

EXECUTIVE SUMMARY

Area Agency: Valley Area Agency on Aging - Region 5
Annual Implementation Plan
FY2015

The Valley Area Agency on Aging is a federally designated point for planning and coordinating services for advocating on behalf of persons 60 years of age or older at the sub-state level. The passage of legislation known as the Older Americans Act of 1965 authorized the formation of Area Agencies on Aging. Valley Area Agency on Aging (VAM), currently under the direction of Kathryn C. Boles, was incorporated in 1976 as a private non-profit agency to serve the counties of Genesee, Lapeer and Shiawassee; also referred to as Planning and Services Area (PSA) or Region 5.

As one of the 16 Area Agencies on Aging in the State of Michigan, VAAA's mission is to provide action, advocacy and answers on care for the elderly and disabled adults of Genesee, Lapeer and Shiawassee Counties, by enhancing lives, empowering choice, sustaining independence and supporting caregivers and families. To fulfill this mission, VAM must develop a comprehensive three-year plan that will be utilized as the blueprint document to carry out the overall mission of the Area Agency.

The baby boomers have arrived and the aging population is increasing. According to the 2010 census, this tri-county area has 108,085 persons over the age of 60. This indicates a 19.74% increase since the last census. The population is aging, and with continuing technological advances in healthcare, people are living longer. In 2000, Region 5 contained 7,053 persons aged 85 and over. Today, the number is 10,078 (statistics from Office of Services to the Aging-OSA, per 2010 census). This represents a growth of 42.89%. Overall, Region 5 has 5.88% of the 60+ population.

Persons living with disabilities increased 27%, from 27,970 in 2000 to 35,525 in 2010. Seniors report living with disabilities such as: sensory, physical, mental, and self-care issues throughout Region 5.

Seniors living in poverty increased. Region 5 has 16,785 persons 60 years and older living at or below 100% of the poverty level. This is an increase of 17% since the 2000 census. Over 5% of Michigan's poverty level seniors reside in Region 5. Funding levels are not increasing, and in some cases, are diminishing. There has been approximately 25% decrease in Older Americans Act funding in the past nine (9) years. Minority levels have increased as well, from 10,517 in 2000 to 14,170 (34.73% increase). In summary, seniors are increasing in number, have longer life spans, are living with disabilities, and have fewer resources available to them.

As such, Valley Area Agency on Aging must prioritize service need. VAM will continue to focus on core services as identified in senior needs surveys, community needs surveys, focus groups, and public hearings. Priority needs are identified as: Information and Assistance and Referral; In-home services such as personal care, supports services for caregivers, such as Respite (a service which allows caregivers to receive a break from their caregiving duties), Training and Education; and Nutrition programs such as Home Delivered Meals. Information, food, a bath and relief services for caregivers are imperative to keeping the senior population living in their own homes for as long as possible. VAM will continue to review administrative efficiencies, service implementation, and supplemental services to

ensure effective and efficient service provision of core services to seniors and caregivers within Region 5.

Administrative Efficiencies

The Valley Area Agency on Aging has traditionally operated with administrative expenses below 5%. Over time, our administrative costs have decreased. In FY 2012 and FY 2013 VAAA's administrative expense was 4%. As a result, over 95% of the dollars received are used for service delivery. Additionally, we have and **will** continue to review the staffing needs of the organization by limiting new hires when possible. Positions have been consolidated when possible and duplication of efforts and redundancies has been eliminated. VAAA will review and revise workload levels in order to maximize the productivity of our employees. We are currently in the process of conducting an efficiency study in order to help identify areas or processes that can be improved. The agency will continue to review our overhead expenses, such as benefit packages, in order to identify savings. The Valley Area Agency on Aging will continue to utilize in-house cost saving measures, such as requiring field staff to ride together when visiting client homes in order to save on mileage expenses and emailing as much as is feasible in order to save on postage expenses each month. We have instituted many cost-saving measures over the years in order to identify resources that may be used to provide services to the 60+ population.

Additional Resources

Valley Area Agency on Aging provides several different programs in order to serve the 60+ population. Genesee, Lapeer and Shiawassee Counties all have senior millages which provide services. Genesee, Lapeer and Shiawassee County millages are up for renewal in the upcoming fiscal year. Referrals are made on an ongoing basis. VAAA is working with every hospital in all three counties to provide services through our Care Transition (CT) program. The Care Transition (CT) program receives funding from Centers for Medicare Medicaid Services (CMS) in the amount of \$1,204,011. The CT program utilizes a social worker to visit the client following discharge from the hospital to provide supportive services such as face to face visits to empower clients to visit their primary care physicians as soon as possible, 7 days of home delivered meals and 4 hours of personal care. The purpose is to reduce hospital readmissions within 30 days. We are currently in the 1st year of a 2-year grant. As of March 2014, there have been 1,500 enrollments in the CT program. 902 of those enrollees have visited their Primary Care Physician within 7 days of being discharged; another 595 participants visited their Primary Care Physician within 30 days of discharge. Of the 1,500 less than 9% (123) have been re-admitted to the hospital within 30 days.

VMA also has a Crisis Intervention Program paid for with outside grant dollars (\$45,000). This program provides short-term custodial care and care management services for Genesee County seniors 60+ years of age during recovery from a hospital stay. VAAA assisted 38 seniors with 1,462 hours of homemaking services in 2013.

VAAA sought additional resources in 2013, other than the federal/state funds earmarked for senior programs and will continue to do so. A total of \$1,574,179 was received in Region 5 in FY 2013 from other funding sources. Additional resources will be sought in FY 2015.

Fund Raising

VAAA has a Fund Development Committee comprised of Board members to develop fund raising ideas for Region 5. In FY 2013, VAM Board of Directors placed canisters in

businesses throughout Region 5 and raised \$1,058. In FY 2014 donation envelopes were sent to 240 people to support the Home Delivered Meal program which generated \$1,650 in program income. VAAA now hosts 2 Big Wheels Deliver Meals events in Genesee County. The purpose is to invite "Big Wheels" (such as: State Representatives, County Commissioners, City Council Members, Hospital and University Executives, and other potential donors) to deliver meals to seniors (with their written approval) in order to recognize the need for the program. VAAA is looking to increase our fundraising efforts in FY 2015. The agency is currently raffling a 1978 Corvette Pace Car (or \$10,000 Cash). Tickets are \$50.00 and 1,000 tickets have been printed. This has been a team effort, as tickets are being sold by the VAAA Board of Directors, Advisory Council, Advocacy Committee, Providers and VAAA staff. Our goal is to raise \$50,000. VAAA will continue to seek these and other resources in FY 2014 and beyond.

Information Assistance and Referral/Aging an Disabled Resource Center (ADRC) In FY 2012 VAAA received "Emerging ADRC" status. Options Counseling will be provided by a bachelor degree Social Worker from the following agencies: The Disability Network and VAAA in Genesee County; Blue Water Center for Independent Living in Lapeer County and VAAA in Shiawassee County. The ADRC is in the process of identifying consumers and providers to comprise an Advisory Board to provide input on quality and program improvements. A draft Advisory By-Laws document has been created for discussion by Advisory Committee members. VAAA currently attends data collection, quality control policies and procedures and state workgroup meetings. VAAA is currently awaiting direction from the State as to how to proceed past its "Emerging" status and become a fully operating ADRC. All information is shared with the ADRC partners during meetings.

The following goals were accomplished in FY 2013/2014:

- Four options counselors have been trained; one (1) in Lapeer County, three (3) in GenE;), see County /Shiawassee County.
- VAAA contracted with the State for access to the Service Point Resource Database and upgraded client data collection pairing it with Service Point. This will allow real time reports and data collection, as required by the State ADRC standards, and help with identifying gaps in service.

If) the next year, the goals of the ADRC will be to work to become a fully functioning Aging and Disability Resource Center throughout PSA 5 by: Developing policies and procedures, developing common intake forms, determining data collection based on requirements to be determined by the State. The ADRC of Genesee, Lapeer and Shiawassee must have partnership agreements with all mandatory partners, as outlined in the business plan. The ADRC of GLS currently has emerging status and is awaiting direction from the state to complete fully functional status. VAAA would like to be a fully functioning ADRC by 2015.

Residents in each county of Region 5 will have identified Focal Points for all Information & Assistance services. By calling a single number in each county, the public will have access to the following: the Medicare/Medicaid Assistance Program (MMAP); employment-related services; volunteer services; and information about all other senior-related services in the community, including in-home care (Case Coordination & Support, Care Management, and MI CHOICE Waiver Programs), Legal service, mental health service, grandparent services, caregiver services, support group services, and Older Americans Act and Older Michigianians Act services.

In-home Services

All three counties in Region 5 have millage funding to supplement state and federal funds and provide services for those who would otherwise have to do without. Within Region 5, approximately \$6,950,000 of millage funding goes to senior services. Shiawassee County plans on asking for an increase from .25 mills to .5 mills in FY 2014. This would generate approximately \$500,000 for Shiawassee Senior Services should it pass. Lapeer County is asking for a renewal of its .25 mills which generates approximately \$650,000 in funding for senior services. There are currently 64 persons waiting for case management and in-home services in Region 5 (12 in Genesee, 37 in Lapeer and 15 in Shiawassee) With the Governor's focus on Michigan becoming a "no wait-state", VAAA hopes to secure additional funding to eliminate the wait-list.

VAAA will continue to partner with the millage programs in each county to bring in additional funding to assist in meeting the need. The MI Choice Waiver program provides in-home services, such as personal care, for financially eligible, medically needy (at -risk for nursing home placement) older persons and persons with disabilities. In FY 2013, VAAA used funding that the Genesee County Board of Commissioners identified (\$255,000) in Senior Millage funds to be used as match funding to draw additional federal dollars and increase the number of people served in the MI Choice Waiver Program. Genesee County realized over \$360,000 of additional Medicaid funding for a total of \$615,000 as a result of these match dollars. However, in FY 2014, the State discontinued this type of match funding. The MI CHOICE Waiver program did provide funding to continue services for its current clients as well to add additional participants. MDCH is providing funds to serve a total of 472 participants in Region 5. VAAA began FY 2014 with 353 Waiver clients. This allows Region 5 to add an additional 129 clients in FY 2014.

VAAA also receives grant funding for the Crisis Intervention (CI) Program. This program provides short-term services care management and in-home services (such as personal care, meal preparation, and light housekeeping) for seniors who have a short term health care crisis. These persons must be 60 +, receive a referral from a physician, social worker or nurse, and have a short-term health care need of 3 months or less. 38 seniors received 1,462 hours of in-home services through the CI program in FY 2013. VAAA will continue with this program in fiscal year 2015.

Nutrition Programs

As of April 29, 2014, the Home Delivered Meals program currently has 92 persons on the wait-list for meals (63 in Genesee, 0 in Lapeer and 29 in Shiawassee County). VAAA will continue its partnership with the Genesee County Millage program in FY 2014 (and beyond) to monitor the HOM program, currently under the oversight of the Alzheimer's Association for the seniors 60 years of age and older, which allowed for an increase in the Nutrition Service Incentive Program (NSIP). In FY 2013 NSIP funding totaled \$492,358. Thus far, in FY 2014, VAAA has received a total of \$519,101. The increase of \$26,743 is due in part to this partnership.

Genesee, Lapeer and Shiawassee Counties all have senior millages as additional resources. VAAA continues to partner with and make referrals to all millage services funded throughout Region 5. In addition, referrals were made to food pantries, food banks, the Department of Human Services food stamp program, and MOM's Meals, a private pay Home Delivered Meal option. VAAA will continue to look for additional

funding in order to provide additional funds for meals in the upcoming multi-year planning cycle.

Caregiver Services

VAAA began funding Caregiver Education, Support and Training programs in FY 2014 with TIIIE dollars. Catholic Charities provides these supportive services for seniors raising children (kinship caregivers) and the Alzheimer's Association provides caregiver training for caregivers. In FY 2013 these programs were paid for with unrestricted funds and provided support for 321 seniors. Because of the need, these programs will be funded with TIIIE funding for the remainder of the multi-year planning cycle.

TIIID funding will continue for the Creating Confident Caregivers (CCC)/Savvy Caregiver program. This is a training program for caregivers. Caregivers are most often taking care of individuals with dementia. The program is modeled on programs proven in field-tests to successfully increase caregiver confidence and reduce the adverse effects of caregiving. The CCC workshop is six weeks long and is conducted in two-hour sessions in community settings. Free respite care is provided. 70 caregivers graduated from the CCC program in FY 2013. VAAA is excited to continue and grow this program in the upcoming fiscal years.

Additional Programming

VAAA and seniors throughout Region 5 have embraced the Evidence Based Chronic Disease programs offered. In addition to the Creating Confident Caregiver programs, VAAA will continue to offer:

- Diabetes PATH -Diabetes PATH is a six-week community workshop that meets two and one-half hours, one day per week. It is designed to benefit adults with Type 2 Diabetes. Family members, friends, and caregivers are also encouraged to attend this workshop. The self-management workshop provides ways to take control of diabetic conditions through problem solving and action plans. Topics covered include exercise, nutrition, relaxation, and pain management. 85 persons participated in this program in FY 2013. VAAA will also develop a Medicare billing component to this program in 2015.
- Arthritis Foundation Exercise Program is a low-impact program proven to reduce pain and decrease stiffness. The class was developed by physical therapists specifically for people with arthritis or related conditions. The routines include gentle range-of-motion exercises that are suitable for every fitness level and can be done either sitting or standing to help relieve stiffness and pain while building strength and stamina. The classes are ongoing and meet twice a week for an hour of exercise. 51 seniors participated in the exercise program in FY 2013.
- Chronic Pain Self-Management PATH-The Chronic Pain Self-Management Program is a workshop given two and half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. Subjects covered in the workshop include techniques to deal with problems such as frustration, fatigue, isolation, poor sleep, appropriate use of medications, exercise and improving strength, and communicating effectively with family, friends, and health professionals. This program educated 85 participants regarding chronic diseases in FY 2013.

- A Matter of Balance- Acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two hour sessions. During the class, participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to change the environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. 83 participants took advantage of this program in FY 2013.

VAAA will continue to partner with organizations such as the National Kidney Foundation of Michigan, the Arthritis Foundation and the Alzheimer's Association, to assist in implementing the Chronic Disease Evidence Based Programs and will target those seniors attending wellness centers, senior centers, churches, senior housing facilities, and other places seniors congregate. VAAA will also request a direct waiver so as to be able to implement some Evidence Based Programs by VAAA staff. This will ensure a continuum of services and effective and efficient program delivery throughout Region 5.

Valley Area Agency on Aging plans to implement additional programs in FY 2015. These programs are:

- Keeping Independent Senior Safe (KISS) Program - is a telephonic reassurance service designed to enhance the safety and security of seniors. This is done by providing phone calls to seniors who wish to live independently, but who may not have family and friends nearby. VAAA will implement this program throughout Region 5 with both outside funding and unrestricted funds.
- Healthy Eating for Successful Living in Older Adults- this program is both an educational and support program designed to assist older adults in self-management of their nutritional health. The focus of the program is to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. VAAA will include this program when requesting a direct waiver, as VAAA will seek to hire a Registered Dietitian to work with participants.
- Targeted Care Management- is a Medicaid State Plan service approved for persons at least 60 years old and disabled, or at least 65 years old and seeking admission to, or at risk of entering a Nursing Care Facility. Participants must be eligible and enrolled in the OSA Care Management Program and be documented as having multiple, complex and diverse service needs with a lack of capacity and support systems to address those needs without case management. The case manager shall be a RN licensed to practice in Michigan. Face to face visits conducted by a social worker are acceptable for billing as long as the RN signs off on case notes and other documentation. TCM reimbursement is available for in-person encounters during which one or more of the following billable activities occurs: assessment, care-planning, service arranging, follow-up and monitoring and reassessment.

Service Need Results

VAAA attended many community presentations and provided surveys asking what services are needed to assist in keeping a senior in their own home. In FY 2013 Focus

Groups were conducted and included providers, community agencies, seniors and caregivers. VAM also reviewed the information from the Lapeer Senior Needs Survey, the Genesee County Senior Needs Survey which were conducted in 2007, the Shiawassee County Community Needs Survey and the Community Needs Assessment for the Genesee County/City of Flint Community, both of which were conducted in 2012. In 2013, VAM conducted surveys to 10% of seniors (including the homebound) receiving services requesting assistance in identifying needs and gaps in services.

The goal was to gather information which would assist with setting priorities for funding in fiscal years 2014-2016. The following outlines the priorities and needs of Region 5:

Statement of Need

All counties identified in-home services (personal care) caregiver services, home delivered meals and easy access to senior services and programs through Information, Assistance and Referrals, as priority services. However, each county also identified service needs specific to each county:

Genesee County

- Strong Information, Assistance and Referral Services for Seniors and Caregivers
- Training opportunities for caregivers and professionals
- Respite for Caregivers
- Continued Evidence-Based Chronic Disease programming

Lapeer County

- Increase in Medication Management
- VAM to offer small "grant" opportunities for innovative programs (such as heaters for seniors, assisting in payment for ramp building, assistance with utilities, etc.).
- Continued Evidence-Based Chronic Disease programming

Shiawassee County

- Increase in Medication Management
- Transportation
- Friendly visits/Companionship
- Home repairs
- Continued Evidence-Based Chronic Disease programming

VAAA will work diligently within each community with seniors, caregivers and agencies to assist in meeting the needs as identified. Public Input and approval will be requested at the Public Hearings Listed below:

Public Hearings

Location: Lapeer Senior

Barrier Free: _____ y _____ y _____ y _____

Number of

Attendees: _____

Valley Area Agency on Aging
Annual Implementation Plan
FY 2015
Region 5
Statement of Demographics/Demographic Need

County	Total Population	60 + Population (All ages)	60+ Greatest Economic Need (150% of poverty)	60 + Minority Population Living with	60+ Disabilities
Genesee	433,055	78,465	12,245	13,675	26,120
Lapeer	89,945	16,035	2,470	360	4,780
Shiawassee	71,620	13,585	2,070	135	4,625

Region 5 594,620 108,085 16,785 14,170 35,525

Source: Demog_ :a.phic Date from 20062010 American Community Survey/ 2010 Census and
Offices of
Services to the Aging -OSA)

ADVOCACY STRATEGY
Fiscal Year: 2015
Area Agency: Valley Area Agency on Aging- Region 5

The Valley Area Agency on Aging (VAAA) through its Region 5 Senior Advocates Committee was actively involved in legislative Issues in FY 2013/14. As in years past, VAAA has a senior volunteer who represents Region 5 on the statewide Michigan Senior Advocates Council. Our representative is able to speak to

legislative issues from the Region 5 perspective when talking with legislators from our area. Our representative also brings back pertinent information from these meetings and shares it at our local Senior Advocates Committee meeting.

The Senior Advocates Committee was involved with letter writing and making telephone calls to our elected officials regarding the following topics: Increased funding for OSA programs, ballot issues on changes to the state constitution, issues regarding no-fault insurance and Medicaid expansion. Senator Dave Robertson did attend our Advisory Council meeting to discuss the ballot issues regarding the State Constitution. We also called and prepared letters to our federal delegation regarding the expansion of the MMAP program. Our process for sending formal letters to our elected officials remains the same; our Senior Advocates Committee makes the recommendation to the Advisory Council and the Advisory Council recommends to the Board. Once approved by the Board, letters are sent

Every year we participate in a petition signing effort at our Senior Power Day event. Each year we have delivered over 800 signatures to our state elected officials regarding the need for additional funding for OAA programs. We invite our elected officials to be present at our annual Senior Power Day event so that seniors have the opportunity to ask questions about legislative issues.

We were able to bring legislators to our meetings in order to discuss our concerns on legislative and ballot issues. VAAA is planning to host 3 Legislative forums, 1 in each county, in FY 2014.

The Senior Advocates Committee supports senior issues including legislative concerns, by taking 46 senior advocates to Lansing for the Older Michiganians Day event in June 2013. VAAA and senior advocates are also scheduled to attend in June, 2014. VAAA staff attends the Legislative Briefing each year in Washington DC and attends prearranged meetings with our federal delegation. VAAA also circulates its Valley Alerts and the Valley E-newsletters. These alerts and newsletters are emailed to over 400 persons regarding resources, scams and various other senior issues. VAAA will continue the above advocacy strategy for the needs of seniors and their caregivers throughout FY 2015.

COMMUNITY FOCAL POINTS

Fiscal Year: 2015

Area Agency: Valley Area Agency on Aging- Region 5

1. Focal Point: Valley Area Agency on Aging
225 E. Fifth Street Suite 200
Flint, MI 48507
(810) 239-7671

Website:

www.valleyareaaging.org

Contact Person: Kathryn C. Boles, Executive Director
Service Boundaries: Genesee, Lapeer, and Shiawassee Counties
Approximate # of older persons: 108,085

Accessible Services: All services provided in Region 5, including: Care Management, Case Coordination & Support, Evidence Based Chronic Disease programs ,Chore/Home Repair, In-home Services, Information Assistance, Medicare/Medicaid Assistance Program (MMAP), Nutrition Program, MI CHOICE Waiver Program, Keeping Independent Seniors Safe (KISS) Program, Diabetes Education.

2. Focal Point Lapeer County Health Department
Senior Services Division
1800 Imlay City Road
Lapeer, MI. 48446

Website: Contact www.lchd.lapeer.org
person: Service Stephanie Simmons, Executive Director
Boundaries: Lapeer County
Approximate # Of Older Persons: 16,035

Accessible Services*: Congregate Meals, Home Delivered Meals, Care Management, Case Coordination & Support, In-Home Services, Medication Management, Respite Care

3. Focal Point: Shiawassee Council On Aging (SCOA)
300 N. Washington St.
Owosso, MI. 48867
(989) 723-8875

Website: www.st1iawasseecoa.org
Contact Person: Cynthia Mayhew, Executive Director
Service Boundaries: Shiawassee County
Approximate # Of Older Persons: 13,585

Accessible Services*: All services available in Shiawassee County, including Case Coordination & Support, Home Injury Control,

Information & Assistance, In-Home Services, Respite,
Congregate Meals,
Home Delivered Meals

4. Focal Point: Communications Access Center for the Deaf and
Hard of Hearing
1277 W. Court Street
Flint, MI 48503

Website: WWW1\(.cacdhh.org

Contact person: Helen Boucher, Executive Director

Service Boundaries: Genesee, Lapeer and Shiawassee counties

Approximate #
Of Older Persons: 2,000 profoundly deaf; countless hearing impaired

Accessible Services*: Case Coordination & Support for the Deaf and Hard of
Hearing

GLOSSARY OF
ACRONYMS IN AGING
Fiscal Years 2015

~~Area Agency: Valley Area Agency on Aging - Region 5~~

AA Alzheimer's Association
AAA Area Agency on Aging
AARP American Association of Retired Persons
AD Alzheimer's disease
ADC Adult Day Care
ADRC Aging and Disability Resource Center
ADS Adult Day Service

ADL	Activities of Daily Living
AFC	Adult Foster Care
AIM	Aging in Michigan (OSA Publication)
AI P	Annual Implementation Plan Assisted
ALF	Living Facility
AWBS	Adult Well Being Services
4AM	Area Agencies on Aging Association of Michigan
Ana	Administration on Aging
APS	Adult Protective Services
BEAM	Bringing the Eden Alternative to Michigan
ASA	American Society on Aging
CAP	Community Action Program
CCC	Creating Confident Caregivers also called Sawy Caregiver
Cl	Crisis Intervention
CM	Care Management
CMS	Center for Medicare & Medicaid Services (formerly HCFA)
CNS	Corporation for National Service
COA	Commission on Aging/Council on Aging
CPHA	Community Public Health Agency
CR	()aregiver Respite (state)
CSA	Commission on Services to the Aging
CT	Care Transitions
DCH	Department of Community Health
DCIS/	Department of Consumer and Industry Services
CIS	U.S. Department of Health and Human Services
DHHS/	MI Dept. of Human Services (formerly the Family Independence Agency)
HHS	Department of Education
DHS	Department of Management and Budget
DoE	Department of Transportation
DMB	Evidence Based Chronic Disease Program
DoT	Elder Law of Michigan
EBCD	Foster Grandparent Program
P	Fiscal Year
ELM	General Accounting Office
FGP	
FY	
GAO	

GCCARD	Genesee County Community Action Resource Department
HB	House Bill (state)
HCBS/ED	Home & Community Based Services for the Elderly and Disabled Waiver (HCBS/ED) program commonly known as MIChoice
HOM	Home Delivered Meals
HIPAA	Health Insurance Portability and Accountability Act
HMO	Health Maintenance Organization
HR	House Resolution (federal)
HSA	Health Systems Agency
i&R	Information and Referral also called Information and Assistance
IADL	Independent Activities of Daily Living
IM	Information Memorandum
IoG	Institute of Gerontology
KISS	Keeping Independent Senior Safe
LEP	Limited English Proficiency
LOC	Level of Care
LSP	Legal Services Program
LTC	Long-Term Care
MDS·HC	Minimum Data Set-Home Care
MHSCC	Michigan Hispanic Senior Citizens Coalition
MIACoA	Michigan Indian Advisory Council on Aging
MICIS	MI Choice Information System
MIS	Management Information System
MLSC	Michigan Legal Services Corporation
MOB	Matter of Balance
MMAP	Medicare/Medicaid Assistance Program
MSA	Medical Services Administration
MSAC	Michigan Senior Advocates Council
MSHDA	Michigan State Housing Development Authority
MSG	Michigan Society of Gerontology
MYP	Multi-Year Plan
N4A	National Association of Area Agencies on Aging
NAPIS	National Aging Programs Information System
NASUA	National Association of State Units on Aging
NCBA	National Center on Black Aged

NCOA	National Council on Aging
NCSC	National Council of Senior Citizens
NFA	Notification of Financial Assistance
NFCS	National Family Caregiver Support Program
P	Nursing Facility Transition
NFT	National Institute on Aging
NIA	National Institute of Senior Citizens
NIS	Nutrition Service Incentive Program
C	National Senior Service Corps
NSI	Older Americans Act
P	Older American Volunteer Program Office of
NSS	Human Development Services Office of
C	Management and Budget (federal) Office of
OAA	Services to the Aging
OAVP	Older Women's League
OHDS	Public Act
OMB	Program Instruction Program
OSA	Revision Request Planning
OWL	and Service Area Request
PA	For Proposal
PI	Retired and Senior Volunteer Program
PRR	State Advisory Council
PSA	Shiawassee Council on Aging
RFP	Senate Bill (state)
RSVP	Senior Companion Program
SAC	Senior Community Service Employment Program
SCOA	Statement of Grant Award
SB	Standard Metropolitan Statistical Area
SCP	Skilled Nursing Facility
SCSEP	Senate Bill (federal)
SGA	Social Security
SMSA	Social Security Administration
SNF	Supplemental Security Income
SR	State Unit on Aging
SS	Technical Assistance
SSA	
SSI	
SUA	
TA	

TCM	Targeted Case Management Tobacco
TSR	Settlement Respite (state) United States
USDA	Department of Agriculture Veterans'
VA	Administration
VAAA	Valley Area Agency on Aging
WHCoA	White House Conference on Aging

PROGRAM
DEVELOPMENT
INITIATIVES

Area Agency: Valley Area
Agency on Aging - Region 5

An
nu
al
Im
ple
me
nta
tio
n
PI
an

FY
20
15

State Goal1: Work to Improve the Health and Nutrition of Older Adults

IAAA Goal: Work to Improve the Health and Nutrition of Older Adults within PSA 5 ----

IAAA Objective: To positive! impact chronic diseases, and related issues, through programs.

Timeline
FY 2015

Desired Outcome

Activities

A) Increase evidence based programming of: Creating Confident Caregivers, participation throughout

1. Increased implementation Region 5 by 10% Diabetes PATH, Chronic

Pain Self-Management PATH,

Matter of Balance and Arthritis Foundation Program

FY 2015

2. Develop the Medicare billing portion of the Diabetes PATH program in order to generate additional revenue.

m

B) To institute an evidence based model within each of the hospitals located within the tri-county area with the overall goal of reducing hospitalizations and Medicare readmissions by 20% over a 30 day period

3. Develop a fee for service breakdown in order to develop EBCD programs for potential private pay resource to business (such as health care providers and hospitals).

1. To train all area hospitals in the implementation of the BOOST model.

2. To train and utilize the expertise of a Transition Specialist to work with the

patient once discharged from the hospital in order to provide the support needed to prevent readmission within a 30 day period.

3. To review the initial data in order to determine the number of patient readmissions prevented, the cost of services used to prevent the hospitalizations, and the amount saved in the reduction of readmissions due to the program.

FY 2014/2015

| FY 2015-2016

FY 2014-2015

| FY 2015/16

4. To achieve the CMS benchmark for the CT Program.

| FY 2014/15

5. To expand the CT Program to include ECF's and pneumonia as a diagnosis.

State Goal 2: Ensure that older adults have a choice in where they live through increased access to information and services.

AAA Goal: Increase the number of Nursing Facility Transitions in Region 5

AAA Objective: Involve the provider network in identifying NFT participants.

Desired Outcome | Activities

Timeline

A). Develop NFT Collaboration

1. Identify 1-2 Home Health Care Providers to partner with VAAA.

FY 2015

2. Identify Nursing Homes to partner with the providers.

State Goal 3: Protect older adults from abuse

and exploitation,

AAA Goal: Protect older adults from abuse and exploitation within PSA 5

Objective: To educate persons in detecting elder abuse and exploitation.

Desired Outcome Activities	Timeline
A). Collaborate with community agencies and seniors regarding elder abuse and exploitation	<ol style="list-style-type: none"> 1. Attend regular meetings as announced by the Elder Abuse Task Force. 2. Collaborate with the Senior Network within PSA 5 to conduct workshops. 3. Continue to advocate for the passage of Senior Abuse and Neglect bills. 4. Continue meetings with the Region 5 Advocates Council. 5. Partner with community agencies to conduct a large workshop regarding elder abuse issues. <p>Ongoing - FY 2015 - 2016</p> <p>FY 2015</p>
B). Host an educational workshop regarding sensitivity issues relating to seniors	<ol style="list-style-type: none"> 1. Workshops will be held per county per fiscal year.

...;
e
O

State Goal4: Improve the effectiveness, efficiency and quality of services provided through the Michigan Aging Network and its partners.

AAA Goal: Improve the effectiveness, efficiency and quality of services provided through the Regional Aging Network and its partners.

AAA Objective: To collaborate and partner with other agencies in order to make the community aware of senior services within Region/PSA 5.

Desired Outcome

Activities
Timeline

A). To assist organizations who develop innovative ideas by providing "mini-grants" (up to \$500.00) to assist in implementation of 3.
Must include sign-in sheets. ideas 4.
Must conduct post test

1" Review the ideas via an application. Throughout FY 2015-
2. Send approval letters (must not duplicate 2016

B). Develop the Community Living Program

1" Define the program. FY 2014
2. Develop partnerships. FY 2015
3. Identify participants. FY 2015
4. Begin Implementation. FY 2016

C). To develop a long range business strategic Board plan in order to prepare and position the 2015 organization to be a participant in the delivery of long term care products and services

1" Work with Area Agency on Aging leadership and members to develop the plan. FY
2. Communicate the plan agency wide.

3. Implement the plan.

FY 2015/16

FY 2015/2016

....
1!
C
D