



2008 - 2011 Area Plan on Aging Report Card Overview

Aging and Disability Services

August 8, 2008

[ADS Mission]

To develop a community that promotes independence, choice and quality of life for older people and adults with disabilities in King County.

[Area Agency on Aging]

- Chartered under the Older Am. Act
- 625 AAAs in the United States
- 13 AAAs in Washington state
- Sponsors: City of Seattle, United Way, and King County
- Administered by: Seattle Human Services Dept.

[ADS Advisory Council]

- 27-member Advisory Council, nine appointed by each Sponsor.



[Area Plan on Aging]

- Guides work from 2008 - 2011.
- Reflects community needs.
- Highlights goals for creating elder-friendly communities.
- Summarizes annual budget of \$50 million in federal, state and local resources.
- Lists planned levels of service.

[Area Plan Budget Update]

- **2008** - Emergency Preparedness, \$22,000 from Public Health, and King Co. Healthcare Coalition, for training of home care and case management agencies.
- **July 08-June 09** - State Family Caregiver Support Program, \$438,493 increase (39%) for services. Some funds will support planning for Tailored Care (T-Care) an assessment approach for caregivers. Roll out in July 09.

[Area Plan Budget Update]

- **July 08- June 09** - 2% unit rate increase for Medicaid Title XIX Case Management & Nursing Services.

PEARLS -

- \$220,000 each year from King County Veterans and Human Services Levy for older veterans and spouses with minor depression.
- \$84,649 for **2008**, and \$102,723 for **2009** from UW for PEARLS dissemination activities.

[Area Plan Goals (Objectives)]

- Addressing Basic Needs (17)
- Improving Healthy Aging (13)
- Promoting Social & Civic Engagement (9)
- Increasing Independence for Frail Older Adults & People with Disabilities (16)
- **Total = 55**

[Area Plan Objectives]

- Due in 2008 = 8
- Due in 2009 = 19
- Due in 2010 = 4 (Note: May be revised following Area Plan update)
- Due in 2011 = 23

Addressing Basic Needs

4. Work with the Housing Authorities in the King County area, as well as other interested partners and funders, to create a plan to meet current and future senior housing needs that support “aging in place”. (2009)

Addressing Basic Needs

PROGRESS:

- ADS convened partners to develop a 20 year projection of Housing & Services for King Co. including: KCHA, SHA, Seattle Office on Housing, KC Community & Human Services.
- The Partnership contracted with The Cedar River Group to develop plan. Anticipated completion Fall 2008.

[Addressing Basic Needs]

10. Develop a Business Continuity Plan (BCP) describing how core activities will be carried out in an emergency. (2008)

Addressing Basic Needs

PROGRESS

- ADS convened Public Health: Seattle-King Co., case management programs, and home care agencies to begin planning - 1st quarter 2008.
- Goal: develop a coordinated response to serve over 7000 homebound Medicaid clients.

Addressing Basic Needs

PROGRESS

- 15 home care agencies and 10 key aging providers attended a business resiliency training in 2008.
- A two-day “table top” disaster preparation exercise for home care and case management agencies was held in June. Action plan to follow.

[Improving Healthy Aging]

8. Study current successes & best practices in senior congregate community meal programs including use of fresh produce, and apply to the 2009 Request for Proposal process. (2008)



[Improving Healthy Aging]

PROGRESS

RFI Successful Program Elements:

- Ensure service is available in all regions of the county focusing on priority populations.
- Applicants must bring significant resources; fund raising, marketing/outreach must be ongoing.
- Encourage collaboration and partnerships to reach communities with limited capacities.

[Improving Healthy Aging]

PROGRESS

RFI Successful Program Elements:

- Provide fresh, quality, on-site prepared meals with choices.
- Promote cultural competency.
between/within partnerships, organizations,
and among participants.
- Demonstrate participatory leadership at all levels.

[Improving Healthy Aging]

10. Seek funding to increase access to PEARLS evidence-based problem-solving therapy for 25 older adults annually who experience minor depression. (2008)



[Improving Healthy Aging]

PROGRESS:

- Rec'd \$220,000 for 2008 from the King Co. Human Service & Veterans Levy.
- Contracted with International Drop-in Center and the African American Elders Program to serve persons of color.
- Established partnerships with the King County Veterans Program and Plymouth Housing Group which provide housing for homeless older veterans.

[Improving Healthy Aging]

PROGRESS:

- Jan-June 2008 - Vets/Spouses: recruited 44 and enrolled 23
- 55+ non vets: recruited 62 and enrolled 28

Total - Recruited 106 and Enrolled 51

[Improving Healthy Aging]

11. Advocate for increased Regional Support Network funding (\$500,000) annually for prevention and early intervention mental health and substance abuse services for older adults. (2011)

[Improving Healthy Aging]

PROGRESS:

- The AC advocated for the development of a policy statement re the Mental Health Transformation Project.
- Geriatric Regional Assessment Team (GRAT) rec'd \$350k for chemical abuse services.
- Primary clinics rec'd \$500k to screen and treat older adults.

[Improving Healthy Aging]

12. Advocate for full coverage by Medicare of preventive behavioral health care and full coverage for psychiatric treatment in primary care settings, and behavioral health treatment by mental health providers. (2011)

[Improving Healthy Aging]

PROGRESS:

- Mental Health Parity passed both bodies of Congress, July 2008.
- The bill includes “parity” within Medicare. After phase-in patients will pay 20% co-pay for outpatient mental health services.
- Vulnerable patients will be assured to “all or substantially all” of the medications they require, specifically including antidepressants and antipsychotics.

[Promoting Social & Civic Engagement]

4. Develop a financial literacy workshop series targeting baby boomers. The workshops will promote debt reduction and asset management and will be designed to appeal to all income levels. (2008)

Promoting Social & Civic Engagement

PROGRESS

- Financial planning training to help boomers prepare for retirement was included in the Boomer recommendations to the Mayor in Spring 2008.
- Full implementation would cost approximately \$50,000 annually.
- Implementation is not anticipated in 2008-09.

[Increasing Independence]

1. Use the new State Unit on Aging's Tailored Care (TCare) Caregiver Assessment tool to better target family caregiver program resources. (2008)

[Increasing Independence]

PROGRESS

- ADS has been an active partner in 2008 with the state and other AAAs in tailoring the TCare system to assess the caregiver's needs.
- ADS is set to begin the TCare demonstration as a pilot site in August, 2008.
- Implementation of the statewide TCare protocol (including a computerized assessment system) is set for summer 2009.

[Increasing Independence]

5. Work with ADSA and local partners to seek funding for the continuation of the Dementia Partnership Project. (2008)

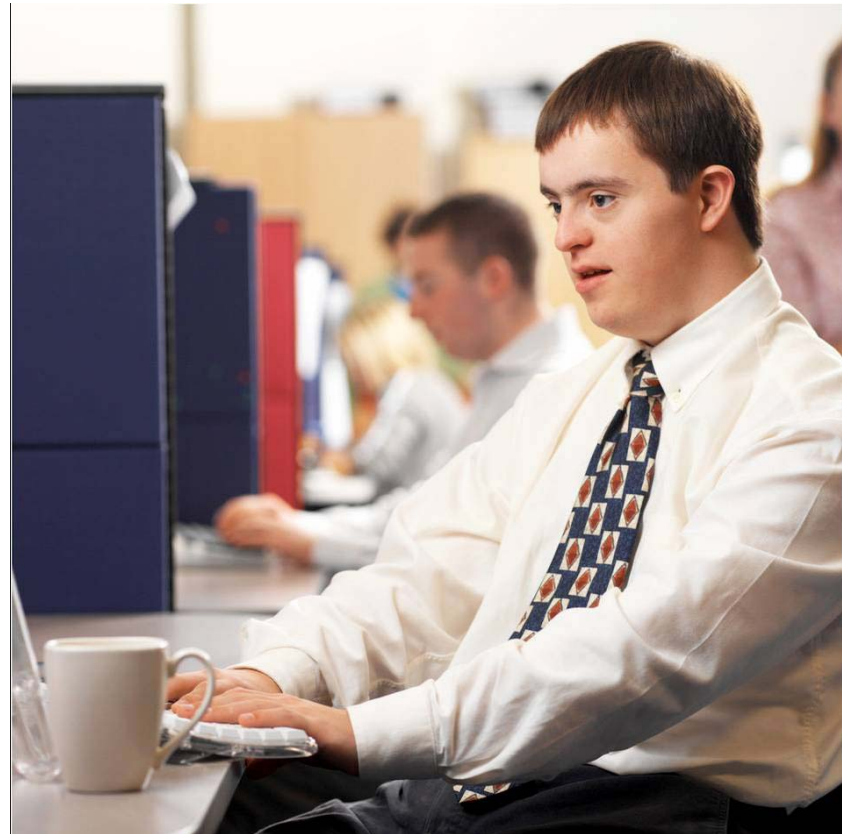
[Increasing Independence]

PROGRESS

- ADS is working with ADSA and its partners on a new federal Alzheimer's Disease Demonstration Grant.
- The grant will allow continuation of the current Dementia Partnership Project, in conjunction with a larger Nursing Home Diversion grant from the Administration on Aging.

[Increasing Independence]

10. Create new partnerships with the Division of Developmental Disabilities network. (2008)



[Increasing Independence]

PROGRESS

- Five new home care contracts for developmentally disabled clients were developed and implemented in July 2008.

[Increasing Independence]

15. Help AC advocate for and monitor elder abuse legislation.
(2008)

[Increasing Independence]

PROGRESS

- At the July 11th AC meeting a presentation was held re elder abuse/neglect in King County.
- Representatives from the King County Prosecutor's Office and the SPD provided local data.
- Next steps: Identify system gaps, advocate for victim protection and additional resources.

[Next Steps]

2008-2011 Area Plan Update:

- Identify new trends/issues
- Review progress
- Public comment period,
September 2009
- Submit to ADSA, October 2009

[Closing Thought]

*Everyone is
the age
of their heart.*

~Guatemalan Proverb

