

2011 – 2012 AREA PLAN UPDATE

The Objectives

**as submitted to the
California Department of Aging
April 29, 2011**

**AREA 4 AGENCY ON AGING
2260 PARK TOWNE CIRCLE, SUITE 100
SACRAMENTO, CA 95825**

Objectives	Start/End	Type ¹	Status
<p>1.1 Aging Research (<i>continued</i>)</p> <p>c) Care Facility Study Resident/Patient Needs Assessment</p> <p>Coordinate with individual residential care and skilled nursing facilities, with the RCFE Association of Northern California, with Work with Ombudsman Services of Northern California and with other appropriate organizations to conduct a study of residents/patients to determine (based upon existing records) the top five unmet needs of adults who are residents in Residential Care Facilities for the Elderly (RCFEs) and of adults who are patients in Skilled Nursing Facilities (SNFs) to identify their needs and concerns in each of the seven counties of Planning and Service Area 4. Planner & Assistant Director, Executive Director, Program Specialist.</p>	<p>6/11 to 12/12 7/11 to 6/12</p>	<p>€ A</p>	<p>Revised</p>

¹Type of Objective: A = Administration, C = Coordination, CS = Contracted Service, DS = Direct Service, PD = Program Development

Objectives	Start/End	Type ¹	Status
<p>1.2 Awareness of Aging Issues</p> <p>Increase awareness of the needs of older adults through:</p> <p>a) Media Stories</p> <p>Cultivate and update Work with local media contacts as appropriate so as to place stories and public service announcements regarding A4AA's mission, its work, and the services it provides, as well as creating opportunities for Agency personnel to give informational interviews. <i>Planner & Assistant Director, I&A Program Manager & RSVP Project Director, Senior Employment Program Manager.</i></p> <p>b) Community Education Presentations</p> <p>In coordination with local advocacy groups, faith-based groups, city and county officials and agencies, foundations and other appropriate nonprofit and for-profit organizations, give educational presentations for the purposes of awareness, understanding and utilization of A4AA-funded programs and services with particular emphasis on reaching minority, ethnic and cultural groups. <i>Executive Director & All Program Staff, Assistant Director, Employment Specialist, RSVP Project Director, Senior Employment Program Manager.</i></p> <p>c) A4AA Website</p> <p>Post current news and information regarding A4AA's mission, its work and the services it provides on the A4AA website, and establish links with other appropriate sites. <i>Planner & Information Systems Administrator.</i></p> <p>d) Community Education on Caregiving</p>	<p>7/09 to 6/13</p> <p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/13</p> <p>7/09</p>	<p>A</p> <p>C</p> <p>A</p> <p>DS</p>	<p>Revised</p> <p>Revised</p> <p>Continuing</p> <p>Deleted</p>

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Objectives	Start/End	Type ¹	Status
<p>1.2 Awareness of Aging Issues (<i>continued</i>)</p> <p>e) Public Information on Caregiving</p> <p>Compile, and publish and maintain educational materials (in print and/or electronically) about available support resources for family caregivers throughout PSA 4. <i>I&A Program Manager Program Specialist & FT Program Manager, I&A Program Manager, Information Systems Administrator, Planner, Program Specialist.</i></p> <p>f) California Highway Safety Plan</p> <p>In coordination with fellow members of the California Challenge 9 Area Committee (which include The Safety Center, the American Automobile Association and other entities), actively participate in the development of Challenge 9 Older Driver safety objectives that will be part of the State of California Highway Safety Plan. <i>Program Specialist.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>1/10 to 6/11</p>	<p>DS</p> <p>C</p>	<p>Revised</p> <p>Completed</p>

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**GOAL #2: DIRECTLY PROMOTE HEALTH AND WELLNESS
AMONG OLDER ADULTS IN PLANNING & SERVICE AREA 4.**

Rationale: Just as the senior population is growing in both directions due to natural aging and longevity, the population of seniors with chronic diseases, obesity, and disabilities is expanding proportionately. In order to maximize older adults' ability to live independently, A4AA must actively promote healthy aging for both the youngest and the eldest senior citizens.

Objectives	Start/End	Type ¹	Status
<p>2.1 Physical Health and Wellness</p>			
<p>Provide leadership on health and wellness issues through:</p>			
<p>a) Men's Cooking Classes</p> <p>Revise format and conduct a cooking class for men age 60 and over. Development activities include partnering with appropriate venues and implementing a marketing strategy to reach those with the greatest nutritional need. The anticipated outcome is improved nutrition as the men eat more home-cooked meals and fewer processed foods; the participants will also benefit from socialization. <i>Nutritionist Dietitian & Assistant Director, I&A Program Manager.</i></p>	<p>7/09 to 6/10</p>	<p>PD</p>	<p>Completed</p>
<p>b) Nutrition Education</p> <p>In conjunction with contracted nutrition service providers, work to complement and expand nutrition education efforts throughout PSA 4 which promote better health by providing accurate and culturally sensitive nutrition, physical fitness or health information and instruction. <i>Nutritionist Dietitian & Assistant Director, FT Program Manager, Program Specialist, Senior Program Manager.</i></p>	<p>7/09 to 6/11 to 6/12</p>	<p>DS</p>	<p>Revised</p>
<p>c) Chronic Disease Management</p> <p>Establish partnerships and engage diverse organizations to support the patient's role in self-management of chronic diseases such as hypertension, diabetes, asthma, and arthritis. <i>Assistant Director & Program Managers.</i></p>	<p>7/10 to 6/11 to 6/12</p>	<p>C</p>	<p>Revised</p>

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Objectives	Start/End	Type ¹	Status
<p>2.1 Physical Health and Wellness (<i>continued</i>)</p> <p>d) Health Promotion Activities</p> <p>Participate in health fairs, special projects and other appropriate activities which directly promote healthy aging among older adults in PSA 4. <i>Assistant Director & Information Systems Administrator, Program Managers.</i></p>	<p>7/09 to 6/11 to 6/12</p>	<p>C</p>	<p>Revised</p>
<p>2.2 Mental Health and Wellness</p> <p>Provide leadership on mental health and wellness issues through:</p> <p>a) Lifelong Learning</p> <p>Participate in coordination efforts with educational institutions to enhance lifelong learning opportunities for older adults, including the Gerontology programs at California State University, Sacramento (CSUS) and American River College. <i>FT Program Manager & Assistant Director.</i></p> <p>b) Mental Health Conference</p> <p>Coordinate with the Sacramento County Mental Health Department and other appropriate organizations in planning the Mental Health and Aging Conference in October 2009 2011. <i>FT Program Manager & Senior Program Manager.</i></p> <p>c) Telephone Reassurance</p> <p>Develop a telephone reassurance program in which volunteers call isolated Nevada County seniors on a regularly scheduled basis, with emphasis on those who suffer depression. Phone calls will provide socialization, referrals to community and social services, as well as safety checks. Activities include development of program materials, training of volunteers, and the promotion of the program to individuals and agencies likely to make referrals (e.g., social services, home delivered meals, Friendly Visitor Program, and the Fall Prevention Screening Project). The anticipated outcomes are minimized loneliness and isolation, and improved safety and well being. <i>HelpLine Coordinator & HFHM (Home Modifications) Program Manager, Assistant Director.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p> <p>1/10 to 6/11</p>	<p>C</p> <p>C</p> <p>PD</p>	<p>Revised</p> <p>Revised</p> <p>Completed</p>

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Objectives	Start/End	Type ¹	Status
<p>2.3 Injury Prevention</p> <p>Provide the following injury prevention activities in one or more counties:</p> <p>a) Driving Wellness Program</p> <p>A4AA will conduct at least two Driving Wellness and two Car Fit workshops for the purpose of providing older adults with health promotion information specific to safe driving practices. Workshops vary in length and are typically offered at a variety of locations throughout the service area. <i>Program Specialist & Assistant Director, I&A Program Manager, Senior Program Manager.</i></p> <p>b) Falls Prevention Program</p> <p>A4AA will conduct Falls Prevention Workshops at senior centers, nutrition sites and community events for the purpose of providing older adults with health promotion information specific to reducing the risk of falls and fall-related injuries in the home or elsewhere. HT <i>HM Program Manager & Assistant Director, Nutritionist Dietitian, Program Specialist, FT Program Manager.</i></p> <p>c) Northern California Fall Prevention Coalition</p> <p>Primarily during Fall Prevention Awareness Week, work with coalition members and others on appropriate activities including but not limited to fall prevention community events, workshops, walkability audits, displays, and proclamations by county Boards of Supervisors during Fall Prevention Awareness Week. <i>Planner & Assistant Director, HM Program Manager.</i></p> <p>d) Nevada County Fall Prevention Coalition</p> <p>Work with coalition members and others to empower seniors and people with disabilities and depression to reduce their risk of falling. <i>Assistant Director & RSVP Project Director.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p>	<p>DS</p> <p>DS</p> <p>C</p> <p>C</p>	<p>Revised</p> <p>Revised</p> <p>Revised</p> <p>Revised</p>

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Objectives	Start/End	Type ¹	Status
<p>2.4 Health and Wellness for Family Caregivers</p> <p>Provide the following activities for family caregivers in one or more counties:</p> <p>a) Caregiver Training (Caregiver Support Day)</p> <p>In partnership with the Del Oro Caregiver Resource Center and other appropriate organizations, conduct a special training event for family caregivers that is designed to enhance their skills or knowledge. <i>Program Specialist & FT Program Manager, I&A Program Manager.</i></p> <p>b) Kinship Care Services (Grandparent Information Service)</p> <p>1) Provide resource information to grandparents and other senior caregivers of relative children at multi-generational community events.</p> <p>2) Develop and conduct an educational forum for grandparents and other senior caregivers of relative children.</p> <p>3) Update resource information on the A4AA Grandparents Raising Grandchildren website, including statistics, kinship support groups, and newsletters.</p> <p><i>FT Program Manager & Assistant Director, I&A Program Manager, Information Systems Administrator, Program Specialist.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p>	<p>DS</p> <p>DS</p>	<p>Revised</p> <p>Revised</p>

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Objectives	Start/End	Type ¹	Status
<p>2.5 Personal Planning for Health and Wellness</p> <p>Provide the following activities in one or more counties:</p> <p>a) Medicare Issues</p> <p>Monitor proposed changes to Medicare. <i>Planner Program Specialist & All Program Managers, Assistant Director, Executive Director.</i></p> <p>b) Advance Care Planning Project</p> <p>Coordinate with legal services providers and other appropriate organizations to provide education regarding advance health care directives and end of life issues such as the POLST (physician ordered life-sustaining treatments) and to encourage older adults and caregivers throughout the service area to complete and maintain these documents. <i>Program Specialist & Assistant Director, FT Program Manager, I&A Program Manager.</i></p> <p>c) Disaster Preparedness Coordination</p> <p>Participate in coordination efforts with the Office of Emergency Services (OES), the American Red Cross, Voluntary Organizations Active in Disasters (VOAD) and other appropriate organizations to strive to ensure that the needs of all seniors, especially isolated and/or frail older adults, are addressed in local disaster preparedness efforts. <i>Half Time (HT) HM Program Manager & Assistant Director, Executive Director, Planner, RSVP Project Director.</i></p>	<p>7/09 to 6/13</p> <p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p>	<p>A</p> <p>C</p> <p>C</p>	<p>Revised</p> <p>Revised</p> <p>Revised</p>

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GOAL #3: DIRECTLY PROMOTE FINANCIAL SECURITY AMONG OLDER ADULTS IN PLANNING & SERVICE AREA 4.

Rationale: The combination of population aging and greater longevity elevates the number of economically needy senior citizens. More and more, people in PSA 4 reach their 60th birthdays without sufficient financial resources, and except for the wealthy few, unexpectedly long lifespans among the oldest old tend to erode retirement nest eggs. In order to maximize older adults’ economic well-being, A4AA will work with other public and private agencies to actively promote financial security for senior citizens of every age.

Objectives	Start/End	Type ¹	Status
<p>3.1 A4AA “Poverty Initiative” Programs</p> <p>Provide the following as direct services in one or more counties:</p> <p>a) Senior Employment</p> <p>Provide job readiness workshops, resume assistance and job referral assistance to individuals age 60 and over in Placer and Sacramento Counties who are seeking paid employment with an emphasis on those seniors with limited financial resources. <i>Senior Employment Program Manager & Assistant Director, Employment Specialist, Office Assistant.</i></p> <p>b) Mobile Produce Market</p> <p>Set up a biweekly “Mobile Produce Market” at Sacramento County senior nutrition sites in low income neighborhoods that lack convenient farmers markets or full service grocery stores to make fresh fruits and vegetables available at below wholesale prices. The anticipated outcome is improved nutritional choices for older low income participants. <i>Nutritionist Dietitian & Assistant Director.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/10 to 10/10 7/11 to 10/11</p>	<p>DS</p> <p>PD</p>	<p>Revised</p> <p>Revised</p>

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Objectives	Start/End	Type ¹	Status
<p>3.1 A4AA “Poverty Initiative” Programs (<i>continued</i>)</p> <p>c) Nutrition Activities</p> <p>Coordinate with the California Department of Agriculture, food suppliers, service organizations and other appropriate groups in the service area to promote wellness among vulnerable older adults through the expansion of nutritional services and healthier options in a variety of ways, including but not limited to facilitating the distribution of Farmers’ Market Coupons and innovative projects for ARRA funds. <i>Executive Director & Assistant Director, Nutritionist Dietitian, Employment Specialist, FT Program Manager, Planner, Program Specialist, Senior Employment Program Manager, Senior Program Manager.</i></p> <p>d) Medicare Low Income Subsidy (LIS) Outreach</p> <p>Provide and coordinate outreach activities to individuals and groups to raise awareness and encourage enrollment in the Medicare Part D Low Income Subsidy Program. <i>Program Specialist & Assistant Director, Executive Director, HelpLine Program Manager, Medicare Outreach Specialist, Senior Employment Program Manager.</i></p>	<p>7/09 to 6/11 to 6/12</p>	<p>C</p>	<p>Revised</p>
<p>3.2 Financial Security for Seniors & Family Caregivers</p> <p>Conduct the following financial security activities in one or more counties:</p> <p>a) Social Security Issues</p> <p>Monitor proposed changes to Social Security. <i>Planner & All Program Managers, Asst. Director, Executive Director.</i></p> <p>b) Elder Economic Security Standard</p> <p>Participate in coordination efforts with the Insight Center for Economic Development and other appropriate organizations to facilitate implementation of the Elder Economic Security Standard Index among public and non-profit organizations. <i>Executive Director & Assistant Director, Planner, Program Managers.</i></p>	<p>7/09 to 6/13</p>	<p>A</p>	<p>Continuing</p>
<p>b) Elder Economic Security Standard</p> <p>Participate in coordination efforts with the Insight Center for Economic Development and other appropriate organizations to facilitate implementation of the Elder Economic Security Standard Index among public and non-profit organizations. <i>Executive Director & Assistant Director, Planner, Program Managers.</i></p>	<p>7/09 to 6/11 to 6/12</p>	<p>C</p>	<p>Revised</p>

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Objectives	Start/End	Type ¹	Status
<p>3.2 Financial Security for Seniors & Family Caregivers (<i>cont.</i>)</p> <p>c) Retirement Readiness Project</p> <p>Coordinate with county human resources departments, other local employers, chambers of commerce and other appropriate organizations to encourage awareness and education on basic pre-retirement planning strategies among pre-retirees. <i>Executive Director & FT Program Manager, Planner.</i></p> <p>d) Financial Survival Faire</p> <p>In partnership with Legal Services of Northern California and other appropriate organizations, develop a venue to inform, educate, and promote resources to assist elders to maintain and improve economic security. <i>FT Program Manager & Assistant Director, Employment Specialist, Executive Director, HF HM Program Manager, I&A Program Manager, Program Specialist, Senior Employment Program Manager, Senior Program Manager.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11</p>	<p>C</p> <p>PD</p>	<p>Revised</p> <p>Completed</p>

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GOAL #4: FUND AND SUPPORT LOCAL ORGANIZATIONS THAT PROVIDE HOME AND COMMUNITY-BASED SERVICES TO OLDER ADULTS AND/OR THEIR CAREGIVERS THROUGHOUT PLANNING & SERVICE AREA 4.

Rationale: The near tripling of the senior population in PSA 4 between 2000 and 2040 is expected to result in at least a three-fold increase in the demand for home and community-based services. The primary function of Area 4 Agency on Aging is to fund and support Older Americans and Older Californians Act services. In doing so, emphasis is placed upon reaching those with the greatest social and economic needs. Special efforts are also made to reach older people whose access to services may be limited as a result of their ethnicity, culture, language, sexual orientation, ability level, or physical location.

Objectives	Start/End	Type ¹	Status
<p>4.1 Information and Assistance Services</p> <p>Enhance A4AA and contracted I&A services through:</p> <p>a) Direct I&A services</p> <p>Provide Senior Information and Assistance services in Nevada County (the Helpline program) and provide basic information and referral to callers and walk-ins from A4AA’s Sacramento office. <i>I&A Program Manager & Executive Director, HelpLine Program Manager, I&A Specialist.</i></p> <p>b) Contracted I&A services</p> <p>Contract, monitor and support I&A services in Placer, Sacramento, Sierra, Sutter, Yolo and Yuba Counties. Host I&A provider meetings for the purposes of training, networking and improved delivery of services, including the consideration of incorporating new technologies. <i>I&A Program Manager.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/13</p>	<p>DS</p> <p>CS</p>	<p>Revised</p> <p>Continuing</p>

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<p>c) Assistive Technology</p> <p>Ensure that I&A providers maintain up-to-date information on assistive technology resources and that they share that information as appropriate. <i>I&A Program Manager.</i></p>	<p>7/09 to 6/13</p>	<p>A</p>	<p>Continuing</p>
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Objectives	Start/End	Type ¹	Status
<p>4.1 Information and Assistance Services (<i>continued</i>)</p> <p>d) HICAP coordination</p> <p>Ensure that I&A providers coordinate with HICAP to maintain up-to-date information, particularly with regard to changes in Medicare. <i>I&A Program Manager & Program Specialist, & HelpLine Program Manager, I&A Program Manager.</i></p>	7/09 to 6/13	A	Revised
<p>4.2 In-Home Services (Contracted)</p> <p>Enhance delivery of in-home services through:</p> <p>a) Home-Delivered Meal (C-2) services</p> <p>1) Contract, monitor and support C-2 services in Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba Counties.</p> <p>2) Implement the Request for Proposal for home delivered meals for Yuba and Sutter Counties.</p> <p>3) In Yuba and Sutter Counties, provide technical assistance for the approved service provider to ensure requirements under the A4AA contract are met.</p> <p>4) In Yuba and Sutter Counties, extend Vendor Agreements for in-home assessments and meal delivery service for six months. Monitor timely delivery of meals, meal quality and in-home assessments provided by service providers and maintain client listing.</p> <p>5) Host nutrition provider meetings for the purposes of training, networking and improved delivery of services.</p> <p><i>Nutritionist Dietitian & FT Program Manager, Planner, Program Specialist, Senior Program Manager.</i></p>	7/09 to 6/13	CS	Continuing
	7/09 to 6/10	A	Completed
	7/09 to 6/11	A	Continuing
	7/09 to 6/10	A	Completed
	7/09 to 6/13	A	Revised

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Objectives	Start/End	Type ¹	Status
<p>4.2 In-Home Services (Contracted) (<i>continued</i>)</p> <p>b) Personal Care/Homemaker services</p> <p>1) Contract, monitor and support services in Placer and Sacramento Counties. <i>Planner Program Specialist.</i></p> <p>c) Medication Management services</p> <p>1) Contract, monitor and support medication management services in one or more Nevada, Placer, Sutter and Yuba Counties. A4AA will contract with a home health agency to place and maintain MD2 medication management machines in the homes of older adults who have difficulty taking their prescriptions correctly. <i>FT Program Manager.</i></p> <p>d) Senior Companion (Visiting) services</p> <p>1) Contract, monitor and support services in Sacramento County.</p> <p>2) Assist the provider in maintaining an optimum level of service. <i>I&A Program Manager.</i></p> <p>e) Minor Home Modification services</p> <p>1) Contract, monitor and support services in Nevada, Placer, Sacramento, Sierra, Yolo, Yuba and Sutter Counties.</p> <p>2) Host home modification provider meetings for the purposes of training, networking and improved delivery of services. <i>HFHM Program Manager.</i></p> <p>f) Care Management services (Linkages)</p>	<p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09</p>	<p>CS</p> <p>CS</p> <p>CS</p> <p>A</p> <p>CS</p> <p>A</p> <p>CS</p> <p>CS</p>	<p>Revised</p> <p>Continuing</p> <p>Revised</p> <p>Continuing</p> <p>Revised</p> <p>Continuing</p> <p>Deleted</p>

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Objectives	Start/End	Type ¹	Status
<p>4.3 Community Services (Contracted)</p> <p>Enhance the delivery of community services through:</p> <p>a) Congregate Meal services</p> <p>1) Contract, monitor and support C-1 services in Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba Counties.</p> <p>2) Host nutrition provider meetings for the purposes of training, networking and improved delivery of services.</p> <p>3) Provide education, resources, and incentives to promote excellence in the provision of nutrition services and improve the dining experience at congregate sites. Specific development activities to achieve this objective will include recognizing site coordinators who exemplify outstanding customer service and providing Continuous Quality Improvement (CQI) training at Nutrition Directors' meetings. Continue to emphasize customer service in senior nutrition programs with a refocus on training and recognition of site managers. This project will expand the Continuous Quality Improvement (CQI) training module which was based upon <i>Ten Fundamentals of Legendary Service and Basic Customer Service</i> as presented by the California Department of Aging in their February/ March 2007 InfoGram and upon a similar work by the New York City Department of Aging. Development activities will include further research of best practices in this area, development and testing of the tools, and composition, production and distribution of the module.</p> <p><i>Nutritionist Dietitian & Assistant Director, Executive Director, FT Program Manager, Planner, Program Specialist, Senior Program Manager.</i></p> <p>b) Brown Bag Program</p>	<p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/11 to 6/12</p> <p>7/09</p>	<p>CS</p> <p>A</p> <p>PD</p> <p>CS</p>	<p>Continuing</p> <p>Continuing</p> <p>Revised</p> <p>Deleted</p>

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Objectives	Start/End	Type ¹	Status
4.3 Community Services (Contracted) (<i>continued</i>)			
c) Transportation services			
1) Contract, monitor and support services in Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba Counties.	7/09 to 6/13	CS	Continuing
2) Contract, monitor and support Vouchers in Nevada, Sutter, Yolo and Yuba Counties.	7/09 to 6/13	CS	Revised
3) Host transportation provider meetings for the purposes of Senior Program Manager & FT Program Manager, Program Specialist.	7/09	A	Deleted
d) Legal services			
1) Contract, monitor and support services in Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba Counties. <i>FT Program Manager.</i>	7/09 to 6/13	CS	Continuing
e) Mental Health Services			
1) Contract, monitor and support services in Sacramento County.	7/09 to 6/13	CS	Continuing
2) Work with mental health providers to develop active community education programs regarding mental disorders and services and help providers expand outreach to diverse populations. <i>Senior Program Manager & FT Program Manager.</i>	7/09 to 6/13	A	Continuing
f) Health services			
1) Contract, monitor and support services in Nevada County. <i>Senior Program Manager.</i>	7/09 to 6/13	CS	Continuing

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<p>4.3 Community Services (Contracted) (<i>continued</i>)</p> <p>g) Disease Prevention/Health Promotion</p> <p>1) Contract, monitor and support services in Placer and Sacramento Counties. During FY 2010-11, contract with:</p> <ul style="list-style-type: none"> • Placer Independent Resource Services (PIRS) to maintain or improve the physical health of older persons with a focus on controlling or preventing the advancement of chronic disease. • The City of Sacramento to provide the <i>Stand Up to Falls</i> program which includes balance assessments, exercise classes and Fall Prevention 101 classes. <p><i>HFHM Program Manager.</i></p> <p>h) HICAP services</p> <p>1) Contract, monitor and support services in EL DORADO, Nevada, Placer, Sacramento, SAN JOAQUIN, Sierra, Sutter, Yolo and Yuba Counties.</p> <p>2) Work with the HICAP provider to ensure that Medicare beneficiaries and those who serve them have access to up-to-date information on Medicare.</p> <p><i>Program Specialist.</i></p>	<p>7/09 to 6/13</p> <p>7/09 to 6/13</p> <p>7/09 to 6/13</p>	<p>CS</p> <p>CS</p> <p>A</p>	<p>Revised</p> <p>Continuing</p> <p>Continuing</p>

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GOAL #5: WORK TO IMPROVE THE AGING NETWORK AND PREPARE FOR THE AGING BOOM.

Rationale: Today, the aging services network as a whole is poorly equipped to respond to the dual challenge of sustaining vital programs for the oldest old while simultaneously engineering new ones for the coming Baby Boomers. As a key member of the local aging network, it is crucial that A4AA work in partnership with other public and private agencies to improve the complex system of home and community-based services and to advance proven, innovative approaches such as aging-friendly communities and telemedicine.

Objectives	Start/End	Type ¹	Status
<p>5.1 Advocacy on Aging Issues</p> <p>Provide leadership through advocacy in:</p> <p>a) Transportation Advocacy</p> <p>Participate in coordination efforts with the Sacramento Area Council of Governments (SACOG), local transit and paratransit providers, the Centers for Independent Living and other appropriate organizations to promote improved transportation services for seniors and adults with disabilities, particularly for vulnerable low-income and geographically isolated individuals. <i>Senior Program Manager & Contracts Manager, Executive Director, FT Program Manager.</i></p> <p>b) Housing Advocacy</p> <p>Participate in coordination efforts with housing coalitions, the Sacramento Senior Profile Committee and other appropriate organizations to promote the development of senior housing, particularly for low and very low-income individuals and temporary and emergency shelter for those in crisis. <i>Planner & Assistant Director, Executive Director, HM HM Program Manager.</i></p> <p>c) Legislative Advocacy</p> <p>Work with the Legislative Committee to track and evaluate state and federal legislation that impacts the well-being of older adults in PSA 4 and issue letters of support as appropriate. <i>Planner & Assistant Director.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/13</p>	<p>C</p> <p>C</p> <p>A</p>	<p>Revised</p> <p>Revised</p> <p>Revised</p>

¹Type of Objective: A = Administration, C = Coordination, CS = Contracted Service, DS = Direct Service, PD = Program Development

Objectives	Start/End	Type ¹	Status
<p>5.1 Advocacy on Aging Issues (<i>continued</i>)</p> <p>d) Mental Health Advocacy</p> <p>Participate in coordination efforts with the Placer, Sacramento, and Yolo County Departments of Mental Health (and provide input as appropriate to Nevada, Yuba, Sutter and Sierra Counties) to assure that the needs of older adults are included in the planning and expenditure of Proposition 63, “Mental Health Services Act,” funds. <i>Senior Program Manager & Assistant Director, Executive Director, FT Program Manager.</i></p> <p>e) Centenarian Event</p>	<p>7/09 to 6/11 to 6/12</p> <p>7/10</p>	<p>C</p> <p>€</p>	<p>Revised</p> <p>Deleted</p>
<p>5.2 Coordination of Senior Services</p> <p>Provide leadership on efforts to strengthen the coordination of long term care services through:</p> <p>a) 2-1-1 Central Information System</p> <p>Participate in meetings related to the development and implementation of the 2-1-1 Central Information System in Nevada County to strive to ensure that programs and services for older adults and those who care for them will be included. <i>HelpLine Program Manager & Assistant Director, Executive Director, HM Program Manager.</i></p> <p>b) Long-Term Care Integration</p> <p>Coordinate and/or participate in meetings and provide input related to the development of integrated long-term care systems in PSA 4 that may become part of a statewide system of long-term care for older persons. <i>RSVP Project Director & Executive Director, Program Specialist.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11 to 6/12</p>	<p>C</p> <p>C</p>	<p>Revised</p> <p>Revised</p>

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Objectives	Start/End	Type ¹	Status
<p>5.2 Coordination of Senior Services (<i>continued</i>)</p> <p>c) Adult Day Services</p> <p>Coordinate with the Northern California Adult Day Health Care Local Area Network to promote the utilization of existing services and the development of additional Adult Day Health Care and Adult Day Care services. <i>Senior Program Manager & Assistant Director.</i></p> <p>d) Commissions on Aging</p> <p>Support and collaborate Coordinate with local commissions on aging and equivalent organizations to improve awareness, utilization and delivery of services to older adults and those who care for them. <i>Assistant Director & Executive Director, FT Program Manager, HF HM Program Manager, I&A Program Manager, Planner, RSVP Project Director, Senior Program Manager.</i></p> <p>e) IHSS Task Force</p> <p>In conjunction with numerous other agencies, participate in the Sacramento County In-Home Supportive Services Task Force whose objective is to “develop a coordinated, comprehensive strategy to address IHSS consumer choice and self-direction of provider support, including quality of care, background checks, and mandatory training.” <i>Program Specialist.</i></p> <p>f) Aging and Disability Resource Connection (ADRC)</p> <p>Coordinate with FREED Center for Independent Living and the Nevada County Long Term Care Integration Council to develop and implement an Aging and Disability Resource Connection (ADRC) in Nevada County. HelpLine will (1) enhance its I&A services to include broader information about long term care options, (2) effectively link consumers to the LTC services they need, (3) conduct outreach to promote the new ADRC Program, and (4) provide other services and activities as deemed appropriate. <i>HelpLine Program Manager & HF HM Program Manager, Assistant Director.</i></p>	<p>7/09 to 6/10</p> <p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11</p> <p>7/10 to 6/11 to 6/12</p>	<p>C</p> <p>C</p> <p>C</p> <p>C</p>	<p>Completed</p> <p>Revised</p> <p>Completed</p> <p>Revised</p>

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Objectives	Start/End	Type ¹	Status
<p>5.2 Coordination of Senior Services (<i>continued</i>)</p> <p>g) Emergency Preparedness (for Organizations)</p> <p>Ensure that Area 4 Agency on Aging (A4AA), organizations funded by A4AA and designated focal points develop and maintain written plans that describe how operations and services could be continued in the event of a disaster (e.g., a fire or flood) that impacted the use of critical facilities and/or access to clients in the field. <i>HM Program Manger & Assistant Director, I&A Program Manager.</i></p>	<p>7/11 to 7/12</p>	<p>DS</p>	<p>NEW</p>
<p>5.3 Social Service Centers for Seniors</p> <p>Provide leadership to increase, expand or enhance social service centers for seniors through:</p> <p>a) Focal Point Enhancement</p> <p>1) Coordinate with Focal Point Coordinating Councils and Commissions on Aging to promote improved awareness, utilization and delivery of services to seniors in the local communities with an emphasis on new sites. <i>Assistant Director & FT Program Manager, HM Program Manager, I&A Program Manager, Information Systems Administrator, Planner, Program Specialist, Senior Program Manager.</i></p> <p>b) Olivehurst Senior Center Expansion</p> <p>Coordinate with Community Action Agency, the Yuba County Commission on Aging, the County of Yuba, the City of Marysville and other appropriate organizations to ensure the smooth transition of senior services, including the A4AA funded nutrition program to a new location in Yuba County. <i>FT Program Manager & Assistant Director.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/11</p>	<p>C</p> <p>C</p>	<p>Revised</p> <p>Completed</p>

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Objectives	Start/End	Type ¹	Status
<p>5.4 Preparing for the Aging Boom</p> <p>Provide leadership in the area of preparation through:</p> <p>a) Planning for Aging Boomers</p> <p>In coordination with local advocacy groups, faith-based groups, ethnic and cultural groups, city and county officials and agencies, foundations and other appropriate nonprofit and for-profit organizations, plan for increased demands on home and community-based services that will result from the aging of the baby boomers. <i>Planner & All Program Staff, Assistant Director, Executive Director.</i></p> <p>b) Community Competency Enhancement</p> <p>Coordinate with appropriate individuals and community-based service and healthcare organizations within the Lesbian/Gay/Bisexual/Transgender (LGBT) communities to jointly develop a training program to address the often complex needs that many LGBT older adults experience regarding accessing services. <i>FT Program Manager & Assistant Director, Contracts Manager, Executive Director, HFHM Program Manager, Program Specialist.</i></p> <p>c) Promotion of Universal Design</p> <p>Coordinate with the building industry, home repair and supply companies, medical supply companies, senior service providers, the Centers for Independent Living and other appropriate organizations to encourage implementation of Universal Design and Visit-ability concepts in single and multi-family home construction and renovation. <i>Assistant Director & HFHM Program Manager.</i></p>	<p>7/09 to 6/11 to 6/12</p> <p>7/09 to 6/10</p> <p>7/09 to 6/11</p>	<p>C</p> <p>PD</p> <p>C</p>	<p>Revised</p> <p>Completed</p> <p>Completed</p>

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