

## Statewide Aging Programs and Initiatives

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Produced by the Alabama Department of Public Health  
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## Faculty

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## No Place Like Home



## ADSS Mission

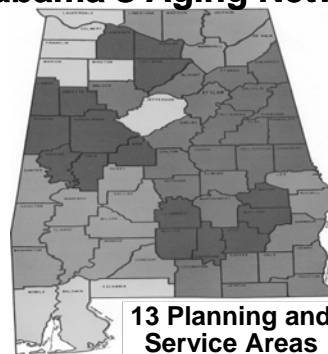
*“The mission of the Alabama Department of Senior Services is to promote the independence and dignity of those we serve through a comprehensive and coordinated system of quality services.”*



## Alabama’s Aging Network

- Made up of 13 Planning and Service Areas (PSAs)
  - Each PSA has an organization designated as the Area Agency on Aging (AAA)
  - 350+ Senior Centers

## Alabama’s Aging Network



### ADSS Services

- **Advocacy**
- **Planning**
  - State Plan on Aging
- **Coordination**
- **Interagency linkages**
- **Information sharing**
- **Funding**
- **Monitoring and evaluation**

### The Aging Services Network

- **Who do we serve?**
  - Primarily age 60+
  - 27% of consumers are poor
  - 33% of consumers live in rural areas
  - 20% of consumers are minority
  - 52% of older persons report having a disability

### The Aging Services Network

- **Who are we?**
  - The Administration on Aging (AOA) (Federal)
  - AL Department of Senior Services (ADSS) (State)
  - 13 Area Agencies on Aging (AAA) (Regional)
  - Hundreds of Service Providers (Local)

### AAA Responsibilities under the Older American's Act

- **Determine demand for services and the funds available**
- **Collaborate with local communities to provide services**
- **Develop area plan**
- **Implement area plan**
- **Monitor plan and modify as needed**

### OAA Eligibility for Services

- **Age 60 and over**
  - Except Title V is 55
- **Not an entitlement like Social Security, Medicare, or Medicaid**
- **Services can be curtailed due to lack of funding**



### OAA Eligibility for Services

- **Not means tested**
  - No verification of ability to pay
  - Programs target poverty
- **Income information may be asked to determine fee-for-service/cost sharing**



### AAA Service Examples

- Advocacy
- Insurance counseling
- Planning and development
- Senior centers
- Preventive health and medication assistance
- Transportation

### AAA Service Examples

- Nutrition programs
- Information and assistance
- Long-term care ombudsman
- Caregiver support
- Medicaid waiver
- Legal services

### Hot Meal Program

- At 365 Senior Centers in urban and rural communities across the state
- Hot meals served to homebound from some centers with delivery by volunteers



### Home Delivered Meals Eligibility Criteria

- Age 60 or older
- Homebound due to illness or incapacitating disability
- Unable to prepare meals
- No person available to assist with meal preparation

### Home Delivered Meals Eligibility Criteria

- Preference to those with greatest social need
- Family member may receive services if in best interest of homebound older person

### Alabama SenioRx/Wellness

- Promote better health and wellness
- Treat chronic conditions earlier for healthier aging later
- Provides low-cost or free prescription medicine
- People age 55+ with a chronic disease



### **Legal Assistance Program**

- Statewide system of legal professionals assisting older adults
- Priority is given to older individuals with greatest social and economic need, low income minorities, residents of rural areas and Native Americans
- ADSS will soon announce a legal helpline for seniors

### **State Health Insurance Program – SHIP**



**Blooming Benefits Day**

### **Senior Employment**

- Senior Community Service Employment Program available through 11 PSAs
- Provides part-time community service assignments for persons 55 and older
  - Promotes transition to unsubsidized employment

### **Senior Employment**

- Senior workers may work on average 20 hours per week or 1,300 hours per year

### **Ombudsman Program**

- Provide services to resolve complaints and advocate for patient's rights for individuals residing in:
  - Nursing homes
  - Assisted living facilities
  - Specialty care assisted living facilities
  - Boarding homes (Jefferson County)

### **Supporting Family Caregivers**



### Alabama Cares

- The National Family Caregiver Support Program
- Helps families sustain efforts to care for older individuals with a chronic illness
- Sustains efforts of an older individual to care for a child
- Client is the caregiver



### What Services Are Available?

- Education
- Counseling and support
- Case management
- Limited respite
  - 4-8 hours month
- Supplemental services

### National Goal

- Person centered system providing person centered services
- Recognition that we are all different, have different needs, wants, and supports



### Offering More Choice for High-risk Individuals Community Living Incentive



### Offering More Choice for High-risk Individuals

- A nursing home diversion strategy that builds on the Aging Network's existing work to develop comprehensive systems of community-based supports to help people live at home for as long as possible and avoid unnecessary placement in nursing homes

### Problems

- Alabama spends 91% of Medicaid budget for nursing home care verses 9% on home and community based services
  - Ranked 44th in nation
- Non-compliance with Olmstead Act

### Problems

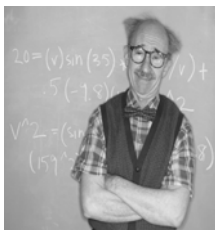
- By 2015 Alabama will have over 700,000 over age 65
  - By 2020 one in six Alabamians will be 65
  - Fastest growing population will become those over age 85

### Problems

- Fragmented system = inappropriate, premature nursing home placement = costly spend down of personal retirement and Medicaid eligibility!

### Cost: Doing the Math

- Understanding the “math” of not rebalancing Alabama’s long-term care system



### Cost Savings

- Nursing home diversion = lower Medicaid costs
- Health and well being of individuals improves with LTC supports who are transitioning from different care settings
- Evidence that rates of hospital re-admissions declined

### Medicaid Waiver Program for the Elderly and Disabled

- Services include:
  - Case management
  - Homemaker
  - Personal care
  - Respite, skilled and unskilled
  - Adult day health

### Medicaid Waiver Program for the Elderly and Disabled

- Companion services
- Home delivered meals
- Persons served
  - Any age
  - Financially eligible for Medicaid
  - Those meeting the nursing home level of care

### Cash and Counseling Grant

- Seniors and people with disabilities will have an opportunity to manage their care
- C and C allows for greater flexibility in care
- Partnership with Medicaid and Public Health

### Cash and Counseling Grant

- Pilot area is West Alabama Regional Commission AAA and South Alabama Regional Planning Commission

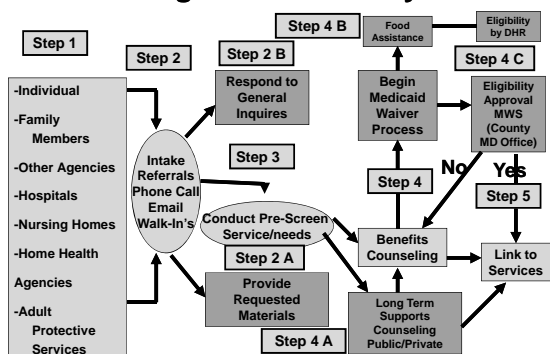
### ADRC: Aging and Disability Resource Centers

- Project vision
  - Alabama’s long-term care support system will be balanced and person centered
  - Services and supports will be organized around the needs of the individual

### ADRC: Aging and Disability Resource Centers

- A philosophy of how you serve people
  - Comprehensive
  - All inclusive
  - Preventive
  - Person centered
  - Holistic

### ADRC Single Point of Entry Model



**For More Information**

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