



2022 report card

The Area Plan 2020–2023 for Seattle and King County is Aging and Disability Services’ roadmap for a responsive system of services that promote quality of life, independence, and choice for older people, adults with disabilities, caregivers, and their family members. The following are specific accomplishments related to Area Plan objectives. Learn more at AgingKingCounty.org/area-plan/.

COVID-19

During the COVID-19 pandemic, staff worked remotely, returning to the office and/or field several days each week in 2022. ADS continued to collaborate with Public Health—Seattle & King County and the Washington State DSHS/ALISA and Department of Health to help ensure health and safety of clients, staff, and community partners; checked in regularly with those most vulnerable to dire outcomes; ensured that basic needs were met; developed strategies to address social isolation; and supported more than 14,000 clients in securing vaccine appointments.

committed to racial equity & social justice

ADS supports the City of Seattle’s Race and Social Justice Initiative (RSJI) and the USAging commitment to equality and diversity.

our mission

The ADS mission is to develop a community that promotes quality of life, independence, and choice for older people and adults with disabilities in King County. We will accomplish this by:

- Working with others to create a complete and responsive system of services.
- Focusing attention on meeting the needs of older people and adults with disabilities.
- Planning, developing new programs, educating the public, advocating with legislators, and providing direct services that include the involvement of older

adults and others representing the diversity of our community.

- Promoting a comprehensive long-term care system.
- Supporting intergenerational partnering, planning, and policy development.

our partners

As the Area Agency on Aging for Seattle and King County, ADS priorities are guided by the Seattle-King County Advisory Council on Aging & Disability Services and by Area Agency on Aging partners—Seattle Human Services Department, King County Department of Community and Human Services, and Public Health—Seattle & King County.

our services

ADS contracts for services and provides certain types of direct services for older people, adults with disabilities, and caregivers, including:

- Adult Day Services
- Age Friendly Communities
- Alzheimer’s Program
- Caregiver Support
- Case Management
- Elder Abuse Prevention
- Employment Services
- Health Maintenance
- Health Promotion
- Information & Assistance
- Legal Services
- Nutrition Services
- Senior Centers
- Transportation

2022 performance

Objectives	Accomplishments
C-1: Support Healthy Aging	
<p>Develop and strengthen community partnerships through presentations, media campaigns, and forums that increase awareness and promote healthy aging.</p>	<ul style="list-style-type: none"> Supported a Q1 series of Aging Mastery Program classes at the Issaquah Senior Center, in partnership with Kelly Ross Pharmacy. Published an AgeWise article on Osteoarthritis, co-authored with Dr. Kushang Patel. Partnered with the Washington State Department of Health on a Falls Prevention Lunch and Learn provided for Seattle Human Services Department employees and community members.
	<p>Age Friendly Seattle:</p> <ul style="list-style-type: none"> Supported the relaunch of the Northwest Universal Design Council, reconvened monthly steering committee meetings and the first in-person Happy Hour event since 2020. Launched a successful Business Outreach Initiative that included an in-person campaign to expand partners participating in the Gold and FLASH Card program. Launched an online application process for the Gold/Flash card program. Submitted feedback on the Puget Sound Regional Council’s regional transportation plans and encouraged other organizations to also provide input. Coordinated and produced the first-ever hybrid Civic Coffee. Partnered with The Seattle Public Library on all Civic Coffee events. Convened an interdepartmental conversation on Missing Middle Housing. Sponsored 20 participant placements for a new evidence-based dementia caregiver training program developed by the Rosalind Carter Institute for Caregivers. Supported production of two Congressional roundtable discussions to elevate issues important to older adults. Presented to AARP and a Washington State stakeholders group about the importance and potential of age-friendly communities. Consulted with the cities of Austin, TX and Mecklenburg, NC, which are starting new Age Friendly communities. Continued bi-weekly meetings on emergency preparedness with King County Department of Community and Human Services. Partnered with Seattle Parks and Recreation on the relaunch of the Sound Steps walking program. Conducted a successful Age-Friendly Housing Forum during Q4, attended by about 120 people (an in-person event).
<p>Advocate for policies and programs that help prevent chronic diseases later in life.</p>	<ul style="list-style-type: none"> No activity to report.
<p>Support increased access to health care and mental health services for low-income communities, communities of</p>	<ul style="list-style-type: none"> Participated in the June Age Friendly Seattle Civic Coffee that focused on dementia, caregiver support, and prevention among elders of color and LGBTQ older adults.

Objectives

color, and immigrant and refugee communities.

Expand evidence-based programming in King County.

Promote and institutionalize Universal Design in the built environment—transportation, housing, buildings, and outdoor spaces—and ensure that new comprehensive and community plans incorporate age-friendly concepts.

Increase understanding of consequences and risk factors of social isolation and depression for LGBTQIA+ and BIPOC elders among decision makers, service providers, and consumers.

Continue social connectivity projects that were initiated in response to the COVID-19 pandemic.

Coordinate annually with partners, such as Public Health and Alzheimer's Assn. on implementing outreach strategies in the

Accomplishments

- Coordinated staff attendance at the Mayor's Council on African American Elders (MCAAE) meeting in September to hear a presentation by George Dicks, Geriatrics Mental Health Specialist, Harborview Medical Center, which focused on mental health challenges faced by older Black adults.
- Coordinated a presentation to the MCAAE in December on the new Tubman Center for Health & Freedom. The Chief Executive Officer, AyeNay Abye discussed the mission/vision/goals of the new center and plans for addressing Black health and wellness in Seattle and King County.

- Provided Aging Mastery Program (AMP) elective classes to older residents of Enumclaw:
 - Situational Awareness/Personal Safety (13 attended)
 - Rightsizing (7 attended)
 - Hospice (5 attended)
- Presented at the AMP mini conference in April.
- Completed the AMP Core Curriculum in October in Enumclaw and November in Issaquah.

Age Friendly Seattle:

- Supported the post-COVID relaunch of the NW Universal Design Council (NWUDC), including establishment of monthly steering committee meetings.
- Supported NWUDC's first Happy Hour networking event since 2020 (about 30 people attended).
- Convened an interdepartmental meeting to learn about the Missing Middle Housing.
- No activity to report.

- Implemented plans to pilot [Sharing History and Reminiscing through Photo-Imagery \(SHARP Seattle\)](#), a culturally celebratory neighborhood walking and reminiscing program for Black older adults who were current or former residents of Seattle's Central District lost to gentrification.
- Continued partnership with the DSHS Aging and Long-Term Supports Administration to distribute [Furry Friends](#) to community partners. The new technology and approach helped mitigate the impacts of COVID-19 isolation, including mental health impacts. In 2022, the new Furry Friends program provided companion pets to older adults experiencing loneliness or dementia.
- Age Friendly Seattle participated in a King County request for proposals (RFP) process to support community organizations' efforts to increase social connectivity for older adults.

- Observed Memory Sunday in June (Alzheimer's and Brain Awareness Month). Fifteen congregations in Seattle and King County participated by posting information about Alzheimer's and related dementias on their websites and in church newsletters, and they

Objectives	Accomplishments
state Alzheimer’s Plan with emphasis on communities of color.	<ul style="list-style-type: none"> were each mailed Alzheimer's and Dementia resources to share with their members. Hosted the African American Caregivers Forum: Legacy of Love in November (National Family Caregivers Month). About 35 caregivers took part in the two-hour virtual event that featured Dr. Raina Croff as keynote speaker.
Work with the Dementia Action Collaborative (DAC) to implement priorities in the Washington State Plan to Address Alzheimer’s	<ul style="list-style-type: none"> Promoted a DAC survey to collect input from those affected by dementia, including BIPOC and LGBTQ communities in King County, which will inform update of the State Plan to Address Alzheimer’s Disease and Other Dementias.

Objectives	Accomplishments
C-2: Enhance Well-Being	
Align ADS investments with the King County Veterans, Seniors, and Human Services Levy (VSHSL) to enhance the current Aging Network.	<ul style="list-style-type: none"> ADS and VSHSL staff and Senior Center hub providers participated in bi-weekly and quarterly meetings.
Seek additional funds to support Community Living Connections network	<ul style="list-style-type: none"> Six Community Living Connections agencies received VSHSL caregiver funding.
Facilitate enhanced care planning across social service and healthcare systems.	<ul style="list-style-type: none"> Participated in the Connect2 Community Network Unified Network Infrastructure Request for Proposals process.
Participate in advocacy efforts to increase the paid caregiver workforce.	<ul style="list-style-type: none"> Participated, with other Washington Association of Area Agencies on Aging (W4A) members, in a DSHS workforce capacity workgroup.
Partner with the ADS Advisory Council, the Mayor’s Council on African American Elders, and the Housing Development Consortium to advocate for age-friendly low-income housing.	<ul style="list-style-type: none"> Age Friendly Seattle led a successful Age-Friendly Housing Forum (“Where Will Seattle’s Older Adults Live?”) on November 2 at Seattle City Hall. Partners included AARP Washington, Northwest Universal Design Council, and the King County Department of Community and Human Services. About 120 attended the in-person event.
Implement an integrated approach to home repair and home modification in partnership with the King County Home Repair Network.	<ul style="list-style-type: none"> Implemented the CAPABLE pilot in partnership with Habitat for Humanity (a program developed at the Johns Hopkins School of Nursing for older adults to safely age in place, involving a series of visits from an occupational therapist, a registered nurse, and a handy worker, who work in collaboration with the adult to increase mobility, function, and capacity to age in place.) In 2022, eight clients were referred for CAPABLE; some did not officially start receiving the program until 2023.
Expand the availability of home sharing opportunities in King County.	<ul style="list-style-type: none"> No activity in 2022. The topic will be included in Housing Forum discussions in 2023.
Implement transportation coordination tool to include web- and/or app-based ride request feature with full adoption by ADS-funded transportation providers.	<ul style="list-style-type: none"> ADS continues to participate in the development of Find-A-Ride, the rebranded name for One-Click/One-Call, a web-based app that serves as a user-friendly tool to make it easier to find, coordinate, and request accessible transportation. For many people with unique accessibility needs, navigating the range of transportation options and eligibility criteria can be time-consuming and frustrating. Find-A-Ride aims to solve this; the initial development has been done, and Phase 1 of User Acceptance Testing is wrapping

Objectives	Accomplishments
	<p><i>[continued from page 4]</i> up in August 2023; ADS staff serve on the User Testing Task Force. Adoption by ADS-funded transportation providers has not yet occurred, as the app is not ready for public dissemination.</p>
<p>Identify opportunities to support the capital and operating needs of existing senior centers so they can provide safe and accessible environments and sustainably meet the needs of the communities they serve.</p>	<ul style="list-style-type: none"> • No direct action by ADS to assess the needs of senior center facilities; however, potential facility upgrades to address climate change may be included in the 2024 Veterans, Seniors and Human Services Levy renewal.
<p>Raise awareness about the Long-Term Care Trust Act benefit through statewide and local media campaigns focused on consumers and employers.</p>	<ul style="list-style-type: none"> • Partnered with other Area Agencies on Aging (AAAs) and the State to ensure a coordinated approach to determine eligibility for the benefit and to help consumers access needed services. Activities included a survey and focus group meetings with AAAs and support with WA Cares planning and implementation in their decision package, including funding for AAA role. The Governor's budget also included a DSHS decision package request for WA Cares.

Objectives	Accomplishments
<p>C-3: Maximize Independence</p>	
<p>Increase AAA staff clinical skills to address the medical complexity of LTSS clients.</p>	<ul style="list-style-type: none"> • Nursing and care management staff participated in three clinical training courses: 1) older adults and chronic pain; 2) personality disorders; and 3) dementia and decision-making. • PEARLS counselors participated in a separate training provided by a pharmacist.
<p>Collaborate with first responders to improve health outcomes and reduce unnecessary EMS and hospital emergency department use.</p>	<ul style="list-style-type: none"> • ADS provided case manager support for the Redmond Fire Department Mobile Integrated Health Unit. The project was discontinued and is no longer being funded.
<p>Increase awareness and expand case management services for victims of abuse, neglect, and exploitation.</p>	<ul style="list-style-type: none"> • 484 vulnerable adult reports were submitted to Adult Protective Services by the Seattle Fire Department.
<p>Explore opportunities and alternative ways to deliver long-term services and supports for complex clients such as those experiencing homelessness.</p>	<ul style="list-style-type: none"> • Case managers went door-to-door at 25+ senior housing buildings to offer information about vaccine booster clinics and social services. • One staff member provided in-person services in supportive senior housing buildings throughout the pandemic. • 32 evictions were prevented by our SHA team.
<p>Build sustainable communication among agencies working with complex long-term services and supports clients.</p>	<ul style="list-style-type: none"> • Participated in three meetings per month (LIPH North, LIPH South and Senior Housing), for a total of 36. • Maintained active partnerships with both Sound Health and Southeast Youth and Family Services, sharing 1–2 referrals per month with them, and sometimes more. • Frequently conduct client staffings on-site with Sound Health.
<p>Increase the number of successful referrals to LTSS, e.g., MAC/TSOA</p>	<ul style="list-style-type: none"> • 1,050 successful MAC & TSOA client referrals

Objectives	Accomplishments
C-4: Partner with Tribes	
Coordinate efforts to connect King County tribes and organizations to the Community Living Connections network.	<ul style="list-style-type: none"> Medicaid Alternative Care (MAC) and Tailored Supports for Older Adults (TSOA) training was made available to Muckleshoot tribal and Muckleshoot Elders In-Home Support Services (MEIHSS).
Participate in annual 7.01 update meetings with tribal members and Office of Indian Policy staff.	<ul style="list-style-type: none"> Three 7.01 meetings were held with Muckleshoot tribal staff. No meetings were held with Snoqualmie tribal members.
Advocate for culturally relevant delivery of services to Native American tribes and urban Indians.	

Objectives	Accomplishments
C-5: Respond to the COVID-19 Pandemic	
Advocate for a permanent increase in Older Americans Act base budget.	<ul style="list-style-type: none"> The ADS director attended the USAging Policy Conference that focuses on federal priorities for the aging network. Hosted congressional roundtables to raise awareness of the Older Americans Act (OAA) and other investment needs and engaged advocacy networks. The federal spending package was signed by the President in December 2022, which included increases to OAA funding.
Increase advocacy for more flexibility in policies and regulations. (2022–2023).	<ul style="list-style-type: none"> Gathered and provided comments on the Older Americans Act regulations in response to a request from the Administration for Community Living. Comments focused on areas that affect equity and flexibility.
Implement a spending plan for relief funds to address vaccine hesitancy, social isolation, and emerging service models (American Rescue Plan, Consolidated Appropriations Act).	<ul style="list-style-type: none"> Finalized the 2022 ARPA Spending Plan, including investments to address social isolation.
Address vaccine hesitancy in close collaboration among AAA partners.	<ul style="list-style-type: none"> Shared information from the Administration on Community Living about a vax outreach grant opportunity with network partners, including PHSKC
Advocate for funding and policies to support COVID-19 vaccinations at long-term care facilities for residents and for people who need in-home COVID-19 vaccinations.	
Advocate for policies that mitigate displacement caused by expiration of the COVID-19 housing eviction moratorium.	

need help?

For local assistance, referrals to Area Agency on Aging and other services, and resources, call Community Living Connections (toll-free) at 844-348-5464 or visit [CommunityLivingConnections.org](https://www.CommunityLivingConnections.org).



Are you facing aging or disability issues?

Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

Aging and Disability Services, a division of the Seattle Human Services Department, City of Seattle, is designated by the State of Washington as the Area Agency on Aging for Seattle-King County. Learn more at www.AgingKingCounty.org.