



## El Dorado County Area Agency on Aging 2012-2016 Area Plan for Older Adult Services Executive Summary

The El Dorado County Area Agency on Aging (AAA) has developed the 2012-2016 Area Plan, *Second 50 Years in El Dorado County*, for submittal to the California Department of Aging (CDA) as required by the federal Older Americans Act and in accordance with direction from CDA. The Area Plan is designed to report on the status of older adults, structure the AAA's priorities based on a comprehensive evaluation of needs, and set an aging agenda for the planning and service area to enhance the aging experience of local residents at home and in the community. The Area Plan is submitted on a four-year cycle. This Four-Year Plan covers the period July 1, 2012 through June 30, 2016. The Plan outlines a strategy that builds awareness, encourages action, fosters collaborative efforts, and improves resident access to information in the aging network. This strategy provides guidance to help the AAA meet the challenges of and create opportunities for a growing older adult population during the next four years.

This plan will be reviewed and updated regularly based on new information, emerging opportunities, unforeseen challenges, and new mandates. As part of the Area Plan process, CDA requires an Annual Update which provides an opportunity for the AAA to report on the progress made in meeting goals and objectives and to modify the Area Plan as necessary to accommodate changing service needs, as well as increases or decreases in grant funding levels and availability of other resources.

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

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### CONTENT OF THE AREA PLAN

This Plan, which provides the format and the structure to identify and address older adult needs, consists of three parts:

- **Part One: Background** provides an overview of the older adult population in El Dorado County, the programs and services available and regional collaboratives. This section also includes a review of the planning process, assessment of older adult needs, and consequent identified priorities for aging services in the community.
- **Part Two: Goals and Objectives** describes the model that best captures our aspirations for the future... that El Dorado County will be recognized as a community that addresses basic needs and maximizes the independence of older adults and supports the well-being of all its residents. This section sets out our specific goals under four priority areas. In each area, there is the introduction of principal objectives, with a brief rationale, list of responsible parties and potential collaborators, and plans for action over the next four years.
- **Part Three: Appendices** summarizes the plan for allocating funds for access, in-home, and legal assistance received under Title III of the Older Americans Act and State funding allocations. This section also includes administrative information, assurances made by the AAA, and other pertinent information as required by the California Department of Aging.

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## DEVELOPMENT OF THE AREA PLAN

The Area Plan outlines the strategies the AAA will use to achieve its top priority issues. The Plan includes four goals, each encompassing strategic objectives that focus on the AAA's response to identified needs of older adults and caregivers. The planning process seeks to improve the lives of our most vulnerable people in need, to build on the County's capacity to provide comprehensive aging and disabled services, and to use allocated resources effectively and more efficiently. The plan serves to educate and inform the public, service providers, and local officials. It also guides aspects of AAA decision-making and budget development.

In order to plan and develop a comprehensive and coordinated service delivery system for the increasing number of older adults and the large number of boomers who are beginning to need and qualify for aging services in El Dorado County, systematic assessments of their needs must be conducted. A community needs assessment of the aging experience in El Dorado County was conducted over a two-year period in 2010-2011. The process of the study included both quantitative and qualitative analysis methods. AAA staff conducted a detailed review of census data and other related demographic data. The development of the 2012-2016 Area Plan involved significant efforts to gather stakeholder input including pre-planning meetings by AAA staff and its advisory council, internet and mail surveys of both consumers and service providers, four focus groups and interviews of targeted populations, and two public hearings to receive comments on the draft plan. From those sources, the AAA developed this Area Plan.

The Plan focuses on four critical issues that address identified needs of older residents and caregivers in the County. The issues of most concern were those regarding quality of life and access to health and social services needed to remain at home. Addressing immediate and future needs was of paramount concern, as well as protecting the rights of vulnerable older adults and preventing their abuse, neglect, and exploitation. Insufficient awareness of and accessibility to long-term supportive services remains a community concern among older adults. Service providers expressed the need for an improved, well-coordinated network of long-term care services for older adults, one that is also adequately prepared for the sheer number of boomers who are beginning to need and qualify for aging services.



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### FOUR-YEAR GOALS AND OBJECTIVES

The 2012-2016 Area Plan was developed with a particular focus on improving the efficiency and effectiveness of the planning and delivery of a continuum of aging services. Through the implementation of this plan, the AAA seeks to provide far-reaching education and understanding of the choices and opportunities that exist to enhance the quality of life of El Dorado County's older residents. The four goals and 38 objectives of the four-year plan, with accompanying anticipated outcomes and evaluation measures, address the following priority areas of need:



**Goal 1 – Active Aging** *Empower older adults to take charge of their health and to remain active.* Objectives focus on encouraging healthy lifestyles, expanding health promotion and disease prevention programs, and improving awareness and increasing access to employment and volunteer opportunities that enable older adults to remain active and involved in their communities. Objectives include participating in a community health fair; medication management “brown bag check-ups” with a local pharmacist; promoting strength training and fall prevention; creating a dedicated space for the older adult job seeker at the Connections One Stop Workforce Development and Business Resource Centers; and advocating for expanded transportation services in both the West Slope and South Lake Tahoe.



**Goal 2 – Aging Readiness** *Address basic needs and plan for the future.* The AAA seeks to empower older adults to maintain independence and self-sufficiency in the community. The action plan includes expanding the falls prevention and balance training program to other communities; participating in an annual workshop to help boomers understand the long-term care system; and collaborating with Marshall Community Health Library to develop a series of lectures on health topics.



**Goal 3 – Older Adult Rights** *Protect vulnerable older adults from abuse, neglect, and exploitation.* Strategies focused on promoting elder rights by providing information and resources for individuals to protect themselves against elder abuse. The range of elder abuse protection efforts will include developing a fraud scheme education program for older adults; conducting quarterly workshops in which participants are provided direction and assistance by an attorney in completing their planning documents; training additional Long-Term Care Ombudsman volunteers to provide advocacy for facility residents; and participating in an elder abuse conference to enhance awareness and prevention of elder abuse.

**Goal 4 – Access and Awareness of Services** *Increase awareness of services to improve access and choice of community resources and enhance the ability of older adults to advocate for benefits and needed support services on their own behalf.* Undertakings will include the following: expanding the number of locations for appointments with Senior Legal Services; conducting quarterly focus groups/ roundtable discussions on multiple topics to enhance awareness and access to community services and supports; establishing affiliations and collaborative efforts with stakeholder groups representing the interests of target populations to assess needs; and implementing cultural competency/sensitivity training for AAA staff.

Challenges and opportunities in the next four years may require modifying existing programs and services to ensure that they are effective and efficient. Review of goal objectives will be conducted during each annual Area Plan Update process. As development and implementation of organizational activities evolve, revisions will be made as necessary in response to the ever-changing landscape of our community and the persons we serve.

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## CONCLUSION

*Second 50 Years in El Dorado County* celebrates successful aging in our community and provides direction to the AAA and Commission on Aging in addressing the identified needs of older adults and their caregivers. We are confident that our coordination across service systems will continue to make El Dorado County a desirable place in which to live and age with dignity.

