

Section D. Services to Assist Independent Living

ACL/AoA Focus Area(s):

Focus Area 1:

- Strengthen or expand Title III and VII services

Focus Area 2:

- Evidence-Based Disease and Disability Prevention Program
- Aging and Disability Resource Centers (ADRCs)
- Programs that support community living
- Money Follows the Person
- Balancing Incentives Program; and
- Community-Based Care Transitions Program.

Focus Area 3:

Support participant-directed/person-centered planning for older adults and their caregivers across the spectrum of long term care services, including home, community, and institutional settings.

Focus Area 4:

- Legal assistance programs;
- Health care professionals;
- Other essential partners.

State Objective: Non-Medicaid Sub-strategy #2: Services to Assist Independent Living

Provide a locally based system of services to maintain personal independence through provision of supportive services, transportation and senior center activities, and provide opportunities for increased personal productivity through community service volunteering.

Local Goal: To provide services that will support assistance to independent living in the region for seniors

Local Objective #1:

Service: Adult Day Care

Local Strategy #1A: Provide an opportunity for informal caregivers to receive respite services from providing uncompensated care to an older person or individuals who are homebound for any debilitating condition or with Alzheimer's or related disorders through adult day care services

Staff Position(s) Responsible for Strategy: Care Coordinators (Caregiver Support Coordination)/Contractors

Measurable Outcome: 1. Eligible individuals will be able to participate in the development of their service plan. 2. Determine the scheduling of hours and selection of their preferred provider from the AAoA vendor list. 3. Non-professional caregivers, especially family members providing uncompensated care will receive temporary respite in order to avoid burnout.

OAA Assurances: 306(a)(4)(C)

Service: Caregiver Education and Training

Local Strategy #1A: Provide Caregiver Education and Training services in order to help informal caregivers cope with the issues and concerns associated in maintaining the Care recipient at home as long as possible.

Staff Position(s) Responsible for Strategy: Care Coordinators (Caregiver Support Coordination) /Contractors

Measurable Outcome: Eligible individuals will receive counseling in order to provide support 2. Contractors will develop and maintain support groups; 3. Eligible individuals will participate in various training opportunities in order to alleviate the stresses of caregiving.

OAA Assurances: 306(a)(4)(C), 306(a)(6)(E), 306(a)(7)(A), 306(a)(7)(B), 306(a)(7)(D)

Service: Caregiver Respite Care – In-home

Local Strategy #1A: Provide an opportunity for informal caregivers to receive respite services from providing uncompensated care to an older person or individuals who are homebound for any debilitating condition or with Alzheimer's or related disorders through Respite Care (in-home) services

Staff Position(s) Responsible for Strategy: Care Coordinators (Caregiver Support Coordination)/Contractors

Measurable Outcome: 1. Eligible individuals will be provided the opportunity to decide when they would like to schedule their respite services in order to accommodate their schedules and avoid possible caregiver burnout. 2. Select their preferred vendor from the vendor list.

OAA Assurances: 306(a)(2)(B), 306(a)(4)(C), 306(a)(7)(B), 306(a)(7)(D)

Service: Caregiver Respite Care – Institutional

Local Strategy #1A: Provide an opportunity for informal caregivers to receive respite services from providing uncompensated care to an older person or individuals who are homebound for any debilitating condition or with Alzheimer's or related disorders through Respite Care (Institutional) services. This service will be provided contingent on the availability of funding and consumer request.

Staff Position(s) Responsibility for Strategy: Care Coordinators (Caregiver Support Coordination)/Contractors

Measurable Outcome: 1. Eligible individuals will be provided the opportunity to decide when they would like to schedule their respite services in order to accommodate their schedules and avoid possible caregiver burnout. 2. Select their provider from the AAoA vendor list.

OAA Assurances: 306(a)(4)(C), 306(a)(7)(B), 306(a)(7)(D)

Service: Caregiver Respite Care – Non-Residential

Local Strategy #1A: Provide an opportunity for informal caregivers to receive non-residential respite services while attending caregiver education and training activities. This service will be provided contingent on the availability of funding and consumer request.

Staff Position(s) Responsibility for Strategy: Subrecipient staff

Measurable Outcome: 1. Eligible individuals will be provided respite in order to have the opportunity to participate in caregiver education and training activities that will help them cope with the stress caused by caregiving.

OAA Assurances: 306(a)(4)(C), 306(a)(7)(B), 306(a)(7)(D)

Service: Health Maintenance

Local Strategy #1A: Maintain a Health Maintenance component by contracting with local vendors that will provide such as: medications, nutritional supplements, glasses, dentures, hearing aids or other devices necessary to promote or maintain the health and/or safety of the eligible individuals.

Staff Position(s) Responsible for Strategy: Care Coordinators/Contractors

Measurable Outcome: 1. Eligible individuals will be able to participate in the development of their service plan. 2. Determine the scheduling of hours and selection of their preferred vendor. 3. Depending on their needs, eligible individuals will be provided the opportunity to participate in the service plan that will include the selection on the particular service that will best meet their needs.

OAA Assurances: 306(a)(2)(A), 306(a)(4)(C)

Service: Senior Center Operations

Local Strategy #1A: Provide senior center operations where older individuals meet together to pursue mutual interests, receive services and/or take part in activities which will enhance their quality of life, support their independence, and encourage their continued involvement in and with the community. Should the need arise, the Area Agency on Aging is designating this service to be subject to the categorical transfer.

Staff Position(s) Responsible for Strategy: All AAoA administrative staff and Contractors

Measurable Outcome: Eligible individuals will be able to participate in at least 7 senior centers on a daily basis and take advantage of various activities.

OAA Assurances: 306(a)(4)(C), 306(a)(1)

Service: Transportation – Demand Response

Local Strategy #1A: Provide transportation – as a demand response service as an avenue for seniors to access community, health services, and nutrition sites in order to allow them to remain in their homes as long as possible in the least restrictive environment.

Staff Position(s) Responsible for Strategy: Care Coordinators/Contractors

Measurable Outcome: Eligible will be able to access services that will provide them the opportunity to remain active and independent.

OAA Assurances: 306(a)(2)(A), 306(a)(4)(C)

Service: Transportation – Voucher

Local Strategy #1A: Provide transportation – In case the opportunity arises, implement a transportation voucher system as an option for seniors to use an avenue to access community, health services, and nutrition sites in order to allow them to remain in their homes as long as possible in the least restrictive environment.

Staff Position(s) Responsible for Strategy: Care Coordinators/Contractors

Measurable Outcome: Eligible will be able to access services that will provide them the opportunity to remain active and independent.

OAA Assurances: 306(a)(2)(A), 306(a)(4)(C)

Service: Homemaker

Local Strategy #1A: Provide homemaker services to homebound seniors in order to for them to remain in a more hospitable environment in their homes allowing them to remain independent and living with dignity and respect.

Staff Position(s) Responsible for Strategy: Care Coordinators/Contractors

Measurable Outcome: 1. Eligible individuals and family members will be able to participate in the development of their service plan.2. Determine the scheduling of hours and selection of their preferred provider based on the AAoA vendor list.

OAA Assurances: 306(a)(2)(B), 306(a)(4)(C)

Service: Personal Assistance

Local Strategy #1A: Provide personal assistance services to homebound seniors in order to allow them to live an independent life with dignity and respect.

Staff Position(s) Responsible for Strategy: Care Coordinators/Contractors

Measurable Outcome: 1. Eligible individuals and family members will be able to participate in the development of their service plan.2. Determine the scheduling of hours and selection of their preferred provider based on the AAoA vendor list.

OAA Assurances: 306(a)(2)(B), 306(a)(4)(C), 306(a)(13)(A), 306(a)(13)(B)

Service: Residential Repair

Local Strategy #1A: Provide residential repair/modification services in order to allow seniors the opportunity to remain independent as long as possible in their homes with dignity and respect

Staff Position(s) Responsible for Strategy Care Coordinators/Contractors

Measurable Outcome: 1. Eligible individuals will be able to participate in the development of their service plan.2. Selected individuals will have their homes modified to allow them to remain in their homes. 3. Be able to live a more safe environment. 4. They will also provide feedback on whether they are satisfied with the work done as the final step.

OAA Assurances: 306(a)(2)(B), 306(a)(4)(C)

Service: Emergency Response

Local Strategy #1A: Provide an opportunity to homebound seniors to live in a safe home environment by offering emergency response services as a possible option.

Staff Position(s) Responsible for Strategy: Care Coordinators/Contractors

Measurable Outcome: Eligible individuals will be provided an automatic monitoring device to provide them a sense of security and safeguard in case of fall or injury.

OAA Assurances: 306(a)(2)(B), 306(a)(4)(C)

Service: Mental Health Services

Local Strategy #1A: Develop partnerships and opportunities to address mental health issues affecting seniors in order to provide an opportunity for them to live independently in the least restrictive environment.

Staff Position(s) Responsible for Strategy: Director, Assistant Director, Admin Tech IV, Program Planner, and Program Administrators

Measurable Outcome: Eligible individuals who require support and treatment will be provided mental health services.

OAA Assurances: 306(a)(1), 306(a)(4)(C)

Service: Evidence-Based Intervention

Local Strategy #1A: Implement an Evidence-Based Intervention in cooperation with a local hospital utilizing the CTI Coleman model in order to address the issue of individuals transitioning from an acute setting to home

Staff Position(s) Responsible for Strategy: Director, Assistant Director, Program Planner, and CTI Coach

Measurable Outcome: Eligible individuals will participate on a one-to-one bases with a health coach to develop a self-directed plan to take control of their health

OAA Assurances: 306(a)(1), 306(a)(4)(C), 306(a)(7)(C) 306(a)(5)

Local Strategy #1B: Depending on available funding or partnership opportunities, implement other Evidence-Based Interventions such as but not limited to Falls Prevention, Stress-busters, Diabetes Self-Management Training, Medication Management or other evidence-based interventions that support health aging.

Staff Position(s) Responsible for Strategy: Director, Assistant Director, Admin Tech IV, Program Planner, and Program Administrators

Measurable Outcome: Eligible individuals will participate on a one-to-one bases or in a group setting informational or instructional events to promote health live styles and prevent injuries, or other catastrophic events.

OAA Assurances: 306(a)(1), 306(a)(4)(C), 306(a)(7)(C), 306(a)(5)

Service: Recreation

Local Strategy #1A: Contingent on available funding, provide seniors in senior centers the opportunity to be healthy and active by providing recreational activities.

Staff Position(s) Responsible for Strategy: Admin Tech IV and Senior Centers

Measurable Outcome: : Eligible individuals will participate on a one-to-one bases or in a group setting recreational activities to stimulate the mind or provide an opportunity to be active and meet other individuals with similar interests.