



# 2022-2024 DANE COUNTY AGING PLAN



## DRAFT Goals & Strategies

*Approved by AAA Board 11/1/21*

### 1. **Advocacy & Community Engagement** Goal—*Training & Representation*

**Goal Statement:** Older adults have the knowledge and skills to advocate for funding and other resources at the county, state, and federal level to address issues important to or negatively impacting older adults in Dane County. **As measured by:** (1) Amount of Dane County aging unit budget priorities funded annually through the senior advocacy process; and (2) Increased planning of senior housing resources based upon older adult advocate representation on Housing Initiative Steering Committees and stakeholder groups.

#### Strategies

- Offer 12-16 hours of Senior Advocacy Training each year to a minimum of 15 older adults each year of the three-year plan and include the role of POC & LGBTQIA+ representation on the AAA Board & Standing Committees. [AAA Manager]
- Seek older adult representation on Dane County Housing Initiative Steering Committee and stakeholder groups affiliated with the Dane County Planning Office in order to advocate for affordable, safe, housing for older adults. [AAA Aging Program Specialist]
- Legislative/Advocacy Committee of the AAA Board provides action alerts on important issues related to older adults to the Elderly Advocacy Network and recruits POC & LGBTQIA+ members to serve on the AAA Board & Standing Committees [AAA Manager]
- Work with other affordable housing advocates to ensure the needs of older adults are being met when considering new or existing affordable housing units in Dane County [AAA Aging Program Specialist]

### 2. **TITLE IIIB: Supportive Services & Emerging Need** Goal—*Transportation Options*

**Goal Statement:** On demand, person-centered individual transportation option(s) for Dane County older adult leisure/socialization activities from their residence that is affordable and available at least one time per month by 12/31/24. **As measured by:** (1) utilization of identified options; and (2) lower levels of social isolation on the UCLA three question social isolation and loneliness scale by persons using new options at onset of use and annually after using the on demand options.

#### Strategies

- Research on demand transportation program options in other counties, states & countries and report findings to stakeholders. [DCDHS Transportation Coordinator]
- Select on demand model(s) to replicate, define approach/partners, and pilot. [DCDHS Transportation Coordinator]
- Reallocate existing funding or allocate new funding to support goal as needed. [DCDHS Transportation Coordinator]

### 3. **TITLE IIIB: Supportive Services & Person-Centered Services** Goal—*Transportation Services*

**Goal Statement:** Increased availability of group ride services for older adults to meet ridership demand while maintaining reasonable ride times to and from senior center programs for healthy aging and socialization beyond the senior meal program hours by 1/1/23. **As measured by:** increased ridership, reduced time in-transit, and increased participation in activities each year of the three-year aging plan from a 2021 baseline.

### Strategies

- Educate stakeholders in the types of transportation funding available, how they can be used, what they are currently funding, and opportunities for additional funding for transportation. [DCDHS Transportation Coordinator]
- Provide methods, formulas, or calculation transparency of the allocation of existing funding each year as determined by ridership demand, not equal funding for all. [DCDHS Transportation Coordinator]
- Explore contracting with alternative vendors such as Assisted Living Facilities, Boys & Girls Clubs, Senior Focal Points, and others with vehicles to increase vehicle pool and availability for group rides. [DCDHS Transportation Coordinator]

#### 4. Title III C: Nutrition Program & Person-Centered Services Goal—*Malnutrition*

**Goal statement:** After receiving supplemental nutrition in addition to the lunch or dinner meal per day for eight months, HDM participants that scored as malnourished at intake show improvement in their malnutrition status. **As measured by:** changes in the validated Malnutrition Screening Tool (MST) to discern risk and malnutrition status from baseline to eight months post supplemental meals being used.

### Strategies

- AAA Dietitian works with contracted caterers to develop nutrient rich breakfast meal for delivery to malnourished older adults in addition to their lunch/dinner meal. [AAA Registered Dietitian]
- Senior Focal Point Case Managers are trained to encourage breakfast meal in addition to lunch or dinner meal for malnourished older adults during the HDM assessment and malnutrition screening. [AAA Aging Program Specialist]
- Malnutrition screening using the MST is repeated at eight month intervals for persons receiving two meals per day. [AAA Aging Program Specialist]

#### 5. Title III C: Nutrition Program & Person-Centered Services Goal—*Consumer Choice*

**Goal Statement:** Allow for consumer choice in home-delivered meal (HDM) program delivery options between lunch and dinner in order for more homebound older adults in the City of Madison or Monona to receive balanced nutrition as participants in the HDM program beginning January 2023. **As measured by:** (1) HDM survey indicated increase in meal satisfaction due to an additional choice in delivery options; and (2) number of persons indicating they would otherwise not be able to participate in the meal program if evening delivery was not available.

### Strategies

- Put Madison HDM contract out to bid in 2022 seeking two delivery windows, lunch and dinner beginning in 2023. [AAA Aging Program Specialist]
- Administer HDM satisfaction survey annually to determine if satisfaction has increased as a result of delivery option choices. [AAA Aging Program Specialist]
- Determine percentage of new HDM clients choosing evening over lunch delivery window to better allocate funding in vendor contracts. [AAA Aging Program Specialist]

#### 6. Title III D: Health Promotion & Racial Equity Goal—*Latinx Evidence-based Healthy Aging Classes*

**Goal Statement:** Improved health outcomes related to falls or self-management of chronic conditions in 40 Latinx older adults in Dane County by December 2024. **As measured by:** the number of Latinx older adults that successfully complete at least one evidence-based health promotion program (attend at least 4 of 6 sessions).

### Strategies

- Provide access to evidence-based falls prevention (*Pasando Fuerte*) and chronic disease self-management (*Tomando Control de su Salud*) workshops offered for non-English, Spanish speaking Latinx older adults in at least two rural Senior Focal Points in Dane County. [AAA Healthy Aging Program Coordinator]
- Allocate additional Title IIID ARPA funding to training and stipends for Spanish leaders through 9/30/24. [AAA Aging Program Specialist]
- Recruit and enroll at least 40 Latinx older adults in evidence-based falls prevention and chronic disease self-management workshops by 10/1/24. [AAA Healthy Aging Program Coordinator]

## 7. Title IIIE: Caregiver Support & Racial Equity Goal—*Caregivers of Color*

**Goal statement:** Reduce caregiver stress and burden in a minimum of 10 caregivers of color that receive at least 112 paid respite service hours per year provided by qualified relative/friend caregivers as measured annually at the end of 2023 and 2024. **As measured by:** pre-post NFCSP caregiver grant staff-assessment survey showing improved stress/burden.

### Strategies

- Recruit and convene the Dane County Caregiver Advisory Board to be the workgroup on this goal area, responsible for design, pilot, testing, and then full implementation by December 2024. [AAA Caregiver Specialist]
- Create the internal or external systems for training other family relatives in proper respite care and processing of grants paid directly to individuals in order for other trusted relatives/friends to provide in-home respite care. [AAA Caregiver Specialist]
- Allocate Caregiver grant funds to support at least five Caregivers of Color per year for 112 hours of respites per year at a minimum of \$15 per hour. [AAA Caregiver Specialist]

## 8. Local Priority & Community Engagement Goal—*POC & LGBTQIA+ Older Adults*

**Goal statement:** Increased, ongoing, and meaningful community engagement of older adults, with targeted attention to older adults identifying as persons of color and/or LGBTQIA+, in the planning and provision of aging services in Dane County throughout the area plan period. **As measured by:** (1) AAA Board/Committee/Workgroup member demographics reflect the aging population; and (2) # of older adults engaged in coffee conversations with AAA about problems and solutions for aging issues as measured at the end of each year.

### Strategies

- Diversify AAA Board, Committee, and Workgroup representation to be more reflective of the aging population as a whole and encourage aging service providers to do the same. [AAA Manager]
- Host regular coffee and conversation sessions throughout the community to learn of existing or emerging issues and promote older adult interest and involvement in creating solutions for aging issues. [AAA Manager]
- Support department level efforts to expand the reach of marketing about aging services and programs beyond Senior Focal Points and recruitment of POC & LGBTQIA+ older adults to serve on the AAA Board & Standing Committees. [AAA Manager]