging (AAA) has developed the 2016-2020 Area Plan, *Aging – Empowering New Horizons*, 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 Area Plan is designed to report on the status of older adults, structure the AAA's priorities based on a comprehensive evaluation of needs, and set an aging agenda for planning and service area to enhance the aging experience of local residents at home and in the community. The Area Plan is submitted on a four-year cycle. This Four-Year Plan for El Dorado County covers the period July 1, 2016, through June 30, 2020. The Plan outlines a strategy that builds awareness, encourages action, fosters collaborative efforts, and improves resident access to information in the aging network. This strategy provides guidance to help the AAA meet the challenges of and create opportunities for a growing older adult population during the next four years.

This plan will be reviewed and updated regularly based on new information, emerging opportunities, unforeseen challenges, and new mandates. As part of the Area Plan process, CDA requires an Annual Update which provides an opportunity for the AAA to report on the progress made in meeting goals and objectives and to modify 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.

El Dorado County is experiencing an extraordinary increase in its older adult population. Between 2000 and 2020, the aging population is expected to more than double, with one in four residents over the age of 60. Over the last few generations, there has been a significant increase in the percentage of Americans aged 65 who are expected to survive to age 90. Changes in the composition of the older adult population include marked differences in the values, interests, and need for information about aging-related issues, as well as the likelihood of accessing this information, brought about by diverse age groups that will comprise the County's older population. In this context, the service delivery system for the boomers (who were born between 1946 and 1964) will differ substantially from those that the post-war and Depression age groups (who were born prior to 1946) find acceptable and effective in meeting their needs. To meet the growing demands that will result from escalating numbers of older adults in El Dorado County, the AAA will need to improve its organizational capacity to plan for and develop a long-term continuum of care system that identifies and addresses unmet needs, improves service coordination, eliminates duplication of services, and delivers services in a manner that is satisfactory to the many changing faces of older El Dorado County residents.

Recognizing these needs has inspired the AAA and the Commission on Aging (COA) to investigate new collaborations with community service districts, community based organizations and other HHS programs. The majority of the senior programs are co-located at the Placerville Senior Center. Staff can frequently communicate with each other to resolve unique challenges for clients. Seniors can access a wide range of services from

exercise, nutrition, legal services, Senior Day Care, support groups, information and assistance, and needed social activities in one location.

In addition, the Health and Human Services Agency (HHS) is exploring the process to bring the AAA programs under an umbrella for an Adult System of Care within HHS to provide even further integration of programs and services to better serve the older adult population. This umbrella may include programs such as Adult Protective Services, In-Home Supportive Services, Public Authority and AAA programs.

Content of the Area Plan

This Plan, which provides the format and the structure to identify and address older adult needs, consists of 22 Sections as required by the California Department of Aging. A few sections are highlighted below.

- **Section 2: Description of the Planning and Service Area (PSA)** provides a description of El Dorado County which encompasses the PSA, its physical and demographic characteristics, unique resources and service delivery systems.
- **Section 3: Description of the Area Agency on Agency** describes how the AAA, on behalf of all older individuals, adults with disabilities, and their caregivers in the PSA carries out its role as a leader on aging issues within the PSA.
- **Section 9: Area Plan Narrative Goals and Objectives** details the Goals and Objectives that were developed for this four year planning cycle. This section sets out our specific goals under five priority areas. In each area, there is the introduction of the principal objectives with a brief rationale, a list of responsible parties and potential collaborators, and plans for action over the next four years.

Highlights of the Goals and Objectives of the Area Plan

The Area Plan contains five major goals with specific objectives. These goals and objectives were developed based on the recent Needs Assessment. A committee consisting of staff from AAA programs, COA members, and input from IHSS created the objectives within the parameters of achievability and measurability, assignment of responsible parties, program staff availability and no additional or minimal cost to the County. Several objectives are also focused on seniors within the South Lake Tahoe area. The COA will be an integral part of the completion of a majority of the objectives.

Goal 1: Outreach. The AAA offers many services within its PSA that can be of benefit to many seniors. In order to maximize the awareness and usage of programs, effective

outreach is necessary to enhance the ability of older adults to make decisions regarding appropriate and available services.

Objectives include: Distributing the Senior Times and other senior services materials to physician's offices and medical facilities, drafting quarterly articles, improving resource guides, exploring the feasibility of sponsorships, re-branding, increasing volunteers for the Senior Nutrition Program, the Nutrition Site Liaison Program and coordinated efforts for conducting outreach to the community.

Goal 2: Education and Training. The Older Adults Needs Assessment identified education as an area of interest to many seniors. The survey also identified that many seniors are caring for their spouses who have physical limitations and memory or cognitive deficiencies. Training will provide these seniors with support and education to become effective caregivers.

Objectives include: Education of Medicare Part D during the annual open enrollment process, Boomer 101 education classes, promoting evidence based health education programs, support groups and caregiver education classes and mini-series in South Lake Tahoe, Placerville and Greenwood.

Goal 3: Availability of Aging Services. The majority of senior services are provided at the dedicated senior centers located in Placerville, El Dorado Hills, and South Lake Tahoe. However, expanded services are needed in all areas, especially in the outlying areas of the county. The AAA will strive to provide opportunities and services for seniors in all communities as appropriate.

Objectives include: Exploring the feasibility of expanding the You Are Not Alone (YANA) program and Senior Day Services to the South Lake Tahoe area as well as possible improvements to the Tahoe Senior Center, advocating with local transit authorities, sponsoring Senior Health Education Program evidence based classes and Family Caregiver workshops, collaborating with other agencies, and an Age-Friendly Community Designation.

Goal 4: Changing Needs of Seniors. Seniors are living longer and prefer to "age in place". The younger seniors, the Boomers, are more active, interested in maintaining healthy lifestyles, have different interests and needs than the older seniors. There is also a renewed interest in life-long learning and engagement in the community.

Objectives include: Collaborating with parks and recreation departments, colleges and community agencies to provide classes and activities, including fitness classes and events, promoting aging in place modification design, explore innovative senior nutrition meals options, intergenerational programs, life-long learning opportunities, formation of a COA Speakers Bureau, and avenues of highlighting senior programs.

Goal 5: Elder Abuse Prevention. The vulnerable older adults need protection from abuse, neglect, and exploitation. These individuals need information regarding their rights and ability to defend themselves from others who intend to harm them.

Objectives include: Educating older adults on the detection, prevention and reporting of popular scams, identity theft, financial fraud, community education on the role of the long-term care ombudsman and visitation and consultation to the long-term care facilities, and collaborating with local entities to provide training on elder abuse reporting and prevention.

There are a total of 39 objectives within these five goals. The details of these objectives, measurement of the objectives and the programs responsible for the completion of the goals are found in Section 9 of the Area Plan.