



### **Agency Mission:**

***The mission of Area 1 Agency on Aging is to provide leadership and services that support older persons and those with disabilities through education, programs, advocacy and volunteerism.***

### **Agency Vision**

***We envision a community where older persons and those with disabilities have knowledge of and access to available resources that promote quality of life.***

## **PUBLIC HEARING NOTICE**

The public is invited to make comments regarding the Area 1 Agency on Aging proposed service plan for Fiscal Year 2018-19. Comments may also be submitted in writing.

- ❖ **Tuesday, March 20, 2018** at the Del Norte Senior Center, 1765 Northcrest Drive, Crescent City, CA at 12:30 pm.

Potential changes to Older Americans Act funding and the impacts these changes could have on A1AA funded services to older adults in Planning and Service Area 1 (Humboldt and Del Norte Counties) will be discussed. The public is invited to make comments about the impacts of proposed funding levels.

The public may submit written comments at any time, however, written comments included in Area Plan Update 2018-19 must be submitted by Friday, April 20, 2018. When submitting written comments, please indicate what county you live in; you are not required to provide your name or contact information. Comments may be delivered to A1AA at 434 7<sup>th</sup> Street, Eureka, CA, 95501 or e-mailed to [mrose@a1aa.org](mailto:mrose@a1aa.org).

The four-year Area Plan 2016-2020 that is currently contracted with the California Department of Aging is available for review by clicking the link at <http://www.a1aa.org/resources/a1aa-publications> or by calling (707) 442-3763.

**A List of All Proposed Area Plan Goals and Objectives for 2018-19 is provided in the following tables:**

**1. GOAL:**

Area 1 Agency on Aging will help older adults, their caregivers and individuals with disabilities, improve awareness of and access to community based services and resources within the local, regional, state and national network.

**Rationale:**

Many people do not understand or know how to access services that assist seniors, caregivers, and people with disabilities to resolve problems and maintain independence. Providing an entry point for seniors and their caregivers is critical to link them to services. Providing published and Internet-based information reaches seniors and their caregivers throughout PSA 1. Addressing barriers to access supports the Vision of A1AA and the Older Americans Act.

<b>Area Plan 2016-2020 Goal 1 Objectives</b>		<b>Area Plan July 1, 2018- June 30, 2019</b>
<b>1.1</b>	<b>Public Information</b>	
<b>1.1.1</b>	<b>Senior Information Guide</b> Update and distribute copies of the Senior Information Guide, listing services, resources and information about community-based resources and services critical to older adults and adults with disabilities.	Continued
<b>1.1.2</b>	<b>Printed and Internet-Based Media</b> Publish articles about issues important to seniors and caregivers in local printed and Internet-based media. Maintain A1AA website and Facebook page and other social media with information about its mission and services and post current information relevant to aging in PSA 1.	Continued
<b>1.1.3</b>	<b>Ensure Inclusivity for LGBT Older Adults</b> Ensure that written and Internet-based information is inclusive of LGBT older adults by using inclusive terminology and images. Ensure a welcoming environment by posting information about inclusivity. Provide training as needed to staff and contractors to increase sensitivity and awareness around inclusivity for LGBT.	Continued
<b>1.2</b>	<b>Advocacy &amp; Assistance</b>	
<b>1.2.1</b>	<b>I &amp; A Services, Title IIIB Access*</b> I & A Services: provide access points at both Information and Assistance offices for seniors, their families, caregivers, people with disabilities and other service providers to obtain information and connections to community-based services.	Continued
<b>1.2.2</b>	<b>Health Insurance Counseling and Advocacy Program</b> Offer year-round individual counseling appointments for seniors and adults with disabilities who are eligible for Medicare and those preparing for Medicare.	Continued

<b>1.2.2.1</b>	<b>HICAP Workshops</b> Provide workshops to educate and inform seniors and organizations that support them about Medicare, fraud prevention and related programs, education and enrollment in federal subsidy programs <i>HICAP Manager</i>	Continued
<b>1.2.3</b>	<b>Legal Advice, Title IIIB, Legal*</b> Contract, monitor and support legal services for seniors and adults with disabilities in PSA 1. <i>Planner/Contract Manager</i>	Continued
<b>1.2.4</b>	<b>Caregivers, Title IIIE, FCSP</b> Contract to provide caregiver outreach services to identify eligible caregivers in PSA 1 to improve access to FCSP services and monitor to ensure compliance with all requirements <i>Planner/Contract Manager</i>	Continued
<b>1.2.5</b>	<b>Long Term Care Ombudsman Program</b> Recruit, retain and maintain volunteer Ombudsman. <i>LTCOP Coordinator/Manager</i>	Continued
<b>1.2.5.1</b>	<b>SNF Training</b> Provide two trainings to the skilled nursing homes regarding resident rights and role of the Ombudsman to improve the quality of care and the quality of life for residents. <i>LTCOP Coordinator/Manager</i>	Continued
<b>1.2.5.2</b>	<b>Elder Abuse Prevention</b> Provide training sessions to community-based organizations to improve the identification and prevention of elder abuse, neglect and exploitation. <i>LTCOP Coordinator/Manager</i>	Continued

## 2. GOAL:

Area 1 Agency on Aging will provide direct and contracted services that support and strengthen the health and well-being of older adults, their caregivers and individuals with disabilities to increase independence and encourage healthy aging. Advocacy & Assistance

### Rationale:

Older adults in PSA 1 have a strong desire to age in place. Services that assist individuals with maintaining their health and independence are critical to assist older adults with remaining independent as long as possible and directly supports the Mission of the Area 1 Agency on Aging and the intent of the Older Americans Act.

<b>Area Plan 2016-2020 Goal 2 Objectives</b>		<b>Area Plan July 1, 2018- June 30, 2019</b>
<b>2.1</b>	<b>Maintain Independence &amp; Increase Well-Being</b>	
<b>2.1.1</b>	<b>In-Home Visiting, Title IIIB, In-Home*</b> Visit clients in their homes to provide contact, safety checks, and reassurance. <i>I &amp; A Manager</i>	Continued

2.1.1.1	<b>Chore, Title IIIB, In-Home*</b> Assistance such as heavy housework, yard work or sidewalk and other home maintenance for a person.	Continued
2.1.2	<b>Transportation</b> Provide rides to older adults and adults with disabilities to obtain necessary medical services and food resources. <i>I &amp; A Manager.</i>	Continued
2.1.3	<b>Home Delivered Meals, Title IIIC-2</b> Contract to provide meals delivered to eligible seniors at their place of residence and monitor to ensure compliance with all requirements. <i>Registered Dietitian, Planner/Contract Manager.</i>	Continued
2.1.4	<b>Congregate meals, Title IIIC-1</b> Contract to provide meals to eligible individuals at congregate meal settings in PSA 1 and monitor to ensure compliance with all requirements. <i>Registered Dietitian, Planner/Contract Manager</i>	Continued
2.1.5	<b>Nutrition Education</b> Contract to promote healthy eating through approved nutrition education programs delivered quarterly to congregate and home-delivered meal participants. <i>Registered Dietitian, Planner/Contract Manager</i>	Continued
2.1.6	<b>Access to Locally Grown Food</b> Facilitate the distribution of Farmer's Market Coupons to promote wellness among vulnerable older adults. <i>I &amp; A Program Manager.</i>	Continued
2.1.7	<b>Staying Active and Independent for Life (SAIL), Title IIID</b> Reduce the risk of falls among older adults by contracting with licensed physical therapist to train and evaluate instructors in SAIL, an evidence-based fall prevention exercise and education program that has been approved by the National Council on Aging in the highest level of research tiers. Research has shown that a program that includes aerobics, strengthening, and balance components is effective in preventing falls in older adults. <i>Consultant Physical Therapist</i>	Continued
2.1.7.1	<b>Evaluate SAIL Program</b> Evaluate SAIL program participants with approved, evidenced-based, semi-annual assessments by instructors for strength and balance changes. Evaluate SAIL program based on instructor and participant feedback through evaluations. The SAIL Program Instructor Evaluation Fidelity document will be used for evaluations. <i>Consultant Physical Therapist</i>	Continued
2.1.8	<b>Caregivers, Title IIIE FCSP</b> Contract to provide services such as caregiver respite, comprehensive assessment, caregiver counseling, caregiver support groups and training to improve outcomes for caregivers in PSA 1 and monitor to ensure compliance with all requirements. <i>Planner/Contract Manager</i>	Continued

### 3. **GOAL:**

Area 1 Agency on Aging will strengthen community capacity to better support an aging population by increasing awareness of the needs of older adults. We will advocate at the systems level to improve the coordination of and access to resources and services for older adults.

#### **Rationale:**

As the baby boomer population ages, the number of older adults needing services will significantly increase. Resources and funds for services have not increased to keep pace with this population's current and future service needs. It is critical that stake holders and service providers in PSA 1 understand how this trend is impacting our communities. Providing advocacy to increase understanding of these issues and improve coordination within the aging network is essential to remain responsive to the needs of older adults.

<b>Area Plan 2016-2020 Goal 3 Objectives</b>		<b>Area Plan July 1, 2018- June 30, 2019</b>
<b>3.1</b>	<b>Increase Knowledge &amp; Provide Systems Advocacy</b>	
<b>3.1.1</b>	<b>Advisory Council</b> Coordinate and support an advisory council, which provides input to A1AA related to areas identified as priority needs, to assist with public hearings and the development of the area plan., <i>Planner/Contract Manager</i>	Continued
<b>3.1.2</b>	<b>Systems Advocacy</b> Advocate at local, state, regional, and national levels about issues impacting older adults, their caregivers, and adults with disabilities. <i>Executive Director, Planner/Contract Manager, Advisory Council Members</i>	Continued
<b>3.1.3</b>	<b>Community Coordination</b> Work with business, government, tribal groups, educational and other community-based organizations to increase their understanding of aging issues and participate in activities that improve and expand service delivery for older adults. <i>Executive Director, I &amp; A Manager, Planner/Contract Manager</i>	Continued
<b>3.1.4</b>	<b>Service Improvement</b> Provide support and technical assistance as needed to the Del Norte Senior Center for the development of a volunteer driver program. <i>I &amp; A Manager</i>	Continued
<b>3.1.5</b>	<b>Service Coordination</b> Participate in meetings with Humboldt Senior Resource Center to discuss strategic partnerships. <i>Executive Director, A1AA Board of Directors</i>	Continued

3.1.6	<p><b>Disaster Preparation</b>  Advocate for the needs of vulnerable, frail and/or isolated older adults with disaster preparation organizations such as the American Red Cross, Voluntary Organizations Active in Disaster and other appropriate organizations. <i>Executive Director</i></p>	Continued
3.1.7	<p><b>Area Planning and Aging Research</b>  Conduct needs assessment and other research activities to identify and understand the needs of older adults, remain current on aging demographics in PSA 1, inform community stake holders, and plan services. Planner/Contract Manager, Advisory Council Members</p>	Continued
3.1.8	<p><b>Senior Housing Research</b>  Research best practices in housing support programs and systems to address the housing needs of low-income and homeless seniors and seniors living in their own homes who need help to remain independent. <i>I &amp; A Manager , Planner/Contract Manager, Advisory Council Members</i></p>	Continued