

SUMMARY

2015-2016 Update to the 2012-2016 El Dorado County Area Plan for Senior Services

Significant Accomplishments Fiscal Year 2014-2015

The Area Plan was created for the service time frame of Fiscal Years 2012-2013 through 2015-2016. Significant accomplishments have been achieved by the El Dorado County Area Agency on Aging (AAA) during the second year of the 2012-2016 planning cycle. These accomplishments and activities demonstrate the AAA's commitment to assess the needs of older adults, adults with disabilities, and their caregivers in the community and make responsive improvements to enhance the service delivery system. These accomplishments include:

Increase in Meals Served by Senior Nutrition Services

Senior Nutrition Services continues to significantly increase the number of Home Delivered Meals served. With the help of community volunteers delivering on 25 routes, 107,154 meals were served to our most vulnerable homebound older adults during Fiscal Year 2013-2014. This is a 11.55% increase over the previous fiscal year. The prior year, Fiscal Year 2012-2013 saw a 7.15% increase over the previous fiscal year creating a total increase of 18.5% change over the last two years. During the first three quarters of Fiscal Year 2014-2015, the Senior Nutrition Program delivered 89,771 meals and we are projecting to serve approximately 110,000 Home Delivered Meals this year. Senior Nutrition Services continues to maintain the health and wellness of older adults through good nutrition, and provides an important safety net to help older adults remain independent.

Accomplishments of the Commission on Aging (COA)

The fourth COA Annual Report was presented to the El Dorado County Board of Supervisors on March 24, 2015, detailing the Commission's achievements, advocacy, reports, and trainings. The El Dorado County Board of Supervisors supported the efforts of the COA with an annual budget of \$2,500 to be used for education seminars, outreach, and equipment/supplies needed to meet these activities and the objectives in the Area Plan.

Continued Sponsorship and Educational Courses

The COA continues to sponsor and coordinate educational courses within the community to provide information on topics of interest to seniors including, but not limited to, Medicare, Social Security, Veterans issues, Aging in Place, Decoding Dementia, and Coping with Loss.

- A condensed two course series, “Boomer 101”, was presented at the Cameron Park Community Center on February 24th and March 3rd. A three course series will be held in South Lake Tahoe on June 3rd, 10th, and 17th.
- “Aging with Success”, a radio series, was presented by a COA Commissioner.

Dedication of a Senior Room at the Cameron Park Community Center

The COA, in conjunction with the Mature Leadership Council in the Cameron Park Community, developed a new dedicated “50+ Room”. A grand opening was held on August 19, 2014 with approximately 30-40 people in attendance. This room is open Tuesdays and Thursdays from 10:00am to 2:00pm. Activities are geared to all seniors and include various games, lectures, and other activities.

Safe at Home, a Non-Profit Program of Rebuilding Together Sacramento Home Modifications

The COA was actively involved in expanding Safe at Home, the Rebuilding Together Sacramento Program to El Dorado County. This program is free to qualifying low income residents and provides minor repairs and modifications that improve accessibility and safety within the home. Services are also available, for a low cost, to those who do not meet the income requirements. This work is provided by trained volunteers and includes such services as indoor and outdoor handrails, grab bars, CO2 monitors, smoke and fire detectors, shower aids, toilet risers, transfer poles, and transition ramps. All volunteers are background checked, trained and insured.

Senior Legal Services Expanded to the Cameron Park Community Center

Senior Legal Services are now available on a monthly basis at the Cameron Park Community Center. Seniors are able to schedule one-on-one appointments with the Senior Legal attorney to receive legal advice, advocacy and assistance in areas such as estate planning, public benefits, consumer issues, health care, real property and abuse and exploitation. This service is available by appointment.

\$50,000 Life Insurance Policy Bequeathed to the Placerville Senior Center

An El Dorado County resident bequeathed their life insurance to be used for improvements at the El Dorado County Placerville Senior Center. Several improvements have been made:

- New tables/chairs for the side dining room to allow more flexibility for activities in this area;
- A Computer and Resource Room was created with new Computers and new seating area for seniors to visit with each other;
- The main dining room was updated with a projector, 60-inch Smart TV, and DVD player;
- Clear interior signage for offices and program;
- Cushioned benches in the hallway;
- New exterior paint.

Senior Day Care Center 25th Anniversary

The El Dorado County Senior Day Care Program celebrated 25 years of service. A recognition event was held on September 18, 2014. The Placerville Senior Day Care Center opened its doors in August 1989. It is still at its original facility serving the needs of the frail and elderly. The Senior Day Center is open Monday – Friday and programs include daily group exercise, modified sports, guest speakers, live music, meals and field trips.

Bilingual Services Available Through the Information and Assistance Program

Spanish continues to be the most predominant language of the seniors in our community who are non-English speakers. Bilingual services for Spanish speaking seniors and their families are available Monday through Friday, 7:00am – 4:00pm through the Information and Assistance Program.

Expansion of Senior Shuttle Services

The Senior Shuttle has expanded services with additional volunteers drivers and routes on the Western Slope of El Dorado County. Monthly routes now serve Pollock Pines, Georgetown, Cameron Park, and El Dorado Hills. Outreach activities have increased ridership. The Senior Shuttle is also able to offer out-of-county trips to areas such as the Folsom Zoo, Daffodil Hill and various Folsom shopping centers. This service has a suggested donation of \$2.00/round trip within the county and \$5.00/round trip for out of county.

Family Caregiver Support Program (FCSP)/Senior Health Education Program (SHEP)

FCSP/SHEP received training and will be implementing a new evidence based caregiving class. This six week series, “Powerful Tools for Caregivers”, is scheduled to begin in December 2015. This course will be taught by trained FCSP/SHEP staff and will assist caregivers with tools and strategies to better handle unique caregiver challenges. The Power Tools for Caregivers will address the following areas:

- Self Care Behaviors (increased exercise, use of relaxation techniques, medical check-ups)
- Management of Emotions: (reduced guilt, anger, and depression)
- Self-Efficacy: (increased confidence in coping with caregiving demands)
- Use of Community Resources (increased utilization of community services)

AARP Tax-Aid Program

The AARP Tax-Aid Program continues to grow in popularity. Annually, the AARP Tax-Aid Program assists low and middle income taxpayers, many of whom are older adults, prepare and file their income tax returns free of charge. The AAA provided the meeting space and outreach at the Placerville and South Lake Tahoe Senior Centers. Services are also provided at the El Dorado County Library and Cameron Park Community Center. At the South Lake Tahoe Senior Center, the counselors and facilitators prepared an estimated 585 federal and 586 California e-filed returns. In addition, there were 19 paper filings for prior year and/or amended returns. This represents assistance to 986 community members. At the Placerville Senior Center, the 12 AARP/Tax Aide

volunteers filed 854 federal and 844 California e-filed returns, and 25 paper returns, for prior year and/or amended returns. Of the 854 returns filed, 227 for were for Public Guardian clients. Tax questions were answered for 250 people, and an additional 11 returns were out of scope or had missing information.

Senior Day Care “Dementia 101” Workshop

The El Dorado County Senior Day Care Services offered a mini workshop on Saturday, January 24, 2015 and had 62 participants. The workshop featured two sessions from presenters who have extensive experience and knowledge in Alzheimer’s disease and dementia. Ester Lara, Clinical Social Worker and Research Administrator for the UC Davis Alzheimer’s Disease Center presented the first session, “Dementia: What is it?” and Wanda Demarest, Program Supervisor for the Senior Day Care Services Program in Placerville presented the second session, “Dementia: Understanding and Managing Behaviors.” Participant evaluations reflected an overall excellent review of the workshop. Due to the success of this first workshop, a second workshop has been scheduled for Saturday, May 30, 2015, and a third will be held on Saturday, July 11, 2015.