

# 2015 REPORT CARD

2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

**Goal 1: Improve health care quality for older adults and adults with disabilities.**

<p><b>13</b> Dyads per year 2012-2015</p>	<p><b>5</b></p>	<p><b>38%</b></p>	<p>Participate in a translational study of the Reducing Disabilities for people with Alzheimer’s Disease (RDAD) in-home exercise and problem-solving therapy model for Alzheimer’s patients and their family caregivers. 2011 Baseline: 0 clients.</p> <p>2015 Accomplishment: 5 Dyads (i.e. A caregiver and person with Alzheimer’s or dementia). ADS did not meet this goal due to challenges in recruiting eligible dyads for the study.</p>
<p><b>80</b> Clients (including veterans and spouses)</p>	<p><b>67</b> Improved or maintained</p>	<p><b>89%</b></p>	<p>Maintain the number of older adults, including veterans/spouses, who show improvement in their level of minor depression as measured by the PHQ-9 assessment tool.</p> <p>Out of the 75 clients, 67 improved or maintained; 26 (out of 30 or 86%) veterans or veteran spouses improved their depression. The target goal was not met because of lower than usual completers. The improvement rates are on target from prior years.</p>
<p><b>4 - Hospital briefings;</b></p> <p>Reduce hospital readmission by <b>40%</b></p> <p><b>240</b> Healthy Options clients;</p>	<p><b>8 - Hospital briefings;</b></p> <p>Reduce hospital readmission by <b>36%</b></p> <p><b>265</b> Healthy Options clients;</p>	<p><b>100%</b></p>	<p>Strengthen relationships with area hospitals and health care providers, and provide care transitions coaching and other interventions, to support reduction of unnecessary hospital readmissions.</p> <p>During 2015, a) ADS staff completed eight presentations, including one community meeting. ADS coordinated a their 4th care transitions conference, "The Waves of Change in Health Care" on 6/4/15 in Renton with 200 participants from 66 organizations. The keynote address, "Whole-Community Cooperation and Health by Design," was presented by Dr. Marc Pierson. The five conference themes were self-management, patient-centered care, medication reconciliation, palliative care and hospice, and health equity; b) There were a total of 15 LTSS Care Transition referrals with a 36.3% completion rate; and c) There were 265 Healthy Options clients referred by CHPW.</p>
<p><b>14</b> Workshops</p>	<p><b>10</b> Workshops</p>	<p><b>71%</b></p>	<p>Expand CDSMP workshops in King County to include limited English-speaking immigrant communities. Coordinate and support local CDSMP Providers Network.</p> <p>Ten workshops in Chronic Disease Self-Management Education/Diabetes Self-Management Education (CDSME/DSME) were held by CDSMP network partners, including workshops with Chinese speaking populations and workshops offered by African Americans Reach and Teach Health (AARTH). A few workshops were canceled due to participant drop-outs or because they did not reach the minimum number of 10 participants required.</p>



AREA PLAN UPDATE ON AGING FOR SEATTLE-KING COUNTY 2014–2015

2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

**Goal 1: Improve health care quality for older adults and adults with disabilities.**

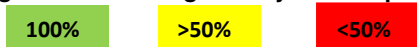
Contract with at least two managed care organizations	Application withdrawn	0%	<p>Participate in HealthPath Strategy 2 by providing health home and long-term care services, network management, and other negotiated services.</p> <p>On January 28, 2015, the Health Care Authority was notified that one of the two HealthPath WA health plans, Community Health Plan of Washington, had decided to withdraw its participation. After consulting with federal partners, HCA and DSHS decided to discontinue implementation of the capitated managed care project for Medicare &amp; Medicaid dual eligible. Process terminated.</p>
1 Presentation per year	3 Presentations	100%	<p>Increase awareness about fall risk among community-dwelling older adults by conducting falls prevention presentations to ADS staff and other relevant healthcare professional groups.</p> <p>ADS exceeded its goal of one presentation. Staff conducted three falls prevention presentations at senior housing residences during the month of September for Falls Prevention Awareness Day/Week, including Sno Ridge Senior Apartments in North Bend, WA, September 15; New Haven Apartments in Bitter Lake, September 23; and Bellwether Place Apartments in North Seattle, September 22. Staff also wrote an article entitled “Taking a Stand to Prevent Falls” that appeared in AgeWise King County (<a href="http://goo.gl/3a46ll">http://goo.gl/3a46ll</a>).</p>
10 Consultations per year	5 Consultations	50%	<p>Partner with the Harborview Falls Prevention Clinic to conduct monthly consultations about clients with a six month or greater history of falls.</p> <p>During 2015, Dr. Elizabeth Phelan, founding director of the Fall Prevention Clinic at Harborview Medical Center, conducted 5 consultations with ADS case managers. ADS did not meet the goal of 10 consultations due to a statewide case management budget issue and the loss of critical staff.</p>
3 Dental clinics in Senior Centers 24 clients served	n/a	0%	<p>Partner with the Mobile Dental Clinic to target eligible case management clients at-risk for poor oral hygiene.</p> <p>No activity during 2015. Funding expired in 2014.</p>

AREA PLAN UPDATE ON AGING FOR SEATTLE-KING COUNTY 2014–2015

2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

**Goal 2: Address Basic Needs.**

80% of components implemented	Implementation completed	100%	<p>Expand existing Information &amp; Assistance (I&amp;A) service delivery system to implement core components of ADRCs: <b>1) Information, Referral, and Awareness; 2) Options Counseling and Assistance; 3) Person Centered Transition Supports; 4) Streamlined Eligibility (Access) Determination; 5) Consumer Populations, Partnerships and Stakeholder Involvement; and 6) Quality Assurance and Continuous Improvement.</b></p> <p>ADS exceeded its goal. Information and Assistance (I&amp;A) was expanded in 2015 to encompass 80% of the core components of Community Living Connections, Washington’s ADRC program including a new central phone line, streamlining access to services. Twelve agencies provide information and support to clients in the community with seven agencies providing options counseling. Two lead agencies facilitate opportunities for community partners and other stakeholders to convene with the intent of improving the service delivery system.</p>
Increase access by 10% from 2014	0	0%	<p>Increase the number of King County older adults and people with disabilities who use Washington Connection, either directly or with the help of I&amp;A/ADRC advocates, to complete applications for benefits. 2012 Baseline: Applications for benefits for ages 60+ - 6,996 direct and 1,165 community partner.</p> <p>Access to data from the State is no longer available.</p>
80% non-eviction rate	97% non-eviction rate	100%	<p>Maintain the percentage of eviction prevention services that result in maintaining SHA residency for seniors and adults with disabilities.</p> <p>281/291 SHA residence were able to maintain their homes with eviction prevention services. SHA staff surpassed the 80% goal with a 97% non-eviction success rate.</p>
5% increase \$2,677,397	\$2,811,267	100%	<p>Advocate maintaining funding for neighborhood transportation options, including community shuttles and volunteer transportation, to keep pace with population growth.</p> <p><b>2015 Goal</b> (5% increase): \$2,811,267; <b>2015 Actual</b>: \$3,119,775                      Method: ADS annual transportation funding + one-half of biennial Special Needs Transportation funding allocated to projects serving King County by PSRC and WSDOT. Source of confirmed figures: ADS and PSRC.</p>
Ongoing	Ongoing staff education	✓	<p>Partner with the King County Asset Building Collaborative (KCABC) to promote financial literacy education for people of all ages to build financial literacy, promote economic self-sufficiency, and prepare for retirement.</p> <p>During 2015, ADS staff distributed information about financial empowerment trainings and opportunities. The Seattle King County Asset Building Collaborative was replaced by the Financial Empowerment Network, Seattle-King County (Network). Efforts will continue in 2016.</p>



AREA PLAN UPDATE ON AGING FOR SEATTLE-KING COUNTY 2014–2015

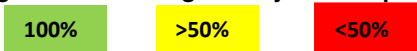
2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

**Goal 2: Address Basic Needs.**

Ongoing	Ongoing advocacy	✓	<p>Advocate for the reauthorization of the Older Americans Act and advocate for improved economic security in King County, especially among older women.</p> <p>In 2015, ADS Advisory Council members and staff promoted the 50th anniversary of the OAA by: 1) creating a video about the history of local programs and services (<a href="http://www.goo.gl/y04aS4">www.goo.gl/y04aS4</a>); 2) scheduling several OAA50 events; and 3) applying the national reauthorization and Older Americans Month tagline "Get Into The Act" on social media (<a href="http://www.goo.gl/zCaOCB">www.goo.gl/zCaOCB</a>).</p>
Ongoing	Ongoing awareness	✓	<p>Increase awareness of the Elder Economic Security Standard Index for Washington, and specific data that details how much income an older adult needs for self-sufficiency in Seattle &amp; King County.</p> <p><u>2015 Update:</u> The Elder Economic Security Index was mentioned in several discussions, forums and on social media during 2015. There is still more that will be done to raise awareness about the importance of the tool. <a href="http://www.wowonline.org/elder-economic-security-initiative/">www.wowonline.org/elder-economic-security-initiative/</a></p>
Ongoing	Ongoing partnership development	✓	<p>Partner with other jurisdictions in King County to develop strategies for increasing meal programs for older adults.</p> <p><u>2015 Update:</u> During 2015, approximately 350k meals were provided which is an 8% increase from the baseline.</p>

**Goal 3: Improve Health and Well-Being**

1,157 (478 showing improvement)	1,183 (968 showing improvement)	100%	<p>Increase the number of people who participate in evidenced-based health promotion programs and show positive health behavior change. 2012 Baseline: 1,223 (including participants of color and immigrants/refugees)</p> <p>During 2015, a new contract focus shifted to high priority populations, including low-income, rural and underserved ethnic and racial older adults. ADS also began emphasizing regular attendance as an indicator of positive health outcomes per the evidence based program fidelity. Overall, there were 1,183 participants (duplicated). Of those, an estimated 968 attended at least 75% of the classes (includes duplicates) showed improvement.</p>
1 senior fitness facility	0	0%	<p>Seek funding and community partners for outdoor fitness stations geared towards older adults and adults with disabilities.</p> <p>Although there was community interest in creating outdoor fitness stations geared for older adults, there was no apparent community-based lead (necessary for funding). Redmond Senior Center offers several choices of fitness equipment for adults in adjacent outdoor space. Seattle Sensory Garden for all ages and abilities is planned adjacent to the rose garden at Woodland Park.</p>



## AREA PLAN UPDATE ON AGING FOR SEATTLE-KING COUNTY 2014–2015

2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

### Goal 3: Improve Health and Well-Being

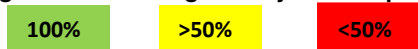
<b>Ongoing</b>	Ongoing advocacy	✓	<p>Advocate for social and recreational programming adapted to support people as they age.</p> <p>ADS is committed to ongoing advocacy to promote the Seattle Parks and Recreation's Lifelong Recreation programs and Sound Steps programs. Both program were promoted heavily through our online magazine, AgeWise King County, <a href="http://www.agewisekingcounty.org">www.agewisekingcounty.org</a>.</p>
----------------	------------------	---	--

### Goal 4: Increase the independence for frail older adults and people with disabilities.

<b>750</b> Assessments & care plans	<b>853</b> Completed assessments	<b>100%</b>	<p>Provide a TCARE assessment and care plan to family caregivers who show moderate to significant caregiver burden.</p> <p>2011 Baseline: 600 assessments &amp; care plans 2015 Goal: 750</p> <p>During 2015, ADS exceeded our goal for completed assessments. The total number of TCARE assessment and care plans completed is 853.</p>
--	-------------------------------------	-------------	--

<b>1</b> curriculum	<b>2</b>	<b>100%</b>	<p>Develop training curriculum for family caregivers who have loved ones with mental illness and difficult behaviors.</p> <p>In 2015, ADS purchased Powerful Tools for Caregivers help books for providers to offer the curriculum to support caregivers. The book includes a model for addressing behavioral challenges related to dementia. In addition, a pilot four-week small group seminar – called Staying Connected – for people with mild, early stage memory loss and their care partners was also implemented in the fall.</p>
------------------------	----------	-------------	---

<b>Ongoing</b>	Ongoing advocacy	✓	<p>Advocate to increase language capacity and class schedules and to reduce class size for home care independent provider training to better meet the language needs and training requirements of the independent provider workforce.</p> <p>During 2015, ADS staff and SEIU discussed the development of new curriculum for caregivers/individual providers' for the Basic Training requirement. The new curriculum addressed learning and retention challenges for caregivers and individual providers with limited English proficiency. ADS staff provided feedback to SEIU regarding challenges faced working with individual providers.</p>
----------------	------------------	---	--

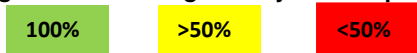


AREA PLAN UPDATE ON AGING FOR SEATTLE-KING COUNTY 2014–2015

2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

**Goal 4: Increase the independence for frail older adults and people with disabilities.**

Ongoing	Ongoing advocacy	✓	<p>Advocate with Aging and Long-Term Support Administration (AL TSA—formerly called Aging and Disability Service Administration) and the state legislature to match required tasks (e.g., frequency of client contact) for Medicaid case management with available Medicaid case management resources.</p> <p>The Washington Association for Area Agencies on Aging (W4A) has an active workgroup to address this issue. Efforts during 2015 focused on implementation of overtime rules and impacts on care plans.</p>
1 training per year	1 training	100%	<p>Conduct cultural competence staff trainings on emerging immigrant and refugee populations.</p> <p>On November 20, 2015, Neighborhood House hosted a South King County Network meeting for Community Living Connections network providers and other partnering organizations. Chinese Information &amp; Service Center (CISC) provided a presentation on the services they offer to Asian and other bilingual, bicultural immigrants. The programs introduced included CISC’s Immigration Transition Program; Cultural Program; Multigenerational Family Program; and Advocacy.</p>
Ongoing	Ongoing	✓	<p>Advocate for AL TSA to implement Web portal improvements, efficiencies and better reporting for the participants and care consultants. a) Work with AL TSA to standardized SSPS processes outside the portal when efficiencies can be realized for the care consultant, consumers and providers.</p> <p>The Social Service Payment System (SSPS) will be off-line effective March 1, 2016</p>
Ongoing	Ongoing	✓	<p>Advocate with the Veteran’s Administration to increase the number of clients referred to the Veterans-Directed Home Services.</p> <p>During 2015, ADS served an average of 7 clients each month and has done so since 2013. ADS continues to advocate for more client referrals from the state.</p>
Ongoing	Ongoing partnership development	✓	<p>Work with the Elder Abuse Council to increase coordination among service and criminal justice agencies.</p> <p>During 2015, ADS staff helped plan the WA State Abuse of Elders and Adults with Disabilities Conference. Staff also participated in the statewide Adult Abuse/Neglect Response Workgroup. ADS received recognition in both City and County proclamations for World Elder Abuse Awareness Day, June 15, 2015. ADS staff were featured in a Dept. of Justice video project about elder abuse. Staff also conducted an elder abuse and mandatory reporting presentation to senior centers and congregate meal providers. A presentation was also made to Congressman Dave Reichert and included ADS and the King Co. Prosecuting Attorney’s Office. The King County Emergency Medical Services and Seattle Fire Dept. vulnerable adult pilot project concluded in June 2015.</p>





AREA PLAN UPDATE ON AGING FOR SEATTLE-KING COUNTY 2014–2015

2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

**Goal 5: Promote aging readiness.**

Ongoing	Ongoing advocacy; 4 co-sponsored events	✓	<p>Advocate for transportation, pedestrian, street and land use policies and projects that promote walkable communities and pedestrian safety, and support people as they age.</p> <p>ADS staff participated in a variety of special needs transportation coalitions throughout the year and co-sponsored a Seattle Design Festival event (with Feet First and others) in September to demonstrate the difficulty of traversing Pioneer Square and the International District with limited vision. In November, ADS staff and NW Universal Design Council members participated in a more extensive simulated travel without vision exercise conducted by Seattle Lighthouse for the Blind. In October, the NW Universal Design Council hosted a presentation by US Access Board member Karen Braitmayer that highlighted mobility issues (70 in attendance). Co-hosts included the Seattle Commission for People with disAbilities.</p>
2 presentations	5 presentations	100%	<p>Educate policy makers and community members about the advantages of incorporating Universal Design (UD) principles into standards for all types of housing development.</p> <p>NW Universal Design Council hosted quarterly educational events in 2015: Karen Braitmayer: U.S. Access Board; Universal Design: Best practices, challenges &amp; compromises (July); Should I Stay or Should I Go? Deciding how and where to live in your last decades   7 Ways to Avoid a Nursing Home (April); and The Beauty of Universal Design: Designing and building for people of all abilities (January).</p>
Ongoing	50 Posts to social media sites	✓	<p>Support technology that enhances access to aging information, programs and services as well as social and civic engagement for older adults.</p> <p>AgeWise King County (the Advisory Council's monthly e-zine) and six social media sites promoted successful aging and a wide variety of programs, services, and activities for older adults and individuals with disabilities, with hundreds of posts throughout the year. In 2015, AgeWise subscriptions increased by 8.2% while social media followers increased by 14.7% to 76.7%, depending on the site.</p>
2 meetings/year	8+ community conversations	100%	<p>Conduct at least one community conversation per quarter, with an emphasis on target populations (communities of color, rural, immigrant and refugees, LGBT).</p> <p>The planning process for the 2016-2019 Area Plan included a broad range of community engagement activities conducted to gather information on emerging needs. Activities included an online survey; three Focus on the Future Forums; presentations to the Seattle Commission for People with disAbilities; Aging the LGBTQ Way Town Hall meeting; and three Area Plan public hearings.</p>
1 workshop per year	0	0%	<p>Collaborate with faith-based communities to support successful aging and increase awareness about the aging network.</p> <p>During 2015, no requests were submitted from faith-based communities for information and/or workshops related to healthy aging.</p>



2015 Goal	2015 Final	%	2015 Objectives and Comments
-----------	------------	---	------------------------------

**Goal 5: Promote aging readiness.**

<p><b>33,662</b> 5% more from prior year</p>	<p><b>45,913</b></p>	<p><b>100%</b></p>	<p>Increase outreach to target populations in order to achieve a 5% increase in ADS funded services. (unduplicated) Baseline:33,662</p> <table border="1"> <thead> <tr> <th>Year</th> <th>Goal</th> <th>Actual</th> <th>% Increase</th> </tr> </thead> <tbody> <tr> <td>2014</td> <td>41,345</td> <td>39,055</td> <td>-5.53</td> </tr> <tr> <td>2015</td> <td>41,008</td> <td>45,913</td> <td>17.5%</td> </tr> </tbody> </table>	Year	Goal	Actual	% Increase	2014	41,345	39,055	-5.53	2015	41,008	45,913	17.5%
Year	Goal	Actual	% Increase												
2014	41,345	39,055	-5.53												
2015	41,008	45,913	17.5%												
<p><b>1</b> meeting per year</p>	<p><b>4</b> meetings</p>	<p><b>100%</b></p>	<p>Conduct outreach activities within diverse communities by coordinating at least one ADS Advisory Council meeting a year with a focus on older people and adults with disabilities who reside in East and South King County areas.</p> <p>The Advisory Council's March 2015 - <b>Maple Valley</b>, Jeannette Franks, To Move or Stay Put; May 2015, <b>Carnation</b>, Living Longer and Stronger in Sno-Valley-Strategies for Aging in Place in a rural environment; July 2015, <b>Auburn</b>, Debunking the Myths of Mental Illness, George Dicks; September 2015, <b>Southeast Seattle Senior Center</b>, Housing Challenges in Later Life.</p>												