

**Area Plan Update**  
2010-2011 Objectives  
July 10, 2009

## **BASIC NEEDS**

*Total ADS funding committed to the Basic Needs elder goal is \$3,579,794. In addition we are also proposing to carry out the following objectives.*

### **Target Populations**

1. Increase access to ADS-funded programs and services among communities of color, limited English speaking immigrants and refugees, and GLBT communities in King County, by 5%. (December 2011) (2006 Baseline: Communities of Color – 12,920; Limited English – 8,092; Immigrant and Refugee – 2,171; GLBT – Data not available)
2. *Convene multi-cultural forum to enhance communication and cooperation with community service providers and other aging organizations that represent and advocate for communities of color. (December 2009) (Ongoing)*
3. Coordinate the continued development of the 7.01 Implementation Plans with the Muckleshoot Tribe and the Snoqualmie Nation. (See Appendix \_\_\_ for the approved state designated 7.01 Implementation Plan for 2008) (December 2011)

### **Senior Housing**

4. **Work with the Housing Authorities in the King County area, as well as other interested partners and funders, to create a plan to meet current and future senior housing needs that support “aging in place”. (December 2009)**
5. Collaborate with housing partners to encourage affordable housing options such as pre-fabricated accessory dwelling units (ADUs). (December 2011)
6. Educate policy makers and community members about the advantages of incorporating Universal Design (UD) principles into all types of housing development. (December 2011)
7. In partnership with housing supporters, advocate at the federal and state levels for increased funding for low income housing assistance. (December 2011)

### **Emergency Preparedness**

8. Participate in local emergency preparedness planning activities: Define a functional role with Seattle and King County through written agreements and participate in developing planned responses for vulnerable populations. (December 2011)
  - a. Investigate possibility of senior centers to act as gathering places.
  - b. *Participate in the King County Emergency Management Coalition to stay informed about potential disaster threats to case management clients who live in South King County. (New)*
9. Address emergency needs of high-risk clients by including: (December 2011)
  - a. Contract language with subcontractors.
  - b. Requiring them to identify and contact high-risk clients in an emergency and encourage staff training in pandemic flu protocols.
  - c. Provide similar contact for high-risk clients of the Medicaid in-home program.
  - d. Investigate the Map Your Neighborhood booklet and connect with neighborhood planning groups.
  - e. *Explore ways to work with utilities to identify clients at high risk during natural and man-made disasters that result in electrical outages. (New)*

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**10. Develop a Business Continuity Plan (BCP) describing how core activities will be carried out in an emergency. (December 2008)**

11. Increase awareness about vulnerable, at-risk populations during emergency disasters by featuring two related articles each year in the on-line Seniors Digest Magazine. (December 2011)

- Create an on-line library linking to emergency preparedness materials related addressing vulnerable, at-risk populations in as many languages as possible.

**Transportation**

12. Support local efforts (King County Special Needs Steering Committee, Sound Transit Regional Special Needs Transportation Committee, and the Puget Sound Regional Council Special Needs Transportation Committee) to maintain transportation funding for projects including: community shuttles, additional volunteer transportation support, and “bus-friendly” training programs throughout King County. (December 2011)

13. Work with transportation partners to advocate for funds to coordinate transportation systems that serve mobility needs of older adults and people with disabilities with special attention to promoting: (December 2011)

- a. Health equity.
- b. New high density developments.
- c. Rural communities.

14. Work with the King County Special Needs Steering Committee to formalize a coordinated special needs transportation structure for King County. (December 2011)

**ADRC (Aging and Disability Resource Center)**

15. *Work with other AAAs and DSHS Aging and Disabilities Services Administration to define scope of essential service components. (December ~~2009~~ 2011) (Ongoing)*

16. *Covene a planning group to develop a white paper that evaluates the role of ADRCs including Special I&As; and evaluates funding needs for increased staff, training, and start-up operations (office space, phone systems, IT, etc.). (December ~~2009~~ 2011) (Ongoing)*

17. *Partner with W4A to develop and distribute elder-readiness printed materials to raise awareness, engage local governments **and the business community** in discussion of elder-readiness in King County, and assist other partners in planning. (December 2011) (Revised)*

18. *Coordinate marketing of programs and services that help people earn and/or save money, use financial resources more wisely, and plan more effectively (may include Age 55+ Employment Resource Center, Utility Discount Program, PeoplePoint, Special Discounts Directory, Bank On Seattle, National Save for Retirement Week, DollarWi\$e, Mazuma and other local programs). (New)*

- a. *Promote educational programs on financial planning (including long-term care) targeting boomers and women at all income levels. (New)*
- b. *Promote presentations at libraries, community centers, local chambers of commerce, work sites, and churches. (New)*

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## **HEALTHY AGING**

*Total ADS funding committed to the Healthy Aging elder goal is \$3,857,268. In addition we are also proposing to carry out the following objectives.*

### **Target Populations**

1. *In cooperation with the Mayor's Council on African American Elders and partners, sponsor quarterly health education sessions in community settings on topics related to chronic disease prevention and management. (December 2009) (Ongoing)*
2. Create an online library linking to culturally-appropriate educational materials related to the self-management of chronic conditions in at least the top five languages spoken by King County seniors. (December 2010)

### **Physical Activity**

3. *Increase the participation of older adults by 500 in evidence-based physical activity programs. (December 2009 2010) (Baseline: 2,036) (Ongoing)*
4. In partnership with the Healthy Aging Partnership offer health education messages including physical activity, fall prevention, and immunization public service messages. (December 2011)

### **Built Environment**

5. **Work with urban and suburban cities' policy makers in the areas of public health, environmental health, and urban planning to evaluate land use decisions in consideration of their public health benefits. (December 2009)**
  - a. **Advocate for municipal investments to increase the walkability of neighborhoods with high densities of older adults.**
  - b. **Advocate for investments to increase walkability of neighborhoods with high densities of African-American and Native American older adults to attempt to reduce health disparities.**
  - c. **Continue to collaborate with Neighborhood Quality of Life Study research team to incorporate study results into local policy.**
  - d. **Advocate for open green, natural spaces and space suitable for gardening (i.e. P-Patch Programs) to be included in housing development and re-development plans.**
6. **Support future research recommendations from NQLS staff which include: (December 2009)**
  - a. **Examine a range of health-related consequences of land use patterns.**
  - b. **Address the impact of neighborhood preferences on activity patterns of older adults.**
  - c. **Evaluate the impacts of the food environment (access to and quality of food) on health.**

### **Nutrition**

7. **Advocate for additional funding to increase participation by 500 in the Senior Farmers' Market voucher program. (December 2009) (Baseline: 2,900)**

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8. **Study current successes and best practices in senior congregate community meal programs including use of fresh produce, and apply to the 2009 Request for Proposal process. (December 2008)**

**Behavioral Health (Mental Health and Substance Abuse)**

9. **Work with the King County Care Partners (KCCP) Clinical Management Committee to set one Quality Improvement goal to improve coordination of care across primary health care and mental health care systems. Add the Regional Support Network (RSN) to the KCCP patient consent form. (December 2009)**
10. **Seek funding to increase access to PEARLS evidence-based problem-solving therapy for 25 older adults annually who experience minor depression. (December 2008)**
  - a. **Develop targeted outreach to veterans.**
11. Advocate for increased Regional Service Network funding (\$500,000) annually for prevention and early intervention mental health and substance abuse services for older adults. (December 2011)
12. Advocate for full coverage by Medicare of preventive behavioral health care and full coverage for psychiatric treatment in primary care settings, and behavioral health treatment by psychiatrists. (December 2011)

**Social Network** - Refer to objectives in the Civic and Social Engagement Section.

**Self-management of Chronic Conditions**

13. Seek funding to expand access to evidence-based classes in self-management and prevention of chronic conditions for 50 older adults annually. (December 2011)  
(Baseline: 2,036)

**SOCIAL AND CIVIC ENGAGEMENT**

*Total ADS funding committed to the Social and Civic Engagement elder goal is \$934,348. In addition we are also proposing to carry out the following objectives.*

1. Participate as a founding partner in the Next Chapter of Puget Sound to focus on people in the second half of life who are seeking meaningful work, ways to serve, learning opportunities, and self-discovery. (December 2011)
- ~~2. Support efforts to establish an Experience Corps project in King County. Experience Corps offers stipend volunteer positions to older adults who work in teams in public schools. (December 2009) (Recommend Deletion)~~
3. **Increase capacity in the Age 55+ Employment Resource Center and Volunteer Resource Center. (December 2009)**
- ~~4. Develop a financial literacy workshop series targeting baby boomers. The workshops will promote debt reduction and asset management and will be designed to appeal to all income levels. (December 2008) (Revised – Refer to Basic Needs #18)~~

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5. Partner with Parks and Recreation Departments in jurisdictions around the region to develop programs attractive to multiple generations of older adults. (December 2010)
6. Increase participation in senior centers and activity sites through support for strategic planning and leadership development. Implement the 2008-2010 Seattle Senior Center initiative as adopted. (December 2010)
7. Increase the number of participants in food, fitness, and social activities at refugee and immigrant meal programs by 10%. (December 2011) (Baseline: 2,171)
8. Seek funding to expand social support at senior centers for homeless older adults. (December 2011)
9. *Promote Seniors Digest and Encore (the City of Seattle's Web portal for people age 50+) as on-line resources for older adults, their families, and caregivers. (December 2011) (Revised)*
  - a. *Increase the number of subscribers by 10%.*
  - b. *Increase the "hit count" annually ~~of each monthly issue~~ by 10%. (Revised)*
10. *Collaborate with Arts & Cultural Affairs, Seattle Public Library, and Seattle Parks and Recreation to develop a series of arts/cultural and lifelong learning events targeting boomers. (New)*
  - a. *Create Seattle Channel PSAs promoting financial planning for retirement, lifelong learning, lifelong recreation, and successful aging (variety of examples). (New)*

## **INDEPENDENCE FOR FRAIL OLDER ADULTS and PEOPLE WITH DISABILITIES**

*Total ADS funding committed to the Independence elder goal is \$34,449,899. In addition we are also proposing to carry out the following objectives.*

### **Family Caregiving**

1. **Use the new State Unit on Aging's UCare Caregiver Assessment tool to better target family caregiver program resources. (December 2008)**
2. **Integrate the Kinship Navigator function into the information and assistance model of caregiving. (December 2009)**
3. Advocate for increased funding for Kinship Navigator supports and adult day services, respite, support groups, training, and informal caregiver supports for family caregivers. (December 2011)
4. ~~Help 100 caregivers sign up for an online personal health record. (December 2009)~~  
(Baseline: 0) **Recommend deletion**
5. **Work with ADSA and local partners to seek funding for the continuation of the Dementia Partnership Project. (December 2008)**

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**Chronic Care Management**

6. Advocate for funding to implement Intensive Chronic Care Management for at least 200 case management clients in King County. (December 2011) (Baseline: 0)
  - a. Increase by 60 the number of case management clients who reduce fall risk due to participation in a home-based physical activity program (Baseline: 15 per year, 60 by 2011).
  - b. Increase the availability of medication management for 20 case management clients in East and South King County.
  - c. Find partners and seek funding to distribute inexpensive procedures to improve or maintain oral health such as chlorhexidine rinses to clients in need.
  - d. Develop Caregiver Continuing Education Training modules that support client chronic care management in the areas of fall prevention, oral health, nutrition, and smoking cessation.
7. Prevent avoidable medical costs for up to 2,000 King County Care Partners (KCCP) clients by helping them improve their self-management skills. (December 2011) (Baseline: 2006 Average annual medical costs for 115 high risk clients = \$2,110,596; average cost per client \$18,514.)
  - a. Increase by 150 the number of King County Care Partners clients 60 years and older who are screened for fall risk.
8. **Create an online library of health education materials related to self-management of chronic conditions and make available to aging network partners. (December 2009)**
  - a. **Incorporate topics such as: smoking cessation and oral health.**
  - b. **Translate materials into at least three languages.**
  - c. **Include culturally appropriate materials.**
9. Seek additional federal/state funding to pay for Aging Network chronic care management for Medicare/Medicare high utilizers (December 2011)
10. **Create new partnerships with the Division of Developmental Disabilities network. (December 2008)**
  - a. **Assume contract responsibility for developmental disabilities home care in 2008.**
  - b. **Identify current ADS clients who are also served by the Division of Developmental Disabilities network.**
  - c. **Develop appropriate outreach materials.**
  - d. **Train staff on the needs of older adults with developmental disabilities.**

**Personal Health Record**

11. **Explore partnerships to make an electronic personal health record available in King County. (December 2009)**
- ~~12. Facilitate access to an online or paper personal health record for 200 high risk KCCP patients who enroll in care management. (December 2009)~~ **Recommend deletion**

**Elder Abuse**

13. Increase to 275 the number of annual gatekeeper referrals to Information and Assistance agencies. (December 2010) (Baseline: 246)

<p><b>Bold</b> – Complete <b>Italicize</b> – New, Revised, Ongoing <b>Strike through</b> – Deleted</p>
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14. Work with the Elder Abuse Council of King County to seek funding to address the needs of victims of elder abuse, including emergency housing options with services.  
(December 2011)
  
15. **Help the Advisory Council advocate for and monitor elder abuse legislation.**  
(December 2008)

**End-of-Life**

16. **Partner with aging and health organizations to launch an educational campaign about personal planning tools and advance directives that help individuals express how they want to be treated if they are seriously ill and unable to speak for themselves. (December 2009)**
  - a. **Link senior center members and others to new State Department of Health website with advance directive materials.**
  - b. **Promote end-of-life education such as “Five Wishes” to older adults and their families.**