

Selected highlights of DRAFT Area Plan FY 2022/23

Implementation Plan FY 2022/23, Year 3

The DRAFT Area Plan FY 2022/23, Implementation Plan Year 3, has been developed to present the goals and objectives of the Area Agency on Aging and to secure public comment. The intent of these highlights is to direct attention to several items in the Area Plan that merit public comment, or that are required to be presented.

Vision Statement

Our vision is a community where its residents are assured a quality of life through services that are available, accessible and affordable.

The financial picture - Older Americans Act / Federal Appropriations/Reauthorization

As the DRAFT Area Plan was prepared the federal budget had just been passed by Congress. The Older Americans Act is part of the Health & Human Services department and it is funded. Reauthorization of the Older Americans Act passed in March 2020 and is reauthorized through 2024.

AAA Advisory Council advocacy

The Older Americans Act sets up an Area Agency on Aging Advisory Council and designates it to be an advocate for older persons. As a result, this AAA Advisory Council supports critical Federal and State programs and services. During the past year, it was apparent that the Council stepped up its advocacy. Important federal legislation to strongly support include: Medicare, Medi-Cal, Affordable Care Act, Older Americans Act and Americans with Disabilities Act.

The 2022/23 State Budget process began in mid-January with the Governor's State of the State address. Then the process continues through the State Legislature which forwards its budget proposal to the Governor for signature in mid-June 2022. Throughout this process advocacy is needed to address the priorities. Priorities identified by the AAA Advisory Council are:

1. Support the proposed expansion of full-scope Medi-Cal coverage to all older adults aged 65 and older regardless of immigration status;
2. Support the proposed expansion of Medi-Cal Healthier California for All to provide a wider array of services and supports for individuals with complex needs, including older adults, whose health outcomes are, in part, driven by unmet social needs;
3. Support the proposed increase in state funding for In-Home supportive Services (IHSS) the largest such program in California for the aged, blind and disabled.
4. Encourage the Governor and State Legislators to continue the Community Transitions program, which provides assistance to help older adults and people with disabilities move out of nursing homes back into our communities;
5. Support the proposed increase in the maximum SSI/SSP grant levels, which is the state-funded supplement to the federal SSI program.
6. Support the proposed one-time funding to establish a coordination and training initiative through the Alzheimer's Disease Centers to help family caregivers.

What's New in the draft Area Plan?

Several items have been added to the Area Agency on Aging activities for 2022/23. Some of these include:

1. Advocate and support the inclusion of equitable tele-health Medicare reimbursements.
2. Advocate with local community colleges for computer classes for seniors as a way to promote inclusion in the digital world.
3. Advocate for the awareness and education of tele-health options.

Determine Priority Services

The Area Agency on Aging has developed for public comment a statement regarding what it would do if funding were to be decreased. This statement follows: 'If funding is reduced, at whatever level of reduction, the reductions will be made to follow the priorities proposed in the Area Plans'. The priorities are presented below.

In the event that a reduction in funding is received, the Area Agency on Aging would make the reductions as follows:

Priority 1: The following services would receive minimum or no reduction: home delivered meals, Adult Day Care, Personal Care and Homemaking. (Note 1: The LTC Ombudsman program funding is mandated directly from CDA over which the AAA has no control; however, if we did have control we would probably put this program in Priority 1.)

Priority 2: The following service would receive a minimum reduction: congregate meals.

Priority 3: all other programs were placed in this priority, which means they would receive the majority of the reduction in funding.

It should be noted that the basis for the Contingency Plan as expressed above, is that the services that help the most vulnerable section of the senior population, the frail elderly, to continue to reside in their own homes or community, are the services which the AAA wants to maintain at or near full funding as possible. The Area Agency on Aging is concerned that the limited resources available through the Area Plan be directed to the highest priority services.

Assessment of the needs of older persons

The Area Agency on Aging conducted an assessment of the needs of older persons in San Luis Obispo and Santa Barbara Counties in 2018. The assessment results are available in a Report. Also, a presentation is available on the results of the needs assessment for any community group. Based on the results of over 1,000 respondents the results include:

TABLE: Top Things Respondents Need Help With Now and In The Future

TOP 10 Things I Need Help With NOW*		Top 10 Things I Might Need Help With IN THE FUTURE*	
1	Home repair (13%)	1	Transportation (30%)
2	Understanding Medicare (12%)	2	Housekeeping (28%)
3	Affordable housing (11%)	3	Care for a parent/family member (26%)
4	Finding friends/social activities (10%)	4	Eating, bathing, dressing (25%)
5	Legal affairs (10%)	5	Meals/food (24%)
5	Transportation (10%)	5	Legal affairs (24%)
7	Meals/food (9%)	7	Info & Referral Services (24%)
7	Housekeeping (9%)	8	Home repair (23%)
9	Emotional support/Counseling (9%)	9	Adult Day Care/respite (21%)
10	Senior Center services (8%)	10	Understanding Medicare (21%)

*As a percentage of All Respondents

TABLE: Top Things Respondents are Concerned About Now and In The Future

TOP 10 Things That Concern Me NOW*		Top 10 Things That Concern Me IN THE FUTURE*	
1	Staying fit (31%)	1	Alzheimer's/Dementia/Mem loss (42%)
2	Affordable health care (18%)	2	Dependence on others (35%)
3	Accidents/falling (17%)	3	Nursing home placement (34%)
4	Financial security (16%)	4	Affordable health care (31%)
5	Disaster preparation (16%)	5	Accidents/falling (30%)
6	Transportation (15%)	6	Transportation (30%)
7	Alzheimer's/Dementia/Mem loss (13%)	7	Staying fit (29%)
8	Crime/fraud/abuse (13%)	8	Financial security (28%)
9	Dependence on others (12%)	9	Affording to stay in my home (26%)
10	Social isolation (12%)	10	Social isolation (24%)

*As a percentage of All Respondents

Governor's Executive Order to develop a Master Plan for Aging

In recognition of the Governor's Executive Order for the development of a Master Plan for Aging, the Area Agency on Aging is reframing its goals and objectives within those identified by the Stakeholders Committee appointed by the Governor.

The Master Plan on Aging framework includes:

- Goal 1: Housing for all Ages and Stages
- Goal 2: Health Reinvented
- Goal 3: Inclusion & Equity, Not Isolation
- Goal 4: Caregiving that Works
- Goal 5: Affording Aging

To begin the discussion here is the information from the draft Area Plan:

Year 3 (FY 2022/23) Housing for all Ages and Stages.

- ✓ AAA Advisory Council will support the development of housing for low-income senior citizens.
- ✓ AAA Advisory Council will support the continued operations of mobile home parks that include senior citizens, including rent control.
- ✓ AAA Advisory Council will support Shared Housing services that provide opportunities for low-income seniors.
- ✓ AAA will fund legal assistance services that address the priorities of housing, income maintenance and elder abuse prevention.
- ✓ AAA will provide funding for the two Long Term Care Ombudsman services in this region. The AAA will assist the LTC Ombudsman programs with outreach through inclusion in the two local senior resource directories published by the AAA.
- ✓ The LTC Ombudsman Services of SB County will provide 7 community education sessions to the public, care facility staff, facility residents/families, and other appropriate groups regarding the Ombudsman program, resident's rights and how to access the Ombudsman services (title IIIB).
- ✓ The LTC Ombudsman Services of SLO County will provide 20 community education sessions to health care providers and other mandated reporters regarding requirements for reporting abuse in long term care facilities (Title VIIA).
- ✓ AAA Advisory Council will advocate for more supportive housing, that include meals and housekeeping.
- ✓ AAA Advisory Council will advocate for an increased percentage of the use of State Tax Credit programs for housing for low-income seniors.
- ✓ AAA Advisory Council will support Medicare funding for home modifications.
- ✓ AAA Advisory Council will initiate a campaign with local employers regarding eldercare and the Agency website which includes AAA publications, such as the Senior Resource Directories.
- ✓ AAA staff will work with local agencies and foundations to develop a media campaign targeting various community stakeholders to increase awareness of aging and aging issues. Special focus will regard family caregivers.
- ✓ AAA Advisory Council will promote the AARP Tax Aide program.
- ✓ AAA will distribute the new editions of the San Luis Obispo County Senior Information Guide and the Santa Barbara County Senior Resource Directory.
- ✓ Prepare an information brief to highlight the new laws that affect senior citizens and family caregivers following the State Legislative session.
- ✓ AAA will fund a Health Insurance Counseling & Advocacy Program (HICAP) that serves the two-county region with one on one counseling, community education and enrollment assistance. These services regard Medicare, Medicare supplements and long term care insurance options.
- ✓ AAA will network with local organizations through vehicles such as: Adult Services Policy Council, Adult & Aging Network, Lompoc Valley Senior Services Network and Santa Maria Valley Senior Services Network.
- ✓ AAA Advisory Council will advocate for increased transportation options for older adults.
- ✓ AAA Advisory Council will continue to support volunteer-based transportation services.
- ✓ AAA Advisory Council will implement the Transportation Plan: increase advocacy, redraft information and create publications, and create flyer/placemat re continuum available in PSA.
- ✓ AAA Advisory Council will support the development of housing for low income senior citizens.
- ✓ AAA Advisory Council will support the continued operations of mobile home parks that include senior citizens, including rent control.
- ✓ Explore the feasibility of developing a 'senior friendly' list of Contractors.

Year 3 (2022/23) Health Reinvented.

- ✓ AAA will fund a Health Insurance Counseling & Advocacy Program (HICAP) that serves the two-county region with one on one counseling, community education and enrollment assistance. These services regard Medicare, Medicare supplements and long term care insurance options.
- ✓ Prepare an information brief to highlight the new laws that affect senior citizens and family caregivers following the State Legislative session.
- ✓ AAA Advisory Council will advocate for the retention of the ACA and the consumer protections for Medicare in that significant legislation.
- ✓ AAA Advisory Council will work with HICAP to advise the community of HICAP and its value for Medicare beneficiaries.
- ✓ AAA Advisory Council will continue to advocate for a single payer health system, either at the State or Federal level.
- ✓ AAA Advisory Council will advocate to maintain Medicare benefits, expand mental health reimbursement, and Medicare reimbursement for Medicare coverage of mental health services provided by LCSW's.

- ✓ AAA will continue to fund mental health services for older adults, providing counseling, support groups and community education services. These activities will be completed by subrecipients through allocations that are the responsibility of the AAA Advisory Council and Board of Directors.
- ✓ AAA will expand its website to both include coverage of mental health & substance abuse as well as links.
- ✓ The Area Agency on Aging will release a Request For Proposal to fund Title IIID (Health promotion) program with the requirements identified by the Administration on Community Living. Future RFP's may result in the provision of the CAPABLE program which focus on fall prevention.
- ✓ The AAA will continue to support case management and/navigator role within local hospital systems to enhance discharge planning and successful transition to home.
- ✓ AAA Advisory Council will advocate for increased targeting of the home delivered meal and congregate meal program to improve the 'nutritional risk' reporting and status of the programs as measured by the NSI. The goal is to increase the number and percentage of program participants who are at 'nutritional risk' to at least the statewide average (65%). This will be an important component of advocacy for the reauthorization of the Older Americans Act.
- ✓ Continue to allocate funds for the provision of congregate meals, home delivered meals and nutrition education to ensure equal access to these services throughout the two- county region.
- ✓ AAA Advisory Council will advocate for workshops to address the nutritional problems and enhance healthy living.
- ✓ AAA Advisory Council will collaborate and promote Cal Fresh to increase senior citizen participation. This will include two events. This will reflect the SSI 'cash out' effective June 1, 2019.
- ✓ AAA will consider purchasing emergency food kits (shelf stable foods) using One Time Only monies.
- ✓ AAA Advisory Council will advocate for increased clinical geriatric training in health care, e.g. increased screening for dementia.
- ✓ AAA Advisory Council will advocate for Medicare to pay for home COVID test kits as well as long term and short term effects of COVID, including health care, isolation, and potential mental health implications.
- ✓ AAA Advisory Council will advocate for needed Medicare changes to include COVID education, vaccine education, more clarity in Medicare advertising.
- ✓ AAA Advisory Council will advocate and support the inclusion of equitable tele-health Medicare reimbursements.

Year 3 (2022/23) Inclusion & Equity, Not Isolation.

- ✓ AAA Advisory Council and Board of Directors will fund elder abuse prevention services through Title VIIB monies from the Older Americans Act. This will be accomplished through the RFP process. Outcome will be the existence of Elder Abuse Prevention Councils in each County. This includes the provision of elder abuse prevention community education services, community coordination, community training and information publications.
- ✓ AAA staff will coordinate the Elder Abuse Prevention Council of Santa Barbara County. This will be accomplished through the conduct of nine meetings. Through the Prevention Council, the AAA will develop a neighborhood- based community education program and present an annual Prevention Training Conference. Through the Prevention Council, the AAA will continue the outreach program, Stand Up Against Elder Abuse, 'The Pledge'.
- ✓ AAA will provide funding for the two Long Term Care Ombudsman services in this region. The AAA will assist the LTC Ombudsman programs with outreach through inclusion in the two local senior resource directories published by the AAA.
- ✓ AAA will work with Abuse Prevention Councils and other partners in the provision of seminars such as Senior Scams and Senior Bullying.
- ✓ The LTC Ombudsman Services of SLO County will provide 15 community education sessions to the public, care facility staff, facility residents/families, and other appropriate groups regarding the Ombudsman program, resident's rights and how to access the Ombudsman services (title IIIB).
- ✓ The LTC Ombudsman Services of SLO County will provide five (5) community education sessions to health care providers and other mandated reporters regarding requirements for reporting abuse in long term care facilities (Title VIIA).
- ✓ AAA staff will coordinate the Elder Abuse Prevention Council of San Luis Obispo County. This will be accomplished through the conduct of nine meetings. Through the Prevention Council, the AAA will develop a neighborhood- based community education program and present an annual Prevention Training Conference.
- ✓ AAA Advisory Council will advocate for the maintenance and expansion of federal and state programs that ensure the financial security of senior citizens. Programs such as Social Security will continue to be a focus of reform efforts at the federal level and the Advisory Council needs to strongly advocate to maintain critical benefits and support reform that doesn't harm future benefits. State budget deliberations regarding SSI/SSP will also require advocacy efforts. The AAA Advisory Council will utilize the Elder Economic Security Index for its advocacy efforts.
- ✓ Explore the feasibility of a program where low- income seniors can 'work off' their property taxes in local County operations through property tax options or postponement.
- ✓ AAA will fund legal assistance services that address the priorities of housing, income maintenance and elder abuse prevention.
- ✓ AAA will fund programs to provide emergency food kits to senior citizens and family caregivers.

Year 3 (2022/23) Caregiving that Works.

- ✓ AAA will require the implementation of Care Mapping with funded family caregiver services, when appropriate.
- ✓ AAA will continue to fund homemaker and personal care services through Title III Supportive Services.
- ✓ AAA Advisory Council will advocate with Congressman Carbajal to reduce the wait time to access VA Aide and Attendance program.

- ✓ AAA will allocate funds to at least six (6) of the ten categories required for family caregivers and grandparent caregivers as required by the Older Americans Act.
- ✓ AAA will support appropriate local, state and federal policies that will ensure an adequate workforce for caregiving.
- ✓ AAA staff will work with local agencies and foundations to develop a media campaign targeting various community stakeholders to increase awareness of aging and aging issues. Special focus will regard family caregivers.
- ✓ AAA will support The Village Movement and its use of volunteers providing long term care services and supports.
- ✓ AAA Advisory Council support development of a sliding fee based in-home care service.
- ✓ AAA Advisory Council will support affordable technology and hands-on.
- ✓ AAA Advisory Council will support licensed home care aides to provide medication management.
- ✓ AAA Advisory Council will support the awareness and education of tele-health options.

Year 3 (2022/23) Affording Aging.

- ✓ AAA will fund Information & Assistance services to serve the entire two county region.
- ✓ AAA Advisory Council will promote the AARP Tax Aide program.
- ✓ AAA Advisory Council will advocate for increased transportation options for older adults.
- ✓ Explore the feasibility of developing a 'senior friendly' list of Contractors.
- ✓ AAA Advisory Council will implement the Seniors Farmer Market program for low-income seniors in compliance with the rules from the California Department of Food & Agriculture. The goal is to achieve 100% redemption rate.
- ✓ AAA Advisory Council and Board of Directors will fund elder abuse prevention services through Title VIIB monies from the Older Americans Act. This will be accomplished through the RFP process. Outcome will be the existence of Elder Abuse Prevention Councils in each County. This includes the provision of elder abuse prevention community education services, community coordination, community training and information publications.
- ✓ AAA staff will coordinate the Elder Abuse Prevention Council of Santa Barbara County. This will be accomplished through the conduct of nine meetings. Through the Prevention Council, the AAA will develop a neighborhood- based community education program and present an annual Prevention Training Conference. Through the Prevention Council, the AAA will continue the outreach program, Stand Up Against Elder Abuse, 'The Pledge'.
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- ✓ AAA Advisory Council will advocate with Center for Medicare Services (CMS) to eliminate the misleading advertising of the Medicare Advantage products.
- ✓ Explore the feasibility of a program where low- income seniors can 'work off' their property taxes in local County operations through property tax options or postponement.
- ✓ AAA -based Information & Assistance is needed to connect seniors and families with affordable services.
- ✓ Affordable rep payee services needed.
- ✓ Support the social security COLA benefit to be more realistic by advocating the writing or emailing of our respective congress person.

Adequate Proportion for Access, In-Home and Legal Assistance Services

The Older Americans Act requires that an "adequate proportion" of monies be spent for national priority services. The Ca. Department of Aging has adopted a definition of adequate proportion to allow the local Area Agency on Aging to establish the adequate proportion levels. Presented below is the adequate proportion levels included in the draft Area Plan.

Category of Service	Adequate Proportion in FY 21/22	Adequate Proportion proposed for FY 2022/23
Access (I&A, transportation, outreach)	5. %	5. %
In-Home Services	15. %	15. %
Legal Assistance	0. %	0. %

Intra PSA Funding Formula

Within the planning and service area, the AAA has a funding formula for the allocation of monies between the two counties. The funding formula has been based on the number of persons aged 60 and older. The FY 2022/23 Area Plan proposes to

maintain this formula, which is used for funds under the control of the AAA. The result is 56/44 or 56% of available funds are directed for services in Santa Barbara and 44% are directed for services in San Luis Obispo Counties.

Program Funds Transfers

The Central Coast Commission for Senior Citizens—Area Agency on Aging is required to request approval from the California Department of Aging to transfer funds. Rationale: The monies transferred are needed to maintain and strengthen the community-based long term care services initiated in Area Plan, FY 1985/89 and continued in subsequent Area Plans. These services are targeted to serve the old-old, frail, and at-risk older persons through the home delivered meal program, mental health services, residential repair and home care services.

Allocation of Title III Funds in transfer

Title	Increase	Decrease
C-1		\$ 237,432.
C-2	\$ 9,032.	
B	\$ 228,735.	

SERVICE UNIT PLAN: 2022-23

First Year of the 2022-23 Four-Year Planning Period

Service Unit Plan utilizes NAPIS Categories

The following information reflects the programs funded under Titles III and VII of the Older Americans Act (OAA) and reported to the California Department of Aging via a management information system known as National Aging Program Information System (NAPIS). This draft Area Plan proposes to maintain the funding as it is in 2021/22 (maintenance level).

I. Title III B, C and D Program Category

		Goal / Funds
1. Personal Care (In-home)	# of hours = 1624	\$ 46,880. - Title IIIB
2. Homemaker (In-home)	# of hours = 6315	\$ 158,487. - Title IIIB
3. Home Delivered Meals	# of meals = 205,495	\$887,563. - Title IIIC2
4. Adult Day Care	# of Hours = 9,273	\$ 51,000. - Title III B
6. Congregate Meals	# of meals = 100,754	\$986,205. - Title IIIC1
7. Legal Assistance	# of hours = 0 # of presentation hours = 0	\$ 0. - Title III B
8. Nutrition Education	# of sessions = 96	\$ 2,663. - Title III C1
9. Information & Assistance* (Access)	# of contacts = 4,700	\$ 123,086. - Title III B
10. Other Services		
Disease Prevention & Health Promotion	# of units = 630	\$ 40,048. Title IIID
11. Mental Health	# of units = 1,350	\$ 85,000. Title IIIB
12. Home Repair	# of units = 1,217	\$ 310,00. Title IIIB
13. Cash/Material Aid	# of units = 916	\$ 55,000. Title IIIB

II. Title III E – Family Caregiver Support Program

Caregiver Respite	# of units = 4,819	Goal #	\$ 144,445.
Counseling & Support Groups	# units = 1042		\$ 126,240.
Caregiver Information	# units = 101		\$ 2,000.
Caregiver Access	# units = 8		\$ 2,000.
Grandparent Information	# units = 1		\$ 1,000.
Grandparent Access	# units = 1		\$ 1,000.

III. Long Term Care Ombudsman

LTC Ombudsman	Cm. Education = 32	Goal #	
	Facility visits = 1891		Title IIIB \$ 342,153.
LTC Ombudsman Supplement	Facility Visits = 905	Facility visits	Title VIIA \$ 78,137.
LTC Federal Penalty Citations Acct.	# units = 395		\$ 18,759.
SNF Q&A	# units = 1058		\$ 52,643.
Public Health L&C	# units= 223		\$ 11,803.

IV. Elder Abuse Prevention (Title VIIB)

	Goal #	
Community education = 50 sessions		\$ 8,289.

V. Related monies and allocations

Area Agency on Aging	AAA Internal operations	\$ 388,012.
NSIP	Elderly Nutrition services	\$ 145,987.
Health Insurance Counseling & Advocacy (HICAP)		\$ 346,311.
SAMS/CARS Management Information System		\$ 10,000.

Total AAA Fund Allocation = \$ 4,424,411.