

El Dorado County Area Agency on Aging

Planning and Service Area (PSA) 29

2006-07 Year-End Report



**El Dorado County
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Section I Narrative Description of Significant Accomplishments

The El Dorado County Area Agency on Aging (AAA) is a unit of local county government and operates within the Department of Human Services. The AAA writes a four-year plan to guide the agency in providing services to seniors, adults with disabilities, and their caregivers in the County. The 2005-2009 Area Plan 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. An end-of-year 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.

Significant accomplishments have been achieved by the El Dorado County AAA during the second year of the 2005-2009 planning cycle. These accomplishments and activities demonstrate the AAA's commitment to assess the needs of seniors, adults with disabilities, and their caregivers in the community and make improvements in the service delivery system. These accomplishments include:

- **Expansion of the Elder Protection Unit.** On February 14, 2006 the El Dorado County Board of Supervisors approved the establishment of an Elder Protection Unit, comprised of staff from the Human Services Department, District Attorney's Office, and County Counsel to ensure the safety and well being of the County's senior community. Between July, 2006 and December, 2006, 100 cases involving elders were referred to the District Attorney for investigation. Twelve civil cases went into litigation (or pre-litigation) and were defended, for a total savings to senior citizens of \$1,664,000. On March 13, 2007 the Board of Supervisors approved additional staffing to enhance the efforts of the Elder Protection Unit. The expansion of this unit will include one additional District Attorney, two District Attorney Investigators, one Accountant/Auditor, and one Legal Secretary. Elders are often the target of financial scam, and a forensic auditor will be a valuable resource in the prosecution of financial crimes. These additional positions will complete the organization of the new Elder and Consumer Protection Unit.
- **New Alert Community.** The formal kick-off of Alert Community, El Dorado County occurred August 31, 2006 at a community information forum, "Guarding Yourself from Fraud and Identity Theft." Alert Community is dedicated to crime prevention through awareness, with focus on the prevention and avoidance of scams, fraud, and financial abuse. Local service and other organizations that represent the community subscribe to Alert Community to receive the latest information about these crimes. Each subscriber is asked to "spread the word" within their network thereby informing a broader segment of the community. There are currently fifty Alert Community subscribers, and outreach has begun to the Hispanic community.
- **Enhanced Services Provided by Information and Assistance.** The Information and Assistance (I & A) 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 position will be utilized to translate senior service brochures into Spanish and enhance outreach into this community. The I & A Program now provides Case Monitoring of the Linkages Program's Waiting List and assists clients that transition off the Linkages and Multipurpose Senior Services Program (MSSP) remain connected to services within the community.

- **Establishment of a Friendly Visitor Program.** A Friendly Visitor Program, under the direction of the AAA in collaboration with the Mental Health Department, began 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. There are currently five trained volunteers; forty clients have expressed interest for a Friendly Visitor and one successful match. Once all trained volunteers have completed a background check, more clients will be matched with a Friendly Visitor.
- **Improvements to Placerville Senior Center.** More improvements have been made to the Placerville Senior Center. A previously vacant room was renovated to become a new game room, which included all new cabinetry, paint, lighting, artwork and furniture. One-time-only funds were used to purchase new dining room, lobby, and reading lounge furniture. Two remodeled bathrooms have been approved in the County's capital improvement plan. These improvements continue to create a more inviting environment that is greatly appreciated by the senior program participants.
- **Further Expansion of the El Dorado Hills Senior Center.** The first phase of the new El Dorado Hills Senior Center is complete and the Senior Nutrition Program began serving lunch there on June 30, 2006. El Dorado County entered into a short-term lease for the El Dorado Hills Fire District facility on May 1, 2005, and then purchased the facility on May 15, 2007. Phase two construction to accommodate a Senior Day Care Center/ Alzheimer's Day Care Resource Center (ADCRC) is in process and will open by the end of 2007. The El Dorado Hills Senior Center is providing a wide array of activities and services to older adults in the far western part of the County.
- **Response Plan for Extreme Heat Event Developed.** In a collaborative effort, the El Dorado County Office of Emergency Services, Public Health Department, Human Services Department (AAA), and other community partners developed this plan to provide temporary relief from extreme heat for the most vulnerable residents of El Dorado County. The Placerville Senior Center and El Dorado Hills Senior Center have been designated primary cooling centers for senior residents and their caregivers.

Section II Preparing for the Increased Senior Population

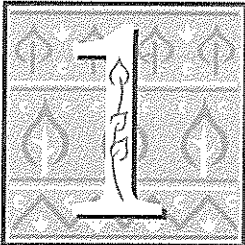
The AAA continues to be in an excellent position to provide leadership in guiding the community to address the service system changes needed to deal with the increasing growth in the aging population. The senior population (60-plus) in El Dorado County grew 25.4% from 1990 to 2000, which is twice the growth rate of the senior population in California, and three times the growth rate of the senior population in the nation. Due to this rapidly growing senior population in the PSA and the large senior rural population, the need for services continues to stretch available resources. The following is a summary of ideas to address the needs of this rapidly growing senior population, including the growth wave due to the “baby boomer” population.

- The internet will be important to inform key stakeholders and family members of services available to older adults and adults with disabilities in the community. The AAA is looking at adding Network of Care, an online resource directory to the I & A Program.
- We can help empower individuals to remain as independent and engaged as possible through education, especially around the areas of health and staying socially active. The number of attendees at the Placerville Senior Center's lecture series has more than doubled this past year.
- By providing a wide array of interesting programs we can help ensure older adults stay engaged, a component essential to healthy aging. Office space at the Placerville Senior Center is being freed up to allow for expansion of activities, including a computer lab. The new El Dorado Hills Senior Center provides a wide variety of interesting activities and classes.
- Monitoring the quality of services provided and receiving client feedback will be important. Customer satisfaction surveys of senior programs are done annually.
- Services can be delivered to the consumer in a seamless, coordinated manner, regardless of program administration and jurisdiction by providing a single point of contact for consumers which will result in prioritization of needs, an initial assessment, and referral to services.
- The AAA can provide leadership and advocacy in the development of service system standards that are uniform and not dependent on income. This would encourage more participation and provide easier access to services important to all older adults.

The Older Adult Research Project currently being conducted by the El Dorado Community Foundation, in partnership with the AAA, will provide further insight on service system changes needed to address the growing senior population. The purpose of this study is to conduct a needs assessment that includes a survey of both adults age 60 years and older and key informants in an effort to understand more accurately and predict the services and resources required to serve an increasingly aging population in the County. In October 2007 there will be a day-long convening of service providers and other interested parties to hold a meaningful discussion about the findings, the coordination or creation of resources to address the identified present and future needs, and begin to lay the foundation for older adult services in the future. A summary report of the information will be made available to the community.

Section III
2005-2009 Area Plan Goals and Objectives

This section provides a retrospective account of progress made toward specified goals and objectives during the preceding year, including the status of the health promotions and disease prevention objectives.



Awareness of Services

Goal

Improve awareness of services for older adults and adults with disabilities through community education and outreach.

Rationale

The results of the El Dorado County Area Agency on Aging (AAA) needs assessment (Fall 2004) have shown the need to continue and improve the methods of information dissemination regarding services for seniors and adults with disabilities. One out of three seniors indicated that outreach regarding service availability needed to improve. Key informants identified awareness of services as one of the most critical unmet needs of older adults in the County and that improved outreach would be an effective way to address at-risk populations.

Unless otherwise stated objectives began 7/1/05.

Objectives

- 1.1 The Senior Health Education Program (SHEP) will collaborate with the In-Home Supportive Services (IHSS) Advisory Committee and the Family Caregiver Support Program (FCSP) to host a community health fair in Placerville with the dual purpose of conducting health screenings and to perform outreach about the services available to seniors and adults with disabilities by 6/30/06. The outcome will be measured by the number of participants in attendance, and the number of health screenings performed.
(Completed FY '05-'06)

- 1.2 SHEP will collaborate with the Public Health Department's Preventive Health Care for the Aging Program (PHCA) and the Latino Affairs Commission to host a community health fair in South Lake Tahoe with an emphasis on targeting the Latino community to provide health screening and perform outreach about the services available to seniors in the Tahoe Basin by 6/30/06. The outcome will be measured by the number of participants in attendance, and the number of health screenings performed.
(Completed FY '05-'06)
- 1.3 SHEP and the Volunteer Coordinator will host a volunteer fair in Placerville to perform outreach about the volunteer opportunities available in the County and to encourage active participation by older adults by 6/30/07.
(This objective was deleted in the '06-'07 Area Plan Update. Instead of doing a separate volunteer fair, volunteer opportunities will be highlighted at future community health fairs hosted by SHEP.)
- 1.4 In an effort to further educate the community, the Information and Assistance (I & A) Program will submit quarterly outreach material in the form of press releases and/or announcements to local media sources regarding services available to senior citizens and family caregivers from 7/1/05-6/30/09.
(Completed FY '05-'06 and will be on-going)
- 1.5 The I & A Program will explore the feasibility of utilizing a full page ad in the Mountain Democrat and the Tahoe Tribune on an annual basis during Older Americans Month to inform the community of services provided by the Area Agency on Aging (AAA) by 6/30/06.
(This objective was deleted in the '07-'08 Area Plan Update due to the expense. The I & A Program will explore alternative outreach regarding services provided by the AAA through the local newspapers at no cost.)
- 1.6 The IHSS Public Authority in collaboration with the AAA will develop at least one video featuring AAA services and information to be available at outreach events, caregiver support groups, and aired on Channel 2, the local cable network by 6/30/07. The outcome will be measured by the number of events the video is presented at. To do outreach to the Latino community, IHSS Public Authority will explore the feasibility of producing a bilingual video by 6/30/07.
(Due to other agency needs taking precedence, the completion date for this objective was extended to 6/30/08 in the '07-'08 Area Plan Update.)
- 1.7 To educate the senior population about the IHSS Program, the AAA will distribute the Care Connection Newsletter, a quarterly publication of the IHSS Advisory Committee through the senior congregate and home-delivered meals program from 7/1/05-6/30/09. The outcome will be measured by the number of seniors receiving the Care Connection Newsletter.
(Completed FY '05-'06 and will be on-going)
- 1.8 The I & A Program will develop a presentation designed to educate the medical community, law enforcement, and emergency response personnel about the safety net services available in the County to address issues related to lack of food, emergency shelter, elder neglect and/or abuse by 6/30/06. The outcome will be measured by the number of presentations provided.

(Completed FY '05-'06 and will be continued)

- 1.9 I & A will explore the feasibility of working in partnership with the El Dorado County Community Health Center's bilingual Community Health Advocate in Placerville, and the Latino Affairs Commission in South Lake Tahoe, to translate the Senior Services flyer into Spanish and to be designated contacts for inquiries from the Latino community regarding senior services by 6/30/06.
(The completion date for this objective was extended to 6/30/07 in the '06-'07 Area Plan Update. In the '07-'08 Area Plan Update this objective was revised and considered complete. A bilingual Program Assistant has been added to the I & A Program. As well as being able to provide information and assistance to the Hispanic community, this position will be utilized to translate senior service brochures into Spanish, and enhance outreach to this community through networking with the Latino Focus Group.)
- 1.10 The Family Caregiver Support Program will address the needs of caregivers by submitting monthly articles to the Senior Times Newsletter, a publication of the AAA from 7/1/05-6/30/09.
(Completed FY '05-'06 and will be continued)
- 1.11 Four presentations will be provided in the County to educate the medical community, home health agencies, and service organizations about the Family Caregiver Support Program by 6/30/06.
(Completed FY '05-'06)
- 1.12 The I & A Program will develop an interactive website to enhance community awareness and provide information on services available through the AAA and the Department of Human Services with the ability to respond to questions by 6/30/09. The outcome will be measured by the number of times the website is accessed by the public.
(Objective completed early in FY '06-07)
- 1.13 To meet the needs of the growing senior population and to expand services, the Commission on Aging and AAA Director will explore the possibility of, and advocate for a new Senior Center in the Placerville/Diamond Springs area by 6/30/09. The current Placerville Senior Center is housed in an antiquated sixty-year-old building that is inadequate in size, parking, and facilities.
- 1.14 To serve as a designated focal point for senior services in the far western part of the County, the AAA Director will explore the possibility of funding an I & A position to be housed in the new El Dorado Hills Senior Center by 6/30/07.
(Due to delay in the County's full acquisition of the El Dorado Hills Senior Center, the completion date for this objective was extended to 6/30/08 in the '07-'08 Area Plan Update.)
- 1.15 To continue expanding services and identify and reach underserved populations, the Linkages Program will provide outreach by hosting three presentations throughout the outlying areas of the County from 7/1/05-6/30/06.
(Completed FY '05-'06 and will be on-going)



Elder Abuse Prevention

Goal

Increase awareness and recognition of abuse to elders and dependent adults while supporting and encouraging prevention and prosecution efforts.

Rationale

The number of referrals to Information and Assistance, Adult Protective Services, Long-Term Care Ombudsman, and Law Enforcement related to the abuse and/or neglect of elder and dependent adults is increasing in our community. A multi-disciplinary team approach enlisting aging services, Adult Protective Services, Law Enforcement, and the District Attorney is needed to address the increasing incidence of elder and dependent adult abuse.

Unless otherwise stated objectives began 7/1/05.

Objectives

- 2.1 Through the Elder Abuse Protection Council (EAPC) Training Committee, efforts will be made to increase community awareness of elder abuse by hosting annual seminars from 7/1/05-6/30/09. The target population will vary to include senior citizens, the banking community (key in the recognition of financial abuse), law enforcement, and service providers. The outcome will be measured by the organizations, agencies, and individuals in attendance reflecting meaningful community-wide participation.
(Completed FY '05-'06 and will be continued. The responsible party for the action is now the AAA's Outreach Coordinator in collaboration with the Elder Protection Unit; see objective 2.14)
- 2.2 The Long Term Care (LTC) Ombudsman will provide information on a quarterly basis through the Senior Times Newsletter, a monthly publication of the AAA on topics related to elder abuse detection and prevention from 7/1/05-6/30/09. The LTC Ombudsman will explore the possibility of including this information on a quarterly basis in the South Lake Tahoe Senior Citizens, Inc. Newsletter by 6/30/06.
(Completed FY '05-'06 and will be continued)
- 2.3 The Volunteer Coordinator will expand CAPE (Citizen Advocates for the Protection of Elders) services into the Tahoe Basin by recruiting at least 10

volunteers to do home visits and monitor vulnerable elders on referral from Adult Protective Services by 6/30/06.

(Completed FY '05-'06. The responsible party for the action is now the LTC Ombudsman.)

- 2.4 To better address the concerns of elder and dependent adult abuse in the eastern part of the County, the EAPC Chair will establish EAPC in the Tahoe Basin, modeled after western slope council by 6/30/06.
(The completion date for this objective was extended to 6/30/07 in the '06-'07 Area Plan Update. The objective was then completed FY '06-'07. The functions and activities previously undertaken by the EAPC are now fulfilled by the Elder Protection Unit. The Elder Protection unit provides elder and dependent adult protection activities countywide. On 9/21/06 a presentation was made at the South Lake Tahoe Senior Center to inform the community about the vital services provided by the Elder Protection Unit.)
- 2.5 The EAPC Training Committee will facilitate four SAIF (Seniors Against Investment Fraud) presentations to service organizations to increase the awareness of financial abuse in the older population by 6/30/07.
(This objective was deleted in the '06-'07 Area Plan Update. Instead of facilitating stand-alone SAIF presentations, this information will be incorporated into quarterly outreach efforts provided in the community by the AAA's Outreach Coordinator.)
- 2.6 The LTC Ombudsman in collaboration with the Public Health Department, Mental Health Department, and Coroner will develop an Elder Death Review Team in El Dorado County to assist in the identification and prosecution of elder abuse related deaths that may otherwise be unrecognized by 6/30/07.
(Completed early in FY '05-'06)
- 2.7 Through the EAPC Shelter Our Seniors Committee, explore the feasibility of an elder shelter to meet the needs for temporary emergency shelter and respite services by 6/30/07.
(The completion date for this objective was extended to 6/30/09 in the '07-'08 Area Plan Update to allow additional time to explore possible funding sources, potential locations, etc. for an elder shelter. The responsible party for the action is the Elder Protection Unit.)
- 2.8 The S.T.A.R. (Sheriff's Team of Active Retirees) volunteers will be utilized to support the LTC Ombudsman in monitoring the condition of the Tahoe Manor Residential Care Facility and the well-being of the elderly and dependent adults residing there on a weekly basis by 6/30/06.
(Objective was completed FY '05-'06, but Tahoe Manor Residential Care Facility has since ceased operation.)
- 2.9 The EAPC Chair will provide an annual presentation to the El Dorado County Board of Supervisors to increase their awareness of elder and dependent adult abuse in the community, and to report on progress made by the EAPC in collaboration with the AAA from 7/1/05-6/30/06.
(Objective was revised in the '06-'07 Area Plan Update. *From 7/1/06-6/30/08 the Elder Protection Unit will provide bi-annual presentations to the El Dorado*

County Board of Supervisors to update them on the new unit, and to inform them on the progress being made to investigate and prosecute elder abuse in the County. This revised objective was then completed FY '06-'07 and will be continued. A presentation was made to the Board of Supervisors by the District Attorney on 5/22/07 regarding progress being made by the Elder Protection Unit.)

- 2.10 To increase community awareness of elder and dependent adult abuse, the AAA in collaboration with Adult Protective Services will host a panel discussion and presentation on Channel 2, the local cable network by 6/30/07.
(This objective was deleted in the '06-'07 Area Plan Update. Efforts will be made to increase community awareness of elder abuse by hosting annual seminars from 7/1/05-6/30/09; see objective 2.1. The AAA will explore the feasibility of the annual seminar being televised on the local cable network.)
- 2.11 The EAPC, Legislative Committee will consider and develop key legislative proposals enhancing recognition, investigation, and prosecution of elder abuse by 6/30/07.
(Objective was revised in the '06-'07 Area Plan Update. The responsible party for the action is now the Commission on Aging (COA). *The COA will consider and support key legislative proposals enhancing recognition, investigation, and prosecution of elder abuse by 6/30/08.* This revised objective was completed FY '06-'07 and will be continued. The COA through the California Senior Legislature supported SB 108 which became law on January 1, 2007. SB 108 provides California seniors new protection 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. It places these financial employees in the category of "mandated reporters," who must report incidents of suspected elder abuse.)
- 2.12 To provide information, encouragement, and support to caregivers in the community the Family Caregiver Support Program (FCSP) will provide 10 support groups annually 7/1/05-6/30/09.
(Completed FY '05-'06 and will be continued)
- 2.13 To provide respite services to caregivers in the County, one thousand hours of respite care will be purchased at Senior Day Care Facilities, Assisted Living Facilities or through Home Health Agencies and other private providers by the Family Caregiver Support Program annually 7/1/05-6/30/09.
(Completed FY '05-'06. FCSP provided 1,152 hours of respite care to caregivers in the County in FY '05-'06, and 1,414 hours in FY '07-'08.)
- 2.14 *New Objective:* Beginning April 2006, establish an Elder Protection Unit to pursue vigorous prosecution of physical, emotional and fiscal abuse of El Dorado County's senior community comprised of staff from the Human Services Department, District Attorney's Office and County Counsel by 6/30/07. Develop a cooperative Memorandum of Understanding delineating specific responsibilities and duties of the three departments. The responsible party for the action is the AAA Director. The outcome will be measured by the number of civil and criminal elder abuse cases opened, investigated, and/or prosecuted, and the annual recovery of elder assets.
(Completed FY '06-'07)



Aging In Place

Goal

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.

Rationale

Viable systems of community supports are needed to maintain seniors and/or functionally impaired adults in the community and avoid premature or inappropriate institutionalization. Almost without exception, the majority of older adults want to remain in their own homes as long as they possibly can. The senior needs assessment, key informant survey, and the waiting lists from community agencies attest to the high level of unmet need in the senior population. Knowledgeable informants identified services to support aging in place as primary concerns for the future of seniors in the County.

Unless otherwise stated objectives began 7/1/05.

Objectives

- 3.1 The Commission on Aging and the Information and Assistance (I & A) Program will advocate for the expansion of transportation services for seniors by participating in at least three Transit Public Hearings, and attend other meetings where transportation needs of seniors may be an issue by 6/30/06.
(Completed FY '05-'06 and will be on-going)
- 3.2 The Senior Nutrition Program will collaborate with the Cameron Park Community Services District to help plan and design a new community center to be constructed adjacent to the Cameron Park Library by 6/30/08. Once completed, the Senior Nutrition Program will provide senior meals and help promote senior activities, with a special interest in meeting the needs of younger retirees who have settled in this part of the County.
- 3.3 The Commission on Aging will advocate for the expansion of public transportation services to the new Cameron Park Community Center to encourage participation in the Senior Nutrition Program, as well as, social activities and exercise programs coordinated by the Community Services District

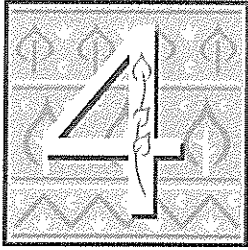
- by 6/30/08. The outcome will be measured by the number of senior citizens participating in programs at the new Cameron Park Community Center.
- 3.4 The Commission on Aging will explore the possibility of bringing a volunteer-supported transportation system modeled after the South Lake Tahoe and Placerville program to the far western part of the county by 6/30/07. The outcome will be measured by the number of senior citizens receiving transportation services in the far western part of the county.
(To allow for the necessary time required to develop a volunteer-supported transportation system in the far western part of the County, the completion date for this objective was extended to 6/30/09 in the '07-'08 Area Plan Update.)
 - 3.5 The Volunteer Coordinator will expand the volunteer-supported Senior Shuttle to include one additional service area and one additional day of service by 6/30/06.
(Completed FY '05-'06, but the responsible party for this objective has changed. The Senior Shuttle is now under the direction of the I & A Program.)
 - 3.6 The Senior Day Care Supervisor and Area on Aging (AAA) Director will open a second Senior Day Care Center/Alzheimer's Day Care Resource Center (ADCRC) site in the far western part of the county to decrease the current waiting list that exceeds 90 individuals per month, and to decrease the distance individuals currently have to travel to attend the Senior Day Care Center located in Placerville by 6/30/06.
(The completion date for this objective was extended to 9/30/07 in the '07-'08 Area Plan Update. The first phase of the new El Dorado Hills Senior Center is complete and the Senior Nutrition Program began serving lunch there on 6/30/06. The Center, which was initially leased to the County by the El Dorado Hills Fire District, was purchased by the County on 5/15/07. However, the delay in the County's full acquisition of the El Dorado Hills Senior Center caused a setback in Phase II construction to accommodate the Senior Day Care Center/ADCRC. The completion date for the Senior Day Care Center/ADCRC has been further extended to 12/31/07.)
 - 3.7 To realize a Senior Day Care Center in the Tahoe Basin, an available facility would need to be identified and an adequate population base confirmed to ensure the community could support a Center. The Senior Day Care Supervisor will explore the population's need and the feasibility of expansion by 6/30/09.
(This objective is in process. Under the direction of the Senior Day Care Supervisor, a committee has been formed and two meetings have been held to gather information and determine need for a Senior Day Care Program in South Lake Tahoe. A feasibility study was conducted to determine if there was adequate population base to support a Center. Several potential locations have been identified. Hours of operation to meet the needs of the Tahoe community and possible funding sources are currently being explored.)
 - 3.8 The LTC Ombudsman, in collaboration with the Office of Emergency Services, Public Health Department, and Red Cross will develop a plan to shelter fragile seniors and disabled adults in the event of a disaster in El Dorado County. This population does not meet the criteria for a Red Cross Shelter; therefore, an alternative is needed to house vulnerable seniors and disabled adults in the

event of a disaster and to provide needed medical supplies, dietetic foods, and durable medical equipment. This plan will be developed by 6/30/07.
(Completed FY '05-'06. The El Dorado County Medically Fragile and Vulnerable Populations Emergency Plan is a sub section of the El Dorado County Operational Area Emergency Operations Plan, Part II, Emergency Operations Center.)

- 3.9 Recognizing the need to utilize community resources further, the Volunteer Coordinator will explore the possibility of expanding outreach to establish a community-based network of local churches, service clubs, youth and school groups to install grab bars, provide transportation, yard maintenance, respite, and shopping services by 6/30/09. The outcome will be measured by the number of older adults receiving services by a community-based network of volunteers.
(Objective was revised in the '06-'07 Area Plan Update. The responsible party for the action is the I & A Program.)
- 3.10 Maintain the in-home provider list for Placerville and the surrounding areas. The Family Caregiver Support Program (FCSP) will screen new providers, keep records and lists up-to-date in order to assist the community with finding appropriate in-home assistance 7/1/05-6/30/09. The outcome will be measured by the number of in-home provider lists distributed.
(Completed FY '05-'06 and will be continued)
- 3.11 The Family Caregiver Support Program will create an in-home provider list for the South Lake Tahoe area to assist the community with finding appropriate in-home assistance by 6/30/06.
(Objective was revised in the '06-'07 Area Plan Update and considered complete. Instead of creating a separate in-home provider list for the Tahoe Basin, the FCSP maintains one in-home provider list for Placerville and the surrounding areas, which includes South Lake Tahoe. Annually, 2500 in-home provider lists are distributed in the County.)
- 3.12 The Family Caregiver Support Program will provide assistance to one thousand five hundred caregivers through Information and Assistance, Comprehensive Assessments, Case Management, Respite, Trainings, and Support Groups by 6/30/06.
(Completed FY '05-'06 and will be continued)
- 3.13 The El Dorado County Housing Authority will maintain an up-to-date housing list that includes information on the application process, rental amounts, availability, etc. in the County from 7/1/05-6/30/09.
(Completed FY '05-'06 and will be continued)
- 3.14 The Volunteer Coordinator will expand YANA (You Are Not Alone), a free daily telephone reassurance service to the Tahoe Basin in collaboration with S.T.A.R. (Sheriff's Team of Active Retirees) volunteers by 6/30/06.
(The completion date for this objective was extended to 6/30/07 in the FY '06-'07 Area Plan Update. The objective was then completed FY '06-'07. YANA services are now being provided in the Tahoe Basin. The responsible party for the action has changed to the I & A Program Assistant.)

- 3.15 The Information and Assistance (I & A) Program will be enhanced to provide short-term case management for seniors in the community by 6/30/06. This service would be provided to clients that don't require the level of case management provided by the Linkages Program, or to quickly address concerns if a waiting list exists for other case management programs.
(Completed FY '05-'06 and will be continued)
- 3.16 To meet the needs of the growing senior population and to expand services, the Home Delivered Meals Coordinator will start another home-delivered meal route in the Shingle Springs/Cameron Park area and start a designated route to the Eskaton Lincoln Manor Apartments by 6/30/06.
(Completed FY '05-'06)
- 3.17 To meet the needs of the growing senior population and to expand services, the Home Delivered Meals Coordinator will start four home-delivered meal routes in locations currently not served by 6/30/09.
- 3.18 New Objective: Beginning 7/01/06, create a Friendly Visiting Program coordinated by seniors and delivered by seniors, under the administration of the AAA in collaboration with the Mental Health Department. Funds from Proposition 63, the Mental Health Service Act, will be used to hire two seniors part-time to coordinate a Friendly Visitor Program. Two volunteers will be recruited to provide in-home companionship to 10 older adults by 6/30/07. The responsible party for the action is the AAA Program Manager.
(This objective is in process. Five volunteers have been trained, forty clients have been identified and there has been one successful match. Once all trained volunteers have completed the background check, more interested clients will be matched with a Friendly Visitor.)
- 3.19 New Objective: Beginning 3/01/06, the I & A Program will facilitate developing a centralized County database to decrease duplication of efforts and better coordination of services within the Department of Human Services by 6/30/07. Explore the possibility of expanding the database to include departments such as the District Attorney and Sheriff.
(This objective is in process. Currently, Information and Assistance, Adult Protective Services, In-Home Supportive Services, MSSP, Linkages, Senior Nutrition and Senior Activities all utilize a central NAPIS database. The Family Caregiver Support Program and Energy Assistance Program will be added to this centralized database soon.)
- 3.20 New Objective: Beginning 5/01/07, the Commission on Aging will, through advocacy with letters of support and attendance at public hearings and forums, work to achieve appropriate housing for our growing senior population. There are three special housing needs identified that will allow County elders to age in place: 1) affordable housing; 2) accessible housing; and 3) geographically diverse housing. Affordable housing includes that which is affordable to very-low and low income households, as well as to those with moderate means. Accessible housing includes such characteristics as: a level floor plan with no stairs or steps, accessible doorways, higher countertops, walk-in or roll-in bathing facilities, emergency intercom and assistive living devices. Geographically diverse means elders are not displaced from their communities because

appropriate housing is unavailable. Appropriate senior housing should not be segregated to one or two areas of the County, but rather should be available throughout the County and with elder friendly housing integrated in the midst of all new housing developments. The Commission on Aging will write at least one letter of support and participate in at least three public hearings or forums concerning senior housing needs in our County by 6/30/08.



Health and Wellness

Goal

Improve the health and wellness of senior citizens in our community.

Rationale

The health and well-being of seniors in our community was of greatest concern to both the key informants and the seniors themselves in the recent needs assessment. One out of five social service providers identified health and wellness issues as the most critical unmet need of older adults in the County. The AAA will focus on health management needs of seniors in the community.

Unless otherwise stated objectives began 7/1/05.

Objectives

- 4.1 To prevent inappropriate medication management and potential adverse effects, the Senior Health Education Program (SHEP) will explore the feasibility of having a Pharmacist do a "Brown Bag" evaluation at the Senior Center bi-annually by 6/30/06. The outcome will be measured by the number of participants in attendance, and the number of "Brown Bag" evaluations performed.
(The completion date for this objective was extended to 6/30/07 in the FY '06-'07 Area Plan Update. The objective was then completed FY '06-'07 and will be continued. A "Brown Bag" evaluation was held on 10/26/06 at the Placerville Senior Center. Two pharmacists assisted eight older adults with appropriate medication management.)
- 4.2 To increase exercise opportunities for seniors in the community, SHEP will increase the number of exercise classes from five to seven by 6/30/06. SHEP will explore the possibility of adding an aquatic exercise class by 6/30/07.
(Completed FY '05-'06, however one class has since cancelled. There are now six exercise classes provided by the SHEP Program, with 75 active participants. SHEP began an aquatic exercise class 6/28/06.)
- 4.3 To promote strength training and fall prevention, SHEP will explore the feasibility of developing an exercise program for homebound seniors in the community by 6/30/08. The outcome will be measured by the number of homebound seniors participating in the exercise program.

- 4.4 To promote exercise opportunities in the community, SHEP will develop and maintain a Senior Exercise Resource Directory by 6/30/06. The outcome will be measured by the number of directories distributed annually.
(Completed FY '05-'06. To date, 600 directories have been distributed throughout the community.)
- 4.5 To promote mental health and well-being in the senior population experiencing difficulties, the Area Agency on Aging (AAA) in collaboration with the Mental Health Department will expand the Senior Peer Counseling Program into the Tahoe Basin by 6/30/06. The outcome will be measured by the number of volunteer counselors trained, and the number of seniors participating in the program.
(In the '07-'08 Area Plan Update, this objective was revised and the completion date extended to 6/30/08. Senior Peer Counseling services are currently not being offered in the Tahoe Basin, but this is a priority of the AAA.)
- 4.6 The Information and Assistance (I & A) Program will promote the Public Health Department's Preventive Health Care for the Aging Program (PHCA), a free 90 minute health and wellness assessment, in the Senior Times Newsletter and in outreach material provided to senior citizens and their caregivers by 6/30/06.
(Completed FY '05-'06 and will be continued)
- 4.7 The Public Health Department's Preventive Health Care for the Aging Program (PHCA) and Alcohol and Drug Program will collaborate with Senior Peer Counseling to apply for training and technical assistance on the issues of substance abuse and aging from the American Society on Aging. This collaborative effort will explore the feasibility of developing an age specific treatment program for substance abuse in the elderly by 6/30/09.
- 4.8 To advocate for the mental health needs of caregivers, the Family Caregiver Support Program will participate in four meetings with the El Dorado County Mental Health Department by 6/30/06.
(Completed FY '05-'06)
- 4.9 Expand the availability of legal services to the South Lake Tahoe Basin. Arrange for the Senior Legal Attorney to travel to the Tahoe basin at least once per month by 6/30/06.
(Completed FY '05-'06)
- 4.10 The Legal Assistance for the Elderly Program will provide four presentations in the County on estate planning and other legal services offered by 6/30/06.
(Completed FY '05-'06 and will be continued)
- 4.11 To educate the senior community about the new Medicare Drug Benefit, effective January 2006, the I & A Program, in collaboration with the Health Insurance Counseling and Advocacy Program (HICAP), will provide four presentations by 6/30/06.
(Completed FY '05-'06 and is on-going)
- 4.12 The Senior Nutrition Program Supervisor will initiate a task force to address the recent decline in congregate meals and to introduce changes to the Senior

Nutrition Program in an effort to encourage participation by the younger senior population by 6/30/07.

(Due to other agency needs taking precedence the completion date for this objective was extended to 6/30/08 in the '07-'08 Area Plan Update. Congregate meals have increased 6% in the last two years.)

- 4.13 The I & A Program will increase awareness of the services available to assist in meeting energy needs. Inform the senior community about the Home Energy Assistance Program (HEAP), Weatherization Program, PG & E's CARE Program, and the Relief for Energy Assistance Through Community Help Program (REACH) to decrease their energy burden through press releases to local media by 6/30/06.
(Completed FY '05-'06 and will be continued)
- 4.14 New Objective: Beginning 10/17/06, create YANA II (You Are Not Alone II) to assist the frail elderly and disabled population in the event of an emergency evacuation. YANA II is a collaborative effort between the Sheriff's Department, Office of Emergency Services, and Department of Human Services. S.T.A.R. (Sheriff's Team of Active Retirees) volunteers will be utilized to enroll vulnerable individuals, provide disaster education, and assist with evacuation if necessary. The Department of Human Services and the AAA will support YANA II by identifying and locating at-risk individuals who would need assistance in the event of an emergency evacuation. Two-hundred at-risk individuals will be enrolled in YANA II by 6/30/08. The responsible party for the action is the AAA Program Coordinator.

Section IV Health Promotion and Disease Prevention Activities

Through the Senior Health Education Program (SHEP), the health promotions and disease prevention program, the following activities were provided during Fiscal Year 2006-2007.

- 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 older adults, and 266 health screenings were performed.
- 2,805 hours of exercise opportunities were provided to seniors in six locations
- 606 Vital Health Information Packets, and 244 pill boxes were distributed
- 600 Senior Exercise Resource Directories were distributed to inform seniors about exercise opportunities in the County

Section V Program Development or Coordination Activities

Not applicable. The AAA does not use Title IIIB funds for Program Development and Coordination activities.

Section VI Summary of Activities

The following summary of activities for Fiscal Year 2006-2007 highlight the AAA's leadership and acknowledges some of the many services provided to seniors, adults with disabilities, and their caregivers in El Dorado County.

- 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 households were weatherized to be 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) provided assistance to 296 seniors with Medicare problems and questions regarding 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 on the subject of Alert Community were made to over 250 individuals, and eleven informational notices were distributed to the Alert Community network

The AAA will continue to look at ways to improve the service delivery system in the County. Of particular interest to this AAA is to provide services to the most frail, socially isolated older adult and those with Alzheimer's disease or related disorders. The AAA and the Commission on Aging will continue to support increased funding for the Linkages and MSSP case management programs which play a key role in assisting seniors and disabled adults to remain in their homes for as long as possible. To improve services for caregivers in South Lake Tahoe, options will be explored to bring a respite program to the Tahoe Basin until a Senior Day Care Program can be realized. With the addition of a bilingual Program Assistant in the Information and Assistance Program, increased outreach and services will be targeted to the Hispanic community. The AAA and the Commission on Aging will increase advocacy efforts for more affordable housing and improved transportation services in the County. As mentioned earlier, the results of the Older Adult Research Project will provide further insight on service system changes needed.