

Alabama Department of Senior Services



Purpose of Meeting: To begin an application process to designate an Area Agency on Aging for Jefferson County.

Public Meeting: June 27, 2016

ADSS Mission and Vision

“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.”

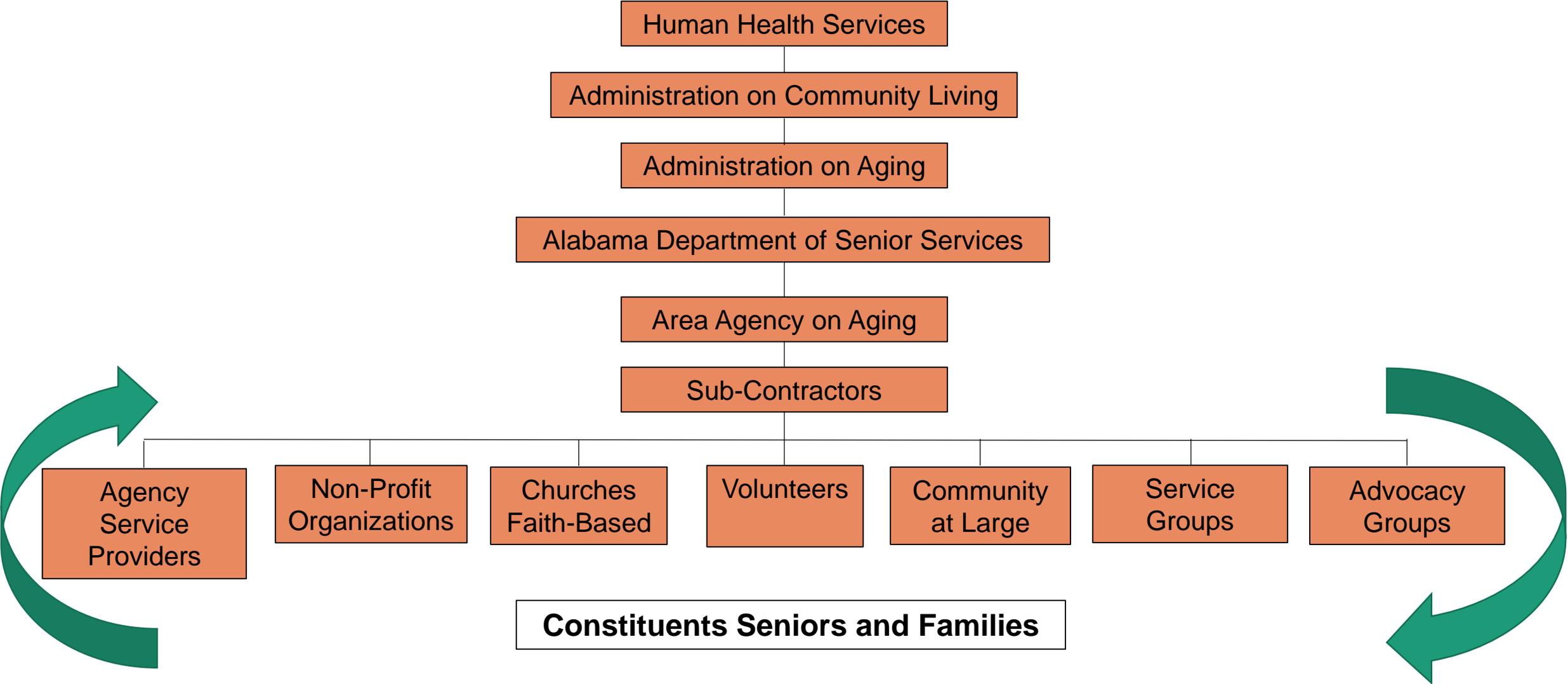
“The **Vision** is to help society and state government prepare for the aging demographics through effective leadership, advocacy, and stewardship.”

- Made up of 13 Planning and Service Areas (PSAs)
- Each PSA has an organization designated as the Area Agency on Aging (AAA)
- 9 Regional Planning Commissions house AAAs
- Approximately 350 Senior Centers statewide

Alabama's Aging Network



Aging Network



Legal Relationships

- Grantor Agency – Federal or State Department or Agency
- Grantee Agency – Department of Senior Services
- Sub-grantee Agency – Area Agency on Aging
- Contractor/provider – Direct Services

Legal Standing

Older Americans Act Programs

- State Plan/Assurances – ADSS agreement with the ACL/AoA
- Area Plan/Assurances – Area Agency agreement with the ADSS

Other Programs

- Memorandum of Agreement/program assurances

AAA Responsibilities Under the Older Americans Act

- Determine demand for services and the funds available
- Collaborate with local communities to provide services
- Conduct needs assessments, town halls, and public hearings
- Develop area plan
- Implement plan
- Monitor plan and modify as needed

First Steps for OAA Program Planning

Determine number of potential clients

- 60 and above in service area
- Distribution of clients in service area
- Required targeted areas:
 - Individuals with a high economic, physical, or social need for services
 - Number of people 75 and above in service area
 - Number of people 60 and above in poverty
 - Minorities
 - Rural elderly

OAA Eligibility for Services

- Age 60 and over (except Title V is 55)
- Not an entitlement like Social Security, Medicare, or Medicaid
- Not means tested – no verification of ability to pay, but programs target low income
- Current Target Population: Individuals with an economic, physical, or social need for services, minorities, poor, rural/isolated elderly, those at high risk for institutional placement, those with dementia and other cognitive disorders

Core Service Areas

- Support Services
- Nutrition Services
- Preventive Health Services
- National Family Caregiver Support Program
- Elder Rights Services
- Services to Native American Indians

Title III B – Support Services

Support Services activities target both the home and the community. The intent is to assist aging individuals in maintaining their independence in the community for as long as effectively possible.

Title III B Support Services

Registered

- Personal Care
- Homemaker
- Chore
- Adult Day Care
- Assisted Transportation
- Transportation
- Case Management
- Legal Assistance

Aggregate

- Information and Assistance
- Outreach
- Recreation
- Public Education
- Public Information

ADRC “No Wrong Door” Model

- Individual
- Family Members
- Other Agencies
- Hospitals
- Nursing Homes
- Home Health Agencies
- Adult Protective Services
- Medicaid

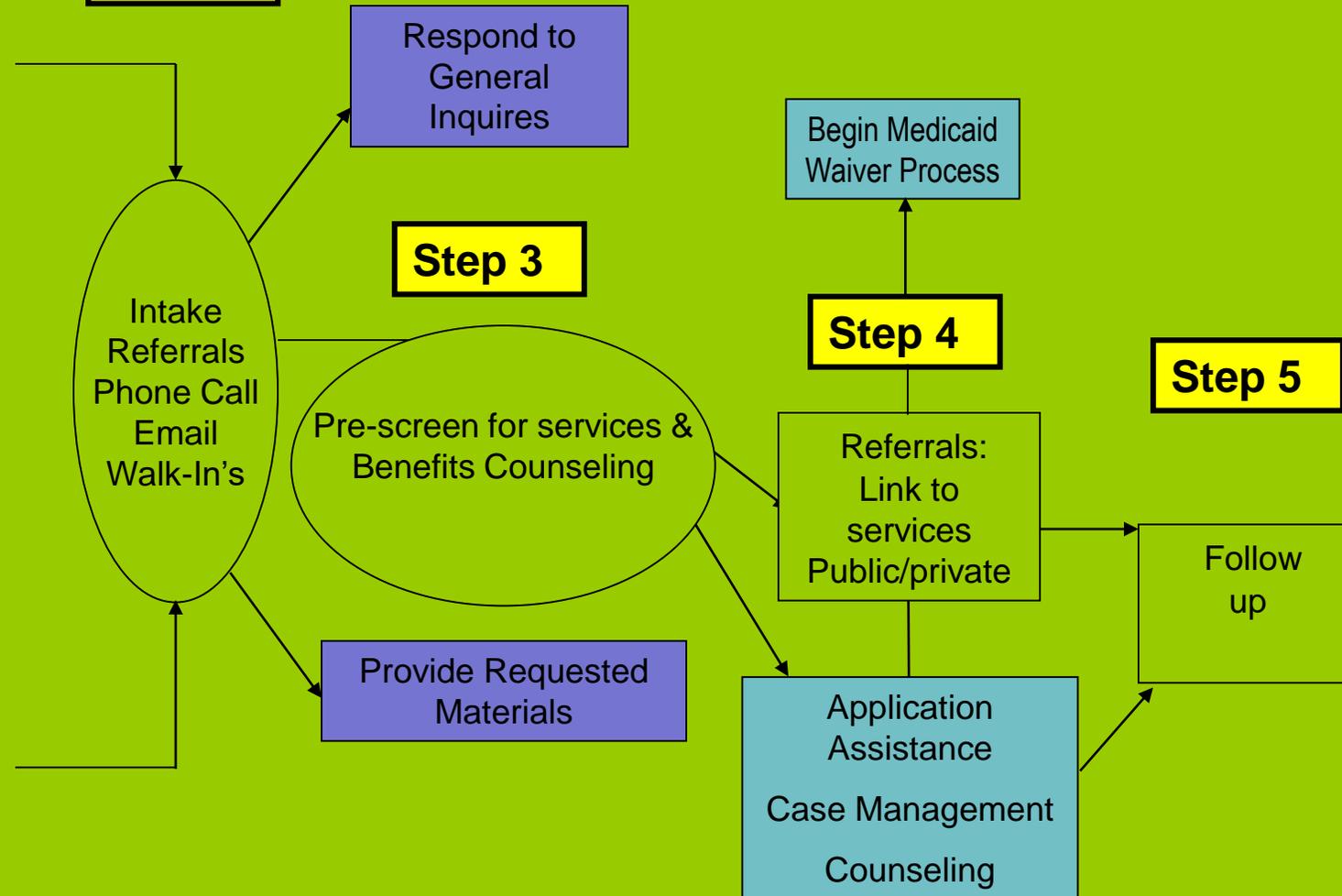
Step 1

Step 2

Step 3

Step 4

Step 5



Other B Services: Optional with Justification

- Personal Care
- Homemaker
- Adult Day Care
- Chore Services
- An Area Agency on Aging can also request through their Area Plan process to provide a B service determined to be beneficial to the local older individuals as evidenced through the needs assessment process.

Title III B: Case Management Services

Activities of case management include such practices as screening and assessing needs, providing options counseling, coordinating services, and providing follow-up as required. Short-term case management is used to stabilize individuals and their families in times of immediate need before they have been connected to ongoing support and services. It may involve a home visit and more than one follow-up contact.

Transportation

Assisted Transportation:

Assistance and transportation, including escort, to a person who has difficulties (physical or cognitive) using regular vehicular transportation. Assisted transportation must involve a personal escort for the older person, not just a helpful driver.

Transportation: Services provided to the nutrition center, shopping, medical appointments, recreation, etc.

Title III B – Legal Assistance

- Legal advice and representation provided by an attorney to older individuals with economic or social needs.
- If the Long Term Care Ombudsman program is a AAA service then the Legal Assistance program must be available for technical assistance and guidance.

Title III B- Aggregate Services

- Outreach: Intervention with individuals initiated by an agency or organization for the purpose of identifying potential participants or their caregivers and encouraging their use of existing services and benefits. Friendly visiting by going to see a participant to provide comfort or help.
- Public Education: Providing opportunities for individuals to acquire non-nutrition related knowledge, experience, or skills. This service may include workshops designed to increase awareness on various topics, such as crime or accident prevention, continuing education, or legal issues. Workshops may be designed to teach participants a specific skill in a craft, job, or occupation as long as the participant does not expect to receive wages or other stipends.

- Public Information: An activity that involves contact with multiple individuals through newsletters, publications, or other social or mass media activities providing education and outreach.
- Recreation: Activities facilitated by a service provider which may include sports, use of exercise equipment, performing arts, games, and crafts. The participant may enjoy the activity either as a spectator or an active participant.
- Information and Assistance: Provides individuals with information requested and/or connects individuals to resources available within the community. Information and assistance may be provided via Internet, in person, or over the phone. Telephone reassurance by phoning an individual in order to provide comfort or help.

Nutrition Program

- ADSS has a statewide meals contract (currently with Valley)
- ADSS pays Valley using AAA funds allocated and budgeted by AAA
- Meals are ordered and reconciled weekly by each AAA
- Meals served at approximately 32 senior centers in Jefferson County
 - Senior Centers operated through contracts with municipalities, churches, etc.
- Frozen meals are served door to door by Valley

Title III Nutrition Program

C-1 Congregate Meal Program

- Age 60 or older
- Spouse of participant age 60 or older
- Person with disability residing with eligible client
- Person with disability at Senior Centers located in housing facilities primarily occupied by older individuals
- Volunteer

C-2 Home Delivered Meal Program

- Age 60 or older
- Spouse of participant age 60 or older
- Person with disability residing with eligible client
- Person with disability at Senior Centers located in housing facilities primarily occupied by older individuals

Title III C - Other Nutrition Services

- **Nutrition Counseling:** Individualized counseling based on the needs of meals participants. Counseling must be provided to an individual by a Registered Dietitian.
- **Nutrition Education:** Provided to congregate and homebound participants based on the needs of the meal participants. The Nutrition Team at ADSS provides education materials electronically to be copied and distributed to the Senior Centers.

Review of the Meal Process

- Centers/AAA orders meals
- Order sent to Valley
- Valley delivers the meals
- AAA reconciles with Valley
- Valley invoices ADSS
- ADSS pays Valley
- ADSS sends reports to AAA

Meal Price Determination

- Initially set in contract
- Prices adjusted annually by the Consumer Price Index (Food Away from Home)
- Reviewed and monitored by ADSS
- Updated each fiscal year

Importance of Keeping Meal Numbers Up

- Provides necessary meals to Seniors
- NSIP Funds
 - AAA receives funding per meal served as additional funding (rate fluctuates depending on final meal counts for the state per year)
 - This is additional funding to the Title III Federal Award
 - Frees up additional resources

Evidence-Based Disease Prevention and Health Promotion - Title III-D

Programs related to the prevention and mitigation of the effects of chronic disease such as:

- Chronic Disease Self Management
- Matter of Balance (Falls Prevention)
- PEARLS (Depression Program)
- Tai Chi: Moving for Better Balance

Title III E: Alabama Cares

The National Family Caregiver Support Program.

Purpose is to help families sustain efforts to care for older individuals with a chronic illness or grandparents caring for a child to alleviate stress from the emotional, financial, and physical toll it takes to be a caregiver.

Services Available:

- Information (Group)
- Education
- Counseling and support
- Short Term Case Management
- Limited Respite (4-8 hours month)
- Supplemental Services

Other Grants: Subject to Application Process or Line Item Budgeting

- State Health Insurance Assistance Program (SHIP)
- Medicare Improvements for Patients & Providers Act (MIPPA)
- SenioRx: State General Fund Budget Line Item
- Emergency Disaster Training Funds: ADPH Grant
- State ADRC Funding

Office of Healthcare Information and Counseling

The Office of Healthcare Information and Counseling manages programs and activities designed to empower Medicare beneficiaries, their families, and caregivers to make informed healthcare decisions.

- State Health Insurance Assistance Program (SHIP)
- Senior Medicare Patrol (SMP) (Statewide Contracts with ADSS to partner with AAA)
- Medicare Improvements for Patients and Providers (MIPPA)

The Current SHIP Mission

Strengthen the capability of grantees to support a community-based, grassroots network of local SHIP offices that provide personalized counseling, education, and outreach to assist Medicare beneficiaries with their Medicare and related questions.

The Current SHIP Program Objectives

The SHIPs will:

1. Provide personalized counseling assistance with benefits/health plan options selection available to all beneficiaries;
2. Engage in community outreach to beneficiaries in public forums;
3. Provide beneficiaries access to enrollment assistance from a trained, fully equipped, and proficient counselor workforce; and
4. Participate in ACL education and communication activities.

MIPPA: Medicare Improvements for Patients and Providers Act

MIPPA is a multi-faceted legislative act that has changed Medicare programs and allocated federal funding to help support the State Health Insurance Assistance Program (SHIP), AAAs, and ADRCs to enroll qualifying Medicare beneficiaries into low income subsidies.

MIPPA Program Descriptions

- Medicare Savings Programs: Help seniors with limited incomes and assets pay for some or all of Medicare's premiums, deductibles, and co-payments. If qualified, at a minimum, constituent could save over \$100 per month.
- Extra Help/Low income Subsidy: Assist people with limited incomes and assets pay their Medicare Part D premiums, deductibles, and co-payments.
- Provide guidance to direct individuals to work through the ADRC for benefits counseling.
- Provide counseling on Medicare Prevention services and refer individuals to health promotion classes

Alabama SenioRx/ State Funded Program

- Goal: To 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 or disability of any age

Assurances Addressed in AAA Contracts

- Laws and Regulations
 - U.S. Public Law
 - U.S. Program Regulation

Office of Management and Budget Circulars

- Usually referred to as OMB Circulars
- Common to most Federal Programs
- General Administrative Requirements
- Cost Principles

Assurances for Individual Programs Will Address:

- Program Goals and Performance Standards
- Reporting Requirements
- Payment Methods
- Audit and Monitoring Requirements
- Any Special Requirements

Title III Funding

- Funding is allocated to AAAs based on the state's IFF
- AAA must obligate funds within three years
- AAA Match Requirements
 - Area Plan Administration - non-federal share must be at least 25% of expenditures
 - Title III Services (Title III B, C, D, and E) – non-federal share no less than 10% of expenditures

Title III Estimated Funding

- Part B Supportive Services
 - Part B Area Plan Administration \$122,000
 - Part B Services \$388,000
- Part C-1 Congregate Meals \$698,000
- Part C-2 Home Delivered Meals \$362,000
- Part D Preventive Health \$ 32,000
- Part E Caregivers
 - Part E Area Plan Administration \$ 24,000
 - Part E Services \$215,000

Maintenance of Effort

- Title III-B Support Services, Title VII-Elder Abuse, and Title VII-Ombudsman expenditures for Ombudsman (Complaint Resolution/Ombudsman expenditure category) must meet or exceed FY 2000 expenditure levels for Jefferson County as listed below:
 - Title III-B Support Services \$11,239
 - Title VII-Elder Abuse \$15,771
 - Title VII-Ombudsman \$23,909

Title III Part B Priority Services

- Per requirements of the OAA, AAA must spend those designated percentages unless, the state agency grants a waiver based on a demonstration by the area agency that services being furnished are sufficient to meet the need for such services (Sec.306(b)).
- Title III Part B Support Services expenditures for Priority Services (Access, In-Home, and Legal) must meet or exceed the minimum spending levels established by ADSS as follows:
 - Access: 29.10% of FY17 Title III B Services award (plus 10% match)
 - Services reported in Assisted Transportation, Transportation, Information and Assistance, Outreach, and Case Management expenditure categories.
 - In-Home: 2.50% of FY17 Title III B Services award (plus 10% match)
 - Services reported in Personal Care, Homemaker, and Chore expenditure categories.
 - Legal: 6.70% of FY17 Title III B Services award (plus 10% match)
 - Services reported in Legal Assistance expenditure category.

Title III Participant Contributions

- Anyone receiving services shall be given an opportunity to make a voluntary contribution (Program Income).
 - A service provider may not deny a service because the older person could not or did not contribute to the cost of the service.
- Participant contributions collected must be used to expand the services for which the contributions were given.
- Program income cannot be included as match.

Other Potential Grant Funding

- Funding awarded per application process or at discretion of ADSS Commissioner
- AAA must obligate funds during the period identified on the Grant Agreement for each program (typically one year)
- Match Requirements
 - Dependent upon award guidelines and Grant Agreement
- Participant Contributions
 - See Title III Participant Contributions slide

Reporting

- Area Agency to State Office
 - Quarterly Financial Report
 - Aging Information Management Systems (AIMS) (Performance and Demographic Data)
 - Program Performance Reports (at the minimum quarterly)
- State Reports all activities to the Federal and State Government
 - SF 269 and 272 Financial Reports
 - Performance Reports
 - NAPIS Report

Reporting (continued)

- State Reports
 - Quarterly Reports (Performance Reports to the Legislative Budget Office)
 - SenioRx Reports- Quarterly to the Legislature
 - AL Medicaid Agency: ADRC Reports

IT Requirements

- PC/Laptops must have Windows version 8.0 or higher
- Printer
- Fax Machine
- Internet Service
- Email
- Website
- Must have a device that supports the Ipsec protocol for the L2L tunnel endpoint. Examples are as follows:
 - Cisco Routers
 - Fortigate 90D
 - CradlePoint
 - Checkpoint

Potential Future Programs at AAA

- Long Term Care Ombudsman Program
- Title V Senior Employment
- Title VII Elder Abuse Funding
- Medicaid Waiver Programs
- Medicaid ADRC

Contact

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Resources

www.alabamaageline.gov

www.acl.gov

Older Americans Act@

http://www.aoa.gov/AoA_programs/OAA/oaa_full.asp

2 CFR 75 <http://www.ecfr.gov/cgi-bin/text-idx?node=pt45.1.75>