

# Responding to the Aging Challenge: Jefferson County's 2012 Aging Well Summit



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# About DRCOG

- **Non-profit, public agency dedicating to serving local governments**
- **Local officials working together to address the region's challenges**
- **Each community has voice in regional decision-making**
- **Program areas:**
  - Regional growth and development
  - Transportation and traffic operations
  - Environment
  - Aging services
  - Shared services
  - Advocacy

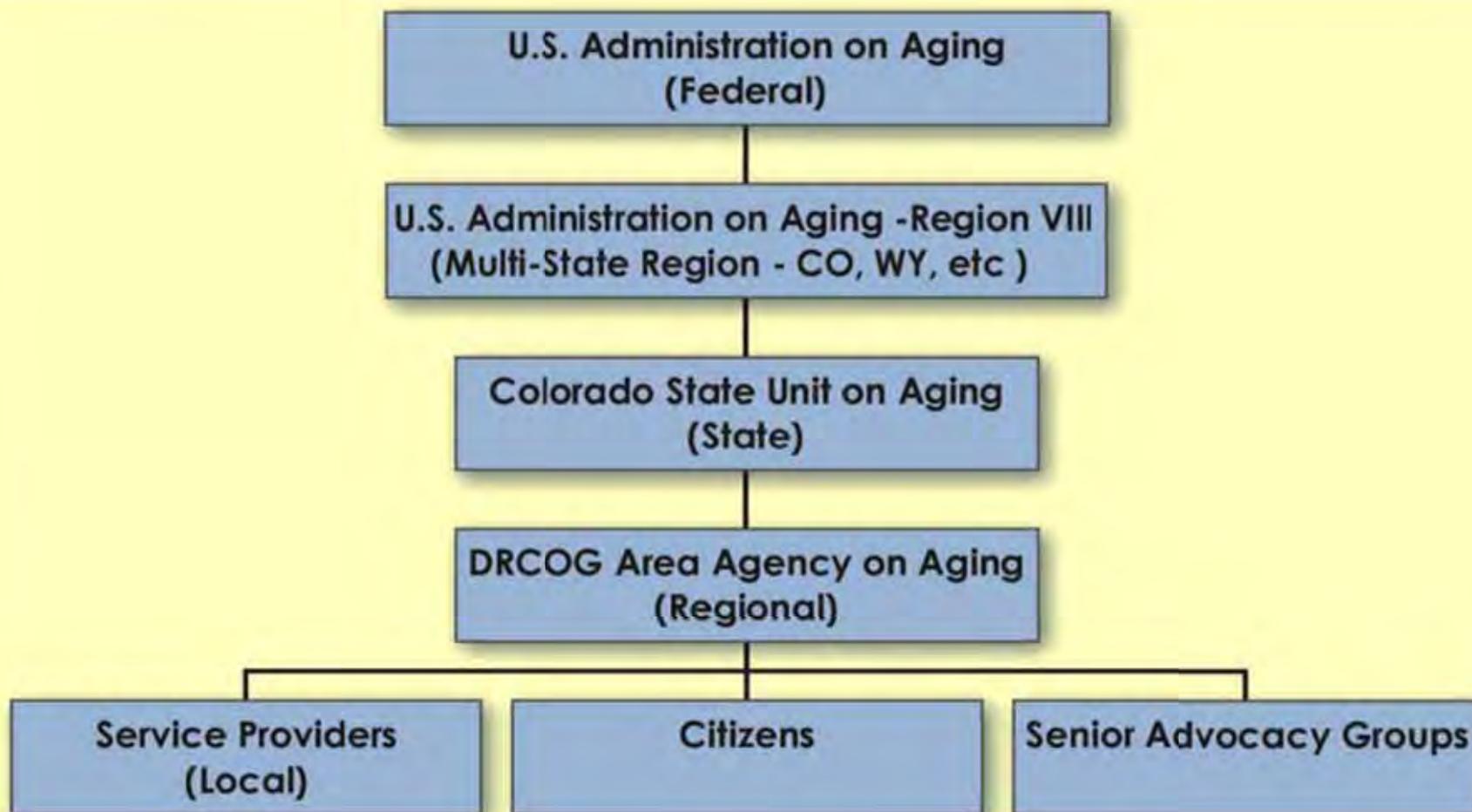


# Area Agency on Aging (AAA)

- The AAA helps older adults remain in their homes and communities by providing an array of services
  - Transportation, nutrition, personal care, respite, legal, in-home services, health promotion, caregiver support, elder rights, Native American support
  - Ombudsman program
  - Information and assistance



# Aging Network



# Partners Funded by DRCOG

- **Seniors' Resource Center**
- **Senior Hub**
- **Lutheran Family Services**
- **Mount Evans Hospice and Home Health Care**
- **Senior Support Services**
- **Jefferson Center for Mental Health**
- **Tri-County Health Department**
- **Jewish Family Service**
- **Alzheimer's Association**
- **Catholic Charities**
- **City & County of Broomfield**
- **Adams County Community Development**
- **Colorado Gerontological Society**
- **Arapahoe County Community Resources**
- **Volunteers of America**
- **HealthSET**
- **Southwest Improvement Council**
- **St. Anthony Hospital Health Passport**
- **Seniors Inc.**
- **Visiting Nurses Association**
- **Colorado Legal Services**
- **First Ride Transportation**
- **Douglas County Department of Human Services**

# Service Snapshot

- **Nutrition Services**

- **Home-Delivered Meals**

- 545,092 meals delivered to home-bound seniors in 2010-2011

- **Congregate Meal Sites**

- 32 meal sites in DRCOG region served over 193,533

- **Transportation**

- 91,993 one-way rides provided in 2010-2011

- **Material Aid Services**

- **Assists older adults in accessing and paying for:**

- Dental Services
- Hearing aids
- Eyeglasses

- **In-Home Care Services**

- Assistance with housekeeping and personal care (over 27,000 hours of service provided)

# Service Snapshot (cont.)

- **Counseling**

- **Provides mental health services to older adults**
  - Depression Screening
  - MH Therapy
  - MH Education

- **Caregiver Support**

- Provides support and respite to caregivers of older adults

- **Health Promotion/ Education**

- **Classes and one-on-one assistance offered to:**
  - Fall prevention
  - Provide disease education
  - Clarify medication management
  - Access benefits



# Service Snapshot (cont.)

- **Chore/Home Repair Services**

- **Assists older adults in continuing to live independently**
  - Safety Assessments and equipment installation
  - Organizing/de-cluttering
  - Yard work
  - Packing/unpacking after a move
  - Minor home repairs

- **Legal Assistance**

- Provides older adults representation in court, advice and counseling, legal document preparation, educational workshops, etc.



# DRCOG Direct Services

## Ombudsman activities:

- 3,900 Facility visitation
- 2,447 Complaint investigations
- 1,454 Provider consultations
- 145 Educational trainings
- 1,956 Information and Assistance
- Systemic advocacy

## Information & Assistance:

- Designated phone line
- Community resource specialists
  - Quick response time
  - Assist with making calls (if needed) and follow-up to ensure connection
  - Referral to care management if additional assistance is needed (1:1)

# Aging Services: Fiscal Challenges

6/15/2012

# Legislative Wrap-Up

- **Balancing state budget dominated 2012 legislative session**
  - 5<sup>th</sup> year in a row with significant shortfall of revenue
  - Budget balanced without further cuts to state funding for senior services
  - Slow recovery means its unlikely previous cuts will be restored in FY13-14
- **DRCOG and partners continue to protect (and increase) statutory appropriation to the Older Coloradans Fund**

# Legislative Wrap-Up (cont.)

## Reorganization of Long-Term Care Programs

- **Proposal to transfer State Unit on Aging to HCPF**
- **DRCOG supported efficiencies but concerned about potential impact**
  - **Requested assurances regarding support for Older Coloradans Fund**
  - **Continuity of services DRCOG is required to provide under OAA**
- **Bill did not move forward in 2012 – likely to be revived next year**

# Legislative Wrap-Up (cont.)

- **HB 12-1294 (PASSED)** — Streamline health dept. regulation of facilities
  - DRCOG partnered with health department to negotiate amendments to maintain adequate oversight
- **HB 12-078 (PASSED)** — mandatory reporting task force
  - DRCOG worked to ensure LTC Ombudsman represented on task force
  - Report due on Dec. 1, 2012



# State Funding in 2013

## DRCOG region lost \$297,000 dollars

- 270,000 in service dollars
- 27,000 in administrative dollars

## Impact of loss

- \$ 22,000 in caregiver – 759 hours of service
- \$ 85,500 in nutrition – 10,058 meals
- \$ 162,500 in transportation – 8,125 one way trips
- \$ 27,000 in DRCOG administration
- Less community training
- Less community coordination
- Less staff training
- Fewer sponsorships of community events
- Less money to support County Councils on Aging

# Sequestration – What is it?

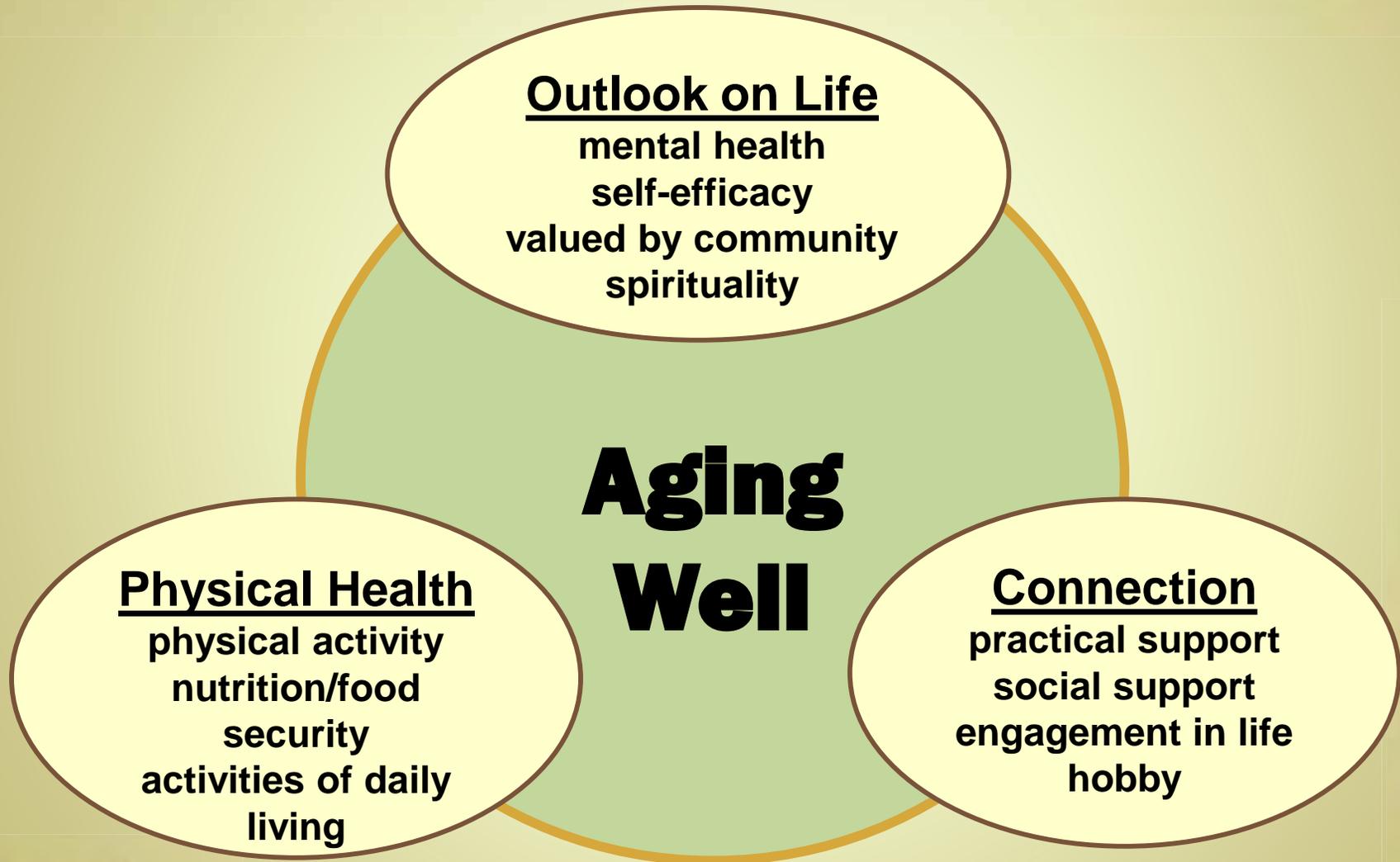
- **Budget Control Act of 2011**
  - Super Committee unable to pass a bill by end of 2011
  - \$1.2 trillion in automatic, across-the-board cuts (FY13 – FY21)
- **Cuts expected to be 9% for programs like OAA**
- **Takes effect on January 2, 2013**



# A New Focus: The Whole Community

6/15/2012

# Model for Aging Well



# Jeffco: Older Resident Needs

**Top 5 – DRCOG Region**  
Civic engagement (69%)  
Information and planning (57%)  
Physical health (49%)  
Mental health (36%)  
Social engagement (35%)

67%

53%

47%

33%

33%

Civic engagement

Information and  
planning

Physical health

Mental health

Home  
Maintenance

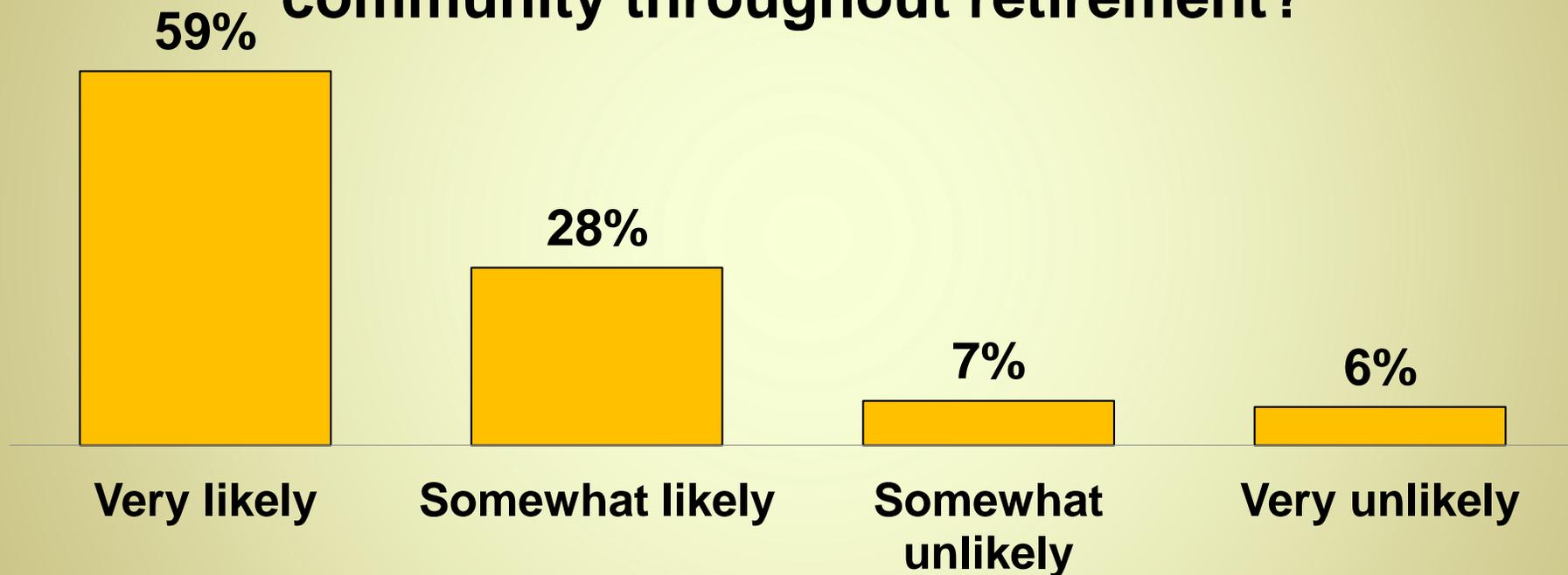
# Demographic Headlines

## Jefferson County leading Colorado in growth of older adult population

- **1<sup>st</sup>**: Jefferson County's rank in population 60 and over (2012)
- **1<sup>st</sup>**: Jefferson County's rank in population 75 and over (2012)
- **1<sup>st</sup>**: Jefferson County's rank in estimated 60+ population growth (2012-2017)
- **2<sup>nd</sup>**: Jefferson County's rank in estimated 75+ population growth (2012-2017)

# Rooted and Staying Put

How likely are you to remain in your community throughout retirement?



***56% have lived in Jefferson County for more than 20 years***

# New Initiatives

[www.drcog.org](http://www.drcog.org)



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# Aging and Disability Resource Center

- **DRCOG recently designated as ADRC by State Unit on Aging**
- **Adult Resources for Care and Help (ARCH)**
  - **Expand DRCOG's Information and Assistance Program**
  - **Assist older adults and anyone 18 or older with a disability in their search for long-term care**
  - **Single-door, coordinated system of information and access for all persons seeking long-term care support**

# DRCOG AAA Faith-Based Initiative

- **Help meet growing needs in their own congregations and neighborhoods**
- **Initial partnerships with Lakewood Church of Christ**
  - **Training church staff on community resources**
  - **Network of Care**
  - **Potential for significant expansion**



# DRCOG's Boomer Bond

[www.drcog.org](http://www.drcog.org)



DENVER REGIONAL COUNCIL OF GOVERNMENTS

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# Communities for Lifelong Living

- **Communities can facilitate or create barriers to successful aging**
- **Promote physical activity and community engagement**
- **Reduced burden on caregivers**
- **Age-friendly communities benefit all ages**
- **Boomer Bond will support local efforts**



# What the heck is a Boomer Bond?

- **Regional response to dramatic growth in older adult population**
  - From 1 in 8 to 1 in 4 by 2030
  - Move beyond planning to implementation
- **Create additional capacity at the local level to support independent aging**
- **Sharing of best practices and knowledge in the region and across the country**
- **Inspired by Jeffco Aging Well**

# Boomer Bond – Key Elements

1. A community assessment tool to facilitate local dialogue identify local priorities
2. A comprehensive set of policies, strategies and tools for local governments to consider
3. A program to recognize local efforts
4. A voluntary regional agreement to meet the growing needs of an older adult population



# Boomer Bond Project Teams

Topic Area	Brief Description
Mobility and access	Ensure older adults have safe and convenient transportation options
Housing	Develop strategies to assist communities in providing affordable, accessible housing options
Support systems	Maximize capacity of local governments and partners to support independent aging
Community engagement and education	Identify opportunities that embrace the potential contributions of older adults
Safety and security	Document strategies to make older adults comfortable in navigating their surroundings
Community design for active aging	Promote local strategies that integrate physical activity into daily routines

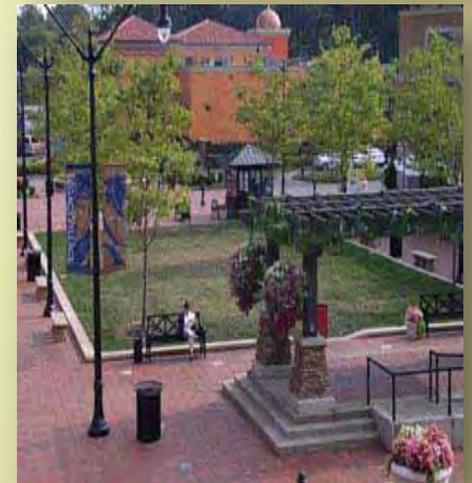
# What's been done so far...

- **Outreach to lay groundwork**  
(Council/Commission study sessions, County Councils on Aging, one-on-one briefings, etc.)
- **Community assessment tool**
  - 25+ meetings with multi-disciplinary teams to develop and review
  - Working “professional” version
- **Local coordination activities**
  - Currently recruiting pilot communities to locally “test” assessment tool and process



# Next Steps

- Apply lessons learned from pilot activities
- Reconvene project teams to develop companion toolkit
- Develop effective web presence for assessment and toolkit
- Local coordination activities
  - Support and facilitate local efforts
  - Work with partners to implement strategies
  - Identify and replicate successful tools



# What Can You Do?

# Three Simple Steps

## Understand

- The older population is growing rapidly
- The demographic shift will impact all aspects of life
- There will be a financial impact
- The demands for public services will change and increase

## Plan

- Are you engaging older adults?
- Have you thought about how the changing demographics will impact your work and your community?
- Are you and/or your organizations planning for this change?

## Implement

- Small steps are important
- Find and work with partners
- Remember DRCOG and Jeffco Aging Well are resources

# Let Your Voice Be Heard

## Advocate!!!

- Get informed
- Meet your political representatives
- Join Senior Lobby

## Speak Up!!!

- Share your stories
- Share what is important to you
- Tell us what your struggling with - we can't fix it if we don't know about it



# Contact Information

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