



2022-2024

Dane County

Aging Plan



Advisory Council Meeting Agenda

Convey Information & Consult with You

- Who are we?
- Why are we here?

Goals to Enhance Programs & Advance Values

- What are they?
- How do we offer them?

Engagement Activities

- What's our plan?
- What's next for you?



Who are we?

Area Agency on Aging of Dane County

Mission

- Advocate & maintain full potential
- Affirm dignity & value of older adults
- Create & promote communications



Leadership

- 3 Standing Committees & Board of Directors – planning, policy, monitoring & advocacy
- Advises DCDHS Director, County Executive, Health & Human Needs Committee & County Board



Are we alone?

Dane County Aging Network

- » 12 Senior Focal Points & 3 Senior Centers
- » Adult Protective Services (Elder Abuse)
- » Aging & Disability Resource Center (ADRC)
- » Alzheimer's & Dementia Alliance (ADAW)
- » American Parkinson Disease Association/Wisconsin Chapter
- » Goodman Community Center
- » Hmoob Kai Siab/The Hmong Institute
- » OutReach
- » RSVP
- » Safe Communities of Madison-Dane County
- » The River Food Pantry
- » Wisconsin Alzheimer's Disease Research Center
- » *Plus many more!*



Why are we here?

Aging plan is a road map

- » Required if receiving Older Americans Act funding (57%/2020 AAA budget)
- » Emphasizes the needs expressed by older adults and their caregivers through local community engagement or public input activities.
- » Process allows those who are affected by or interested in an issue to be involved in decision-making.
- » Creates a long-term vision for the evolution of aging programs and services.
- » Encourages robust local conversation around how we want our systems to look in 10, 20, or 30 years.



What Have We Done So Far?

- » Identified 136 “contacts” working with Dane County older adults
- » Emailed invitations to join the 2022-2024 Dane County Aging Plan Advisory Council
- » Created online survey and questions for focus groups/individual interviews
- » Created tab on AAA website
- » Hold first meeting



Goals to Enhance Programs

Title IIB: Supportive Services

» Programs that allow older adults to remain living independently and safely in their own homes (not nursing homes or assisted living facilities). Examples include:

- Health (also mental health)
- Transportation
- Information & assistance
- Housing
- Legal assistance
- Diversity & inclusion
- Crime prevention



Current Supportive Services

» Diversity & Inclusion

- Black & Latinx Programs
- Reduces isolation
- Identifies barriers & assists in removing obstacles
- Centers around socialization & building community

» Elder Benefit Specialists

- Provides free advocacy and legal advice for age 60+ faced with benefit, housing disputes/denials, changes in benefits, insurance claims

» Volunteer Guardianship & Rep Payee

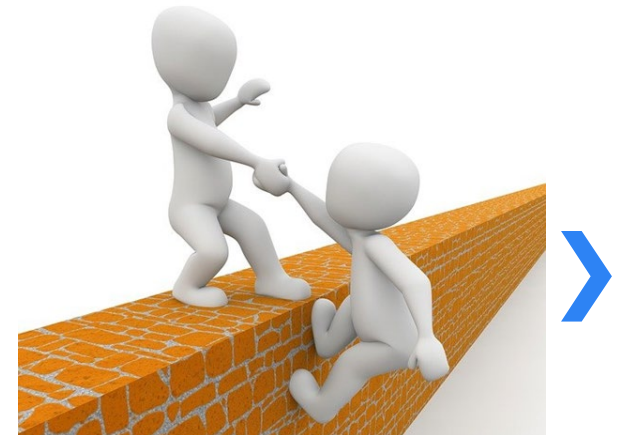
- Vulnerable older adults—many have health challenges
- Manage social security bills & pay monthly bills
- No family members
- Recruit & train volunteers

» Volunteers

- Driver Escort Program & Community Volunteers

Yearly Average

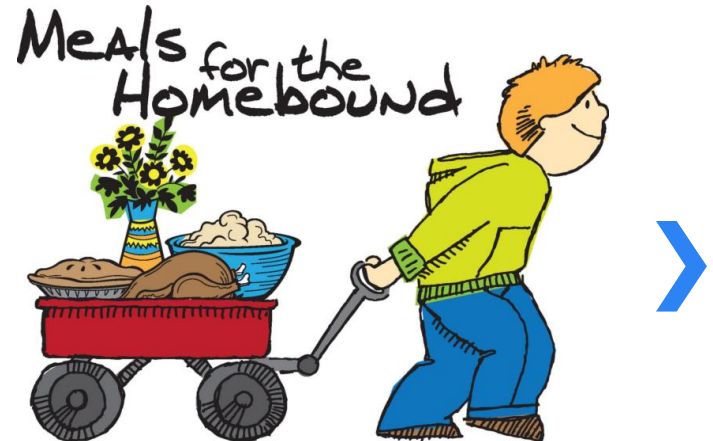
- ✓ 975 Driver escort riders
- ✓ 14,439 Driver escort rides
- ✓ 34 Guardianship/Rep Payee participants
- ✓ 1,151 RSVP volunteers
- ✓ 111 Black older adults (D&I)
- ✓ 90 Latinx older adults (D&I)
- ✓ 151 EBS clients, 355 cases & 1,820 service hours



Goals to Enhance Programs

Title IIC: Nutrition Program

- » The establishment and operation of nutrition projects both in a congregate setting and for homebound older adults (age 60+)
- » Meals must meet the requirements for the one-third daily recommended dietary allowances
- » Provides nutrition education, counseling, and screening--often the gateway to many other services
- » Congregate meals served in senior centers, schools, churches, and other community settings
- » For many older adults, the meal provides not only an opportunity for socialization, but the only meal that person may have that day



Current Nutrition Programs

» Congregate Meals

- 28 locations
- Donation basis
- Focal Points, Senior & Community Centers & Churches
- *My Meal – My Way* Restaurant Sites

» Home-Delivered Meals (HDMs)

- Delivered to homebound
- Monday - Friday
- Safety check

» Focal Points provide site-management

» Food provided by licensed caterers

Yearly Average

- ✓ 3,889 Congregate meal participants
- ✓ 89,149 Congregate meals served
- ✓ 1,588 HDM participants
- ✓ 149,841 HDMs served
- ✓ Opened six *My Meal-My Way* nutrition sites at local restaurants
- ✓ Opened SE Asian meal site with on-site cooking of authentic, culturally specific meals to reach more diverse older adults
- ✓ Served 37% more meals to older adults during the pandemic and partnered with three existing and two new restaurants to provide additional drive-up locations for older adults to safely obtain meals



Goals to Enhance Programs

Title IID: Disease Prevention & Health Promotion Services

- » Process of enabling older adults to increase control over and to improve their health
- » Includes measures to prevent occurrence of disease, stop its progress, and reduce its consequences
- » Must be evidence-based



Current Healthy Aging Programs

» AAA partners with Wisconsin Institute for Healthy Aging to provide additional workshops

- *Living Well with Chronic Conditions*
- *Healthy Living with Chronic Pain*
- *Healthy Living with Diabetes*
- *Mind Over Matter*
- *Physical Activity for Life*
- *Powerful Tools for Caregivers*

» AAA contracts with Safe Communities to offer:

- *Stepping-On* (designed to build confidence & reduce falls while managing health conditions)
- Supplemental Services

» Healthy Aging Coordinator

- 1:1 Nutrition Counseling
- Quarterly newsletter

Yearly Average

- ✓ 97 evidence-based health promotion attendees
- ✓ 119 *Stepping-On* class attendees
- ✓ Many workshops switched to online formats during pandemic, which required much effort and time to get approved



Goals to Enhance Programs

Title III E: Caregiver Support

» 5 basic services include:

- Information to caregivers about available services
- Assistance to caregivers in gaining access to supportive services
- Individual counseling, organization of support groups, and caregiver training to caregivers to assist the caregivers in making decisions and solving problems relating to their caregiving roles
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities
- Supplemental services, on a limited basis, to complement the care provided by caregivers



Current Caregiver Programs

» Provides help to unpaid or family caregivers

- Older adults age 60+
- Any age with dementia diagnosis
- Grandchildren under age 18
- Disabled adult age 19-59

» Grants

- Respite Care
- Supplemental Services

» Support Services

- Monthly newsletter
- Support groups
- Grandparents Raising Grandchildren



Yearly Average

- ✓ 240 Facebook followers
- ✓ Served 140 caregivers
- ✓ Awarded \$68,963 in grants
- ✓ Launched Trualta, a web-based resource for non-paid caregivers to access training resources designed to increase their confidence and knowledge when caring for an older adult
- ✓ Implemented virtual music therapy program for caregivers to offer respite when they were reluctant to have providers come into their homes



Local Priority Programs

Case Management & Bilingual Case Management

- » GPR funded (\$1,160,367/2020)
- » Assesses needs & develops service plans
- » Professional & confidential assistance
- » Culturally & linguistically appropriate
- » Includes SHIP & MIPPA grants



Current CM & BCM Programs

» Case Management

- Older adults age 60+ & below 240% FPL
- 40+ case managers

» Bilingual Case Management

- Spanish-speaking; 2 FTE
- SE Asian; 4 FTE (The Hmong Institute)

» Support Services

- Monthly newsletter
- Support groups
- Grandparents Raising Grandchildren

Yearly Average

- ✓ 2,873 total CM clients
- ✓ 22,991 total CM service hours
- ✓ 53 Spanish-speaking CM clients/786 service hours
- ✓ 11 SE Asian CM clients/269 service hours (2020 only)



Goals to Advance Values

- » At least one goal is required to **enhance ongoing community engagement** with aging plans and program operations so that they build a sense of ownership and commitment by the community.
- » At least one goal is required to **address progress within one or more program area** toward person-centered services, maximizing consumer control and choice. This may include efforts to expand choice and participant direction in specific Title III programs.
- » At least one goal is required to **address a barrier to racial equity within one or more program area**. This may include efforts to expand the racial equity or inclusiveness of specific Title III programs.
- » At least one goal is required to increase local aging and disability network participants' knowledge and skills related to **advocacy**. This may include efforts to educate older adults about policy making or legislative processes.



Engagement Activities

» Online Survey (https://www.surveymonkey.com/r/DCAging_2022_2024)

» Paper Survey (<https://dcdhs.com/documents/pdf/Aging/Dane-County-Aging-Survey-formatted-for-paper.pdf>)

» Focus Groups or 1:1 Interview

- Discussion Guide (fillable form)

(<https://dcdhs.com/documents/pdf/Aging/2022-2024-Dane-County-Aging-Plan-Discussion-Guide-FINAL.pdf>)

- Questions (fillable form) (<https://dcdhs.com/documents/pdf/Aging/2022-2024-Dane-County-Aging-Plan-Focus-Group-or-Individual-Interview-Questions-FINAL.pdf>)

» Aging Plan Webpage (<https://dcdhs.com/Aging-Plan-Development>)

- Instructions
- Timeline
- Resources





500 voices in 40 days!

In Person (Incentives \$\$\$)	Virtual
1:1 Interviews	Phone or video interviews
Small focus groups	Virtual focus groups
Small listening sessions	Virtual listening sessions
Small group presentations	Zoom meeting with breakout rooms
Live polling at a public meeting	Live polling during a webinar
Distribute surveys (on real paper) no incentives	Post online survey on website or social media



What's next for you?

- » Attend one more Zoom meeting
- » Capture as many viewpoints as possible
- » Engage people that are representative of the community
- » Be varied in scope & nature
- » Include transparency – people should see the results



Aging Plan Next Steps

Timeline

- June-July 2021 Public Input
- 31 August Draft goals due
- 15 September Advisory Council meets
- 1 October Final goals due
- 1 November AAA Board approves goals
- 15 November Goals submitted to State for approval
- 3 January 2022 AAA Board approves final plan
- 15 January Final Plan submitted to State



Comments or Questions

Email

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Call

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Write

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Thanks for
your help!

