

## GOAL #1 - SERVICE

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**PSA2AAA will provide services for the benefit of older adults and adults with functional impairments as directed by the Older Americans Act and Older Californians Act which promote the ability to remain at home with maximum dignity, choice, and independence.**

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### RATIONALE

Services provided under the Older Americans Act and Older Californians Act is essential to enable older adults and adults with functional impairments to remain independent and to prevent premature institutionalization.

### FY 09/10 OBJECTIVES

- A. The PSA2AAA and Service Providers will provide optimal services consistently throughout the year as directed under the Older Americans Act and Older Californians Act. These services include:
- Transportation (Access)
  - Legal Assistance
  - Information & Assistance (Access)
  - Outreach (Access)
  - Ombudsman  
(See Service Unit Plan for details of services to be provided)
  - Congregate Nutrition
  - Home Delivered Meals
  - Nutrition Education
  - Disease Prevention and Health Promotion  
(The following services related to fall prevention will be provided under these programs in Lassen, Shasta and Siskiyou counties: Outreach, Community Education, Minor Home Repairs, and Physical Fitness. Additionally, senior centers in each of these counties will provide community education, outreach and information as they relate to fall prevention. This will be accomplished by attending health and senior fairs and through numerous presentations throughout their communities. Physical fitness activities will occur at the Frontier Senior Center in Anderson to promote fall prevention. These activities will be in the form of walking and exercise classes. Lastly, minor home modifications will be provided to prevent seniors from taking extraordinary risks through conducting these repairs. Examples of these activities include and are not limited to: removal and replacement of air conditioning covers located on the roof,

- installation of grab bars, tacking down pulled carpet, redirecting power cords/extension cords, etc.)
- Medication Management  
(This program provides educational materials on adverse drug reactions and poly pharmacy to prevent incorrect medication and interactions. It also takes advantage of the Medicare Drug Plan which targets participants needing to be educated regarding the importance of utilizing only one pharmacy).
- Elder Abuse Prevention  
(It is projected that the “Report Elder Abuse” media campaign will require the same number of staff hours and will saturate the same number of contacts, as it will be presented in all county papers)
- Family Caregiver Support
- Alzheimer’s Day Care Resource Centers (two programs)
- Brown Bag (two programs)
- Linkages
- Respite Purchase of Service
- Senior Companion
- Health Insurance Counseling and Advocacy Program (HICAP)

In addition to these services, the following services may be provided by PSA2AAA Service Providers throughout the year:

- Personal Care (In-Home)
- Homemaker (In-Home)
- Chore (In-Home)
- Adult Day/Health Care (In-Home)
- Case Management (Access)
- Assisted Transportation (Access)
- Other Supportive Services (Community Services/Senior Center Support)  
Funds provided are utilized to hire independent contractors to train and conduct the following classes: aerobic and exercise and use of equipment, strengthening, computer, walking, yoga, and Tai Chi.
- Nutrition Counseling

*Note: Please see Service Unit Plan Objectives for specific projected quantities of service for each of these programs.*