



# Senior and Disability Services

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Area Agency on Aging

**DATE:** Sept. 22, 2016  
**TO:** SSAC/DSAC members  
**FROM:** Dave Toler, Senior and Disability Services Director  
**RE:** **Senior & Disability Services (SDS) Director Updates**

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## **Dementia Summit**

As reflected throughout the 2017-2020 Area Plan, the SSAC and DSAC have communicated a desire for SDS to put a real emphasis on mental health services for older adults and people with disabilities in our region.

One issue of particular alarm is the lack of appropriate and effective services for individuals and their families confronted with a dementia-related disease. OCWCOG is exploring the concept of co-sponsoring a summit: *The Forgettable Epidemic: Dementia*.

The Summit would provide a venue for national and state experts to define the seriousness of the issue and a look at some possible solutions. An outcome of the Summit would be for a document defining the problem dementia poses in our health care, social service, and justice systems.

## **Mental Health Service Coordinators (MHSC)**

Mental Health Service Coordinator Tim Malone has departed from his position and we have put a Request for Proposal out for that contract, which is based in Lincoln County. Meanwhile, Mental Health Service Coordinator Kelby Inmon will be leaving at the end of September. It appears we have found a replacement for Kelby, though the contract has not been officially signed as of today.

## **Area Plan**

A draft of the 2017-2020 Area Plan will be submitted to State Unit on Aging (SUA) on October 3rd. The SUA will then provide comments and the Area Plan will be revised accordingly. The final document will be provided by the end of the calendar year. Below is an Executive Summary of the Area Plan.

# Oregon Cascades West Council of Governments Area Plan 2017-2020

## Executive Summary

### Introduction

In accordance with the Older Americans Act, the Oregon State Unit on Aging (SUA) requires every Area Agency on Aging & Disabilities in Oregon to develop and submit a four year Area Plan. The Area Plan is intended to provide a compass for program direction and prioritization over the next four years. Once a plan largely generated by local issues and concerns, the content of today's Area Plans are primarily defined and driven by the SUA.

Senior & Disability Services is requesting that the Advisory Councils and the Oregon Cascades West Council of Governments Board of Directors review the 2017-2020 Area Plan for Oregon Cascades West Council of Governments prior to its submission in October, 2016.

Given that the Area Plan is 150-200 pages, I have furnished you with an Executive Summary. For those who would like to see the plan in its entirety, a full edition of the Area plan can be accessed on the website: <http://www.ocwcog.org/seniors-disability/>

### Mission, Vision, Values

**Mission:** Senior and Disability Services (SDS) has a mission to enhance the independence, dignity, choice, and individual well-being for all aging people and people with disabilities in the Linn, Benton, and Lincoln region.

**Vision:** SDS holds a vision of serving as the regional experts in aging and disability services and supporting the regional population to maintain health, wellness and access to programs when needed.

#### **Values:**

- Service Equity
- High Quality Services
- Innovation
- Community Collaboration
- Combatting adult abuse
- A Challenging and Rewarding Workplace

### Planning and Review Process

The planning process used for the development of this Area Plan has been underway since the completion of the last plan in 2013. The needs assessment for this plan, conducted over the last four years, is based on a combination of community outreach, input from SDS direct services staff, the Senior Services Advisory Council, Disability Services Advisory Council, management, and statistical analysis of our region's older and disabled population.

Three surveys have been conducted during the planning process including a Family Caregiver Survey, a Consumer survey, and a Community Partner survey. In addition, with this plan we are emphasizing two underserved populations: Siletz tribal members and the LGBT community. Focus Groups were held with both groups to gather input on service gaps.

### Prioritization of Discretionary Funding

A small amount of funding received by Senior & Disability Services (SDS) is discretionary. SDS looks to our Advisory Councils to help determine the priorities for this limited funding. The following priorities are being proposed for the 2017-2020 Area Plan:

- Meals on Wheels (MOW) at current service level along with restoration of frozen meals on weekends
- Family Caregiver Support Program (FCSP): respite, supplemental services, and training for caregivers
- Behavioral health supports
- Expansion of the Money Management Program
- Care Transitions: Hospital to Home Program (H2H) - A complete description of this program has been included in Section C-4.
- Options Counseling

### Service Area Profile

OCWCOG Senior & Disability services is responsible for the three county region of Linn, Benton, and Lincoln Counties. From a socio-economic perspective, the prevalence of poverty for the region's 65+ years old population actually runs slightly below the Oregon average.

Probably the most significant demographic note is that according to the 2015 United States Census estimates, there were 62,849 older adults age 60+ in the three counties combined. This accounts for 25% of the total population of these counties. Population trends continue to point to a relatively fast increase in the proportion of older residents in the region. **While total population grew by approximately 2,100 residents in the last 5 years, in the same period the older population in the region has increased by nearly 10,000.**

### Issue Areas

The heart of the Area Plan focuses on the six "Issue Areas" specified by the Oregon State Unit on Aging. The following is a brief summary of each area for our region:

#### **Information & Assistance**

Information & Assistance is primarily delivered through the ADRC call center. This past year, OCWCOG has averaged approximately 800-900 calls each month.

The goal for this next four years is to better ensure our consumers that they truly have a No Wrong Door (NWD) experience when they contact SDS. NWD assures the consumer that once they contact SDS for anything, we will either provide them what they need at that time, or we will reach out to them for further assistance or guidance. With NWD, the frustrating search for the consumer to find the precise person or resource they need is over once they enter our system.

## **Nutrition Services**

Meals On Wheels is a critical program for our older adults and people with disabilities. This Area Plan focuses primarily on making the program sustainable. The identified problem is a \$225,000 deficit which cannot be sustained for much longer.

The plan spells out several goals to strengthen the viability of the MOW program including:

- Increasing individual contributions
- Increasing business sponsorships
- Increasing local government investment
- Stabilizing the volunteer base

Another goal is to look at ways to reverse what has been a downward trend in dining participation at meals sites over the last 10 years. This will primarily involve working with community partners to add other activities before and after meal times.

## **Health Promotion**

Although SDS receives a relatively small amount of funding specifically tied to health promotion programs, it should be noted that the Medicare programs we administer to ensure low income households have health coverage, SNAP food benefits, and Long Term Care funding play a key role in stabilizing a person's mental and physical health.

With guidance from both the Senior Services Advisory Council and Disability Services Advisory Council, for the next four years SDS will be putting a stronger emphasis on mental health support for our communities.

The goal is to expand the availability of PEARLS, an in-home program for people suffering from mild to moderate depression.

Another related goal will be to address a serious service gap for those individuals and their families confronted with a dementia disease. These diseases are the fast growing epidemic in our nation and yet effective treatments and services are sorely lacking.

## **Family Caregiver Support Program**

Supporting family caregivers helps to ensure that people can live in their homes longer and protects one of the most valuable assets in our Long Term Services & Supports system: the unpaid caregiver.

Guided by our overall goal to better serve the Siletz Tribe and LGBT communities, this Area Plan calls for more emphasis on providing these supports to family caregivers in these communities.

## **Elder Rights and Legal Assistance**

Efforts to stop or prevent Elder abuse and abuse of younger adults with disabilities is a very high priority for OCWCOG. The Adult Protective Services unit is currently averaging approximately 50 investigations each month.

One goal for this planning period will be to ensure that investigations are completed in a timely manner to ensure that funding for the program is secured.

Although the funding for education and prevention is extremely limited, a second goal will be to target a specific media campaign that addresses the issue of abuse and promotes the awareness that abuse of our elders and people with disabilities is simply never okay. Similar campaigns in the domestic violence arena proved effective in the 1980s and 1990s.

### **Native American Elders**

A focus group was held at the Siletz Community Clinic to inform SDS on the service gaps that tribal members are confronting. This plan's goals include establishing on-going quarterly meetings with Siletz staff and Tribal members, co-hosting semi-annual Elder Abuse prevention forums in the Siletz community, and ensuring that ADRC information is well placed in locations throughout the Siletz community.

One Elder Rights forum has already been held at Siletz and SDS Adult Protective Services has been able to assist some individuals who were in vulnerable situations.