

**EL DORADO COUNTY BOARD OF SUPERVISORS  
AGENDA ITEM TRANSMITTAL**

**Meeting of  
August 29, 2006**

**AGENDA TITLE:** 2005/06 Area Agency on Aging Area Plan Year-End Report

<b>DEPARTMENT:</b> Human Services (CS)	<b>DEPT SIGNOFF:</b> <i>John Litwinovich</i>	<b>CAO USE ONLY:</b> 8/18
<b>CONTACT:</b> John Litwinovich		<i>C Laura Schwartz</i>
<b>DATE:</b> 8/15/2006 <b>PHONE:</b> 6163		

**DEPARTMENT SUMMARY AND REQUESTED BOARD ACTION:**  
Area Agency on Aging recommends approval of the FY 2005/06 Area Plan Year-End Report, and authorization for the Chairman's signature on the corresponding transmittal letter, for submission to the California Department of Aging.

**CAO RECOMMENDATIONS:** *Recommend approval. Laura S. Hill 8/18/06*

Financial impact? ( ) Yes (X) No	Funding Source: ( ) Gen Fund ( ) Other
<b>BUDGET SUMMARY:</b>	Other: _____
Total Est. Cost _____ \$0.00	<b>CAO Office Use Only:</b>
<b>Funding</b>	4/5's Vote Required ( ) Yes (X) No
Budgeted _____	Change in Policy ( ) Yes (X) No
New Funding _____	New Personnel ( ) Yes (X) No
Savings* _____	<b>CONCURRENCES:</b>
Other _____	Risk Management _____
Total Funding _____	County Counsel _____
<b>Change in Net County Cost</b> _____ \$0.00	Other _____

**\*Explain**

**BOARD ACTIONS:**

<b>Vote:</b> Unanimous _____ Or _____	<b>I hereby certify that this is a true and correct copy of an action taken and entered into the minutes of the Board of Supervisors</b> <b>Date:</b> _____ <b>Attest: Cindy Keck, Board of Supervisors Clerk</b> <b>By:</b> _____
<b>Ayes:</b>	
<b>Noes:</b>	
<b>Abstentions:</b>	
<b>Absent:</b>	



EL DORADO COUNTY  
DEPARTMENT OF HUMAN SERVICES  
John Litwinovich  
Director

August 15, 2006

El Dorado County Board of Supervisors  
330 Fair Lane  
Placerville, California 95667

Members of the Board:

**Title:** 2005/06 Area Agency on Aging Area Plan Year-End Report

**Recommendations:**

Area Agency on Aging recommends approval of the FY 2005/06 Area Plan Year-End Report, and authorization for the Chairman's signature on the corresponding transmittal letter, for submission to the California Department of Aging.

**Reasons for Recommendations:**

The California Department of Aging requires annual submission of a report that provides an account of progress made during the previous fiscal year toward achieving goals specified in the 2005-09 Area Plan for Senior Services and annual updates. 2005/06 represents the first year of the five-year plan, and significant continuing progress was made toward achieving goals for improving services to seniors in the County. A summary of the report is attached, and a copy of the complete document is on file with the Board Clerk.

**Fiscal Impact:**

Total Cost (or Savings)  
None.

**Net County Cost:**

None.

**Action to be Taken Following Approval:**

Board Clerk to provide Department with two (2) signed copies of the 2005/06 Area Plan Year-End Report Transmittal Letter.

Sincerely,

John Litwinovich  
Director of Human Services

El Dorado County  
Area Agency on Aging  
2005-06 End-Of-Year Report Summary

The El Dorado County Area Agency on Aging (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.

**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), In-Home Supportive Services (IHSS), and Family Caregiver Support Program (FCSP) co-hosted a community health fair on October 6, 2005 in Placerville. Outreach was provided to 225 seniors and adults with disabilities. There were 37 service providers represented at the event, and 519 health screenings were performed. SHEP, in collaboration with Preventive Health Care for the Aging (PHCA) and the Latino Affairs Commission, hosted a community health fair on August 24, 2005 in South Lake Tahoe. Outreach was provided to 128 seniors, with substantial participation from the Latino community. There were 20 service providers represented at the event, and 266 health screenings were performed. The AAA is continually doing outreach to educate the community regarding available services for seniors, older adults, and their caregivers. A power point presentation on the County safety net services has been developed by the Information & Assistance Program. The presentation is given to all 911 dispatch personnel, Adult Protective Services staff, and other community organizations.

**Goal 2 – Elder Abuse Prevention:** *Increase awareness and recognition of abuse to elders and dependent adults while supporting and encouraging prevention and prosecution efforts.* An Elder Protection Unit (EPU) has been created to pursue vigorous prosecution of physical, emotional and fiscal abuse of El Dorado County's senior community. The Elder Protection Unit is comprised of staff from the Human Services Department, District Attorney's Office and County Counsel. The functions and activities previously undertaken by the Elder Abuse Protection Council (EAPC) will now be fulfilled by EPU. On March 10, 2006 the Area Agency on Aging in collaboration with Folsom Lake College, El Dorado Center hosted a "Scams and Avoidance" forum with thirty-two in attendance. CAPE (Citizen Advocates for the Protection of Elders) services have been expanded to the Tahoe Basin. The S.T.A.R. (Sheriff's Team of Active Retirees) volunteers are carrying out the CAPE duties, making home visits on referral from Adult Protective Services. The Long Term Care Ombudsman in collaboration with the Public Health Department, Mental Health Department, and Coroner developed a County Death Review Team. This multidisciplinary team provides in-depth analysis into the possible contribution of abuse and neglect in the death of elders and children under the age of 18.

**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.* 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. Construction to accommodate the Senior Day Care Center/Alzheimer's Day Care Resource Center (ADCRC) will be completed during Phase II. The El Dorado Hills Community Services District will fund a

full-time coordinator to direct the activities at the El Dorado Hills Senior Center. A new home-delivered meal route was started to the Eskaton Lincoln Manor Apartments, making it the eighth route serving the Placerville area. Currently, there are 25 meal routes serving homebound seniors in the County. To assist the community with finding appropriate in-home assistance, the Family Caregiver Support Program updates the in-home provider list on an on-going basis as new providers are obtained. Annually, 2500 in-home provider lists are distributed in the County. Using funds from Proposition 63, the Mental Health Service Act, a Friendly Visiting Program is being developed, under the administration of the AAA in collaboration with the Mental Health Department. This program will recruit volunteers to provide in-home companionship to older adults as a peer support intervention to address issues of isolation and depression.

**Goal 4 – Health and Wellness:** *Improve the health and wellness of senior citizens in our community.* To increase exercise opportunities for seniors in the community, the Senior Health Education Program (SHEP) now offers senior exercise classes at seven locations, with over 100 active participants. On 6/28/06, SHEP started a senior aquatic exercise class. To promote exercise opportunities for older adults in the community, SHEP developed a Senior Exercise Resource Directory. Senior legal services have been expanded to the Tahoe Basin. The Senior Legal Attorney travels to the South Lake Tahoe Senior Center the first Tuesday of each month. Expanding legal services to South Lake Tahoe is proving to be a valuable asset to older adults in the Tahoe Basin. The Health Insurance Counseling and Advocacy Program (HICAP) provided 36 presentations reaching over 1000 Medicare beneficiaries regarding Medicare Part D, the new Medicare Drug Benefit. On 12/1/05, the AAA received an Aging Services Network Community Based Enrollment Grant through the National Association of Area Agencies on Aging. Using grant funds, a full-time Program Assistant provided 234 seniors with one-on-one assistance to enroll in Medicare Part D before the 05/15/06 deadline.

The following summary of activities for Fiscal Year 2005-2006 highlight the AAA's leadership and acknowledges some of the other services provided to seniors, adults with disabilities, and their caregivers in El Dorado County.

- 79,468 meals were delivered to homebound seniors in the community
- 78,003 congregate meals were served at our eight dining centers
- \$20 Farmers Market coupons were distributed to 300 low-income seniors
- 775 low-income senior households received energy assistance
- 120 low-income senior households were weatherized to be more energy efficient
- 1,190 seniors enjoyed a variety of trips through the Senior Activities Program
- 1,737 caregivers received assistance through the Family Caregiver Support Program (FCSP), including 1,152 hours of respite
- 127 seniors and adults with disabilities attended the Senior Day Care Program/ADCRC
- 112 individuals were served by the Linkages Care Management Program
- The Legal Assistance for the Elderly Program provided 1,539 hours of legal assistance
- 609 Vital Health Information Packets, and 379 pill boxes were distributed through the Senior Health Education Program

**El Dorado County Area Agency on Aging  
Planning and Service Area (PSA) 29**

**2005-06 Year-End Report**



**El Dorado County  
Department of Human Services  
937 Spring Street  
Placerville, CA 95667  
(530) 621-6150**

The El Dorado County Area Agency on Aging (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 first 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:

- **Establishment of an 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 by pursuing vigorous prosecution of physical, emotional and fiscal abuse. Two of the three allocated attorney positions, an office assistant, and District Attorney Investigator position have been filled. The unit is housed in the Department of Human Services.
- **Expansion of Senior Legal Services.** The Legal Assistance for the Elderly Program has been expanded to meet the increasing demand for legal services in the County. One full-time clerical position and one full-time attorney have been added to the program.
- **Expansion of Information and Assistance.** The Information and Assistance (I & A) Program is fully funded and serves a vital role in the community. The I & A Program now serves as the single point of entry for older adults, dependent adults and caregivers to access services in the community, as well as being the central intake for the Multipurpose Senior Service Program (MSSP), Linkages, Adult Protective Services and In-Home Support Services (IHSS). Improved outreach, follow-up, and short-term case management is being provided by the I & A Program.
- **Improvements to Placerville Senior Center.** A complete renovation of the main areas utilized by seniors was accomplished with the welcome assistance of numerous community individuals and businesses. Donations included: new cabinetry, new sound system/speakers, window coverings, wall stenciling, artwork, and patio furniture. These improvements have created a bright and cheery environment that is greatly appreciated by the senior program participants.
- **New 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. The County is in the process of purchasing the building from the El Dorado Hills Fire District. When finalized, phase two construction will begin to accommodate a Senior Day Care Center/ Alzheimer's Day Care Resource Center (ADCRC). The El Dorado Hills Community Services District is funding a full-time coordinator to direct the activities at the El Dorado Hills Senior Center.

The following summary of activities for Fiscal Year 2005-2006 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.

- 79,468 meals were delivered to homebound seniors in the community
- An 8<sup>th</sup> home delivered meal route was started to serve the Placerville area
- 78,003 congregate meals were served at our eight dining centers
- \$20 Farmers Market coupons were distributed to 300 low-income seniors
- 775 low-income senior households received energy assistance
- 120 low-income senior households were weatherized to be more energy efficient
- 1,190 seniors enjoyed a variety of trips through the Senior Activities Program
- 1,737 caregivers received assistance through the Family Caregiver Support Program (FCSP), including 1,152 hours of respite
- 127 seniors and adults with disabilities attended the Senior Day Care Program/ADCRC
- HICAP provided 36 presentations reaching more than 1000 Medicare beneficiaries regarding Medicare Part D, the new Medicare Drug Benefit
- 234 seniors received one-on-one assistance with enrolling in Medicare Part D
- 112 individuals were served by the Linkages Care Management Program
- The Legal Assistance for the Elderly Program provided 1,539 hours of legal assistance and expanded services to the Tahoe Basin

Through the Senior Health Education Program (SHEP), the health promotions and disease prevention program, the following activities were provided:

- SHEP, IHSS, and FCSP co-hosted a community health fair 10/06/05 in Placerville. Outreach was provided to 225 seniors and adults with disabilities, and 519 health screenings were performed.
- SHEP, in collaboration with the Preventative Health Care for the Aging (PHCA) and the Latino Affairs Commission, hosted a community health fair on 08/24/05 in South Lake Tahoe. Outreach was provided to 128 seniors, and 266 health screenings were performed.
- 5,243 hours of exercise opportunities were provided to seniors in seven locations
- SHEP began an aquatic senior exercise class 6/28/06
- 609 Vital Health Information Packets, and 379 pill boxes were distributed
- A Senior Exercise Resource Directory was developed to educate seniors about exercise opportunities in the community

The AAA is 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 following are some of the ideas generated as a result of the discussion on how to address the needs of the "baby boomer" generation. Using the internet to inform key stakeholders and family members of services available will be important. We can help empower individuals to remain as independent and engaged as

possible by education, especially around the areas of health and staying socially active. Providing interesting programs to assure people stay engaged is essential to healthy aging. An arrangement of 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. It should be a goal of the AAA to 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. Monitoring the quality of services provided and receiving client feedback will be important.

The following section, "2005-2009 Area Plan Goals and Objectives" provides a retrospective account of progress made toward specified goals and objectives during the preceding year. This section also addresses the status of the health promotions and disease prevention objectives in the Area Plan.



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**2005-2009  
AREA PLAN**

**GOALS**

**AND**

**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.  
(Objective is in process. The completion date for this objective has been revised to 6/30/07.)
- 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.
- 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.  
(Due to other agency needs taking precedence, the completion date for this objective was extended to 6/30/07 in the '06-'07 Area Plan Update)

- 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.**
- 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.
- 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)



## 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.  
(In the '06-'07 Area Plan Update, this objective was revised and the completion date extended to 6/30/07. The functions and activities previously undertaken by the EAPC will now be fulfilled by the Elder Protection Unit. The Elder Protection Unit will provide services and coordinate elder and dependent adult protection activities in the Tahoe Basin)
- 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 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.  
(Objective was revised in the '06-'07 Area Plan Update. 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.  
(Completed FY '05-'06 and will be continued)
- 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)

- 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. The COA through the California Senior Legislature will attempt to advocate and pass legislation that supports prevention of 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. 1,152 hours of respite care was provided to caregivers in the County by the FCSP)
- 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.



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## **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)
- 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.**
- 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.  
(This objective is in process. Since 5/1/05, the former fire station in El Dorado Hills has been leased to El Dorado County for \$1 a year for five years. This building will become the El Dorado Hills Senior Center to include a Senior Day Care Center/ADCRC and Senior Nutrition site. Phase I remodeling is complete, and the Senior Nutrition site opened 6/30/06. Construction to accommodate the Senior Day Care Center/ADCRC will be completed during Phase II and the completion date for this objective was extended to 9/30/06. The County currently is in the process of purchasing this building)
- 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. Two representatives from the Tahoe Basin caregiving community toured the Placerville Senior Day Care Center on 2/3/06. The Senior Day Care Supervisor will meet with the representatives to begin exploring the feasibility of expanding day care services into the Tahoe Basin)
- 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.  
(Due to other agency needs taking precedence, the completion date for this objective was extended to 6/30/07 in the '06-'07 Area Plan Update, and the responsible party has changed. The YANA Program is now under the direction of the Program Coordinator funded by Title IIIB In-Home Services, Telephone Reassurance)
- 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.
- 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.



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## 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.**  
(In the '06-'07 Area Plan Update, this objective was revised and the completion date extended to 6/30/07. A Pharmacist was scheduled to do a "Brown Bag" evaluation at the Placerville Senior Center on 11/2/05, but was cancelled due to lack of response)
- 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. There are now seven exercise classes provided by the SHEP Program, with 100 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. 500 directories were printed, and are being 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 '06-'07 Area Plan Update, this objective was revised and the completion date extended to 6/30/07. Two volunteers provided senior peer counseling services in the Tahoe Basin, but are no longer active)
- 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)
- 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.

- 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)