

SECTION 9 - AREA PLAN NARRATIVE GOALS AND OBJECTIVES

PSA 02

Goal # 1

Goal: SERVICE: PSA 2 AAA 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.

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.

| List Objective Number(s) <u>A</u> and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] | Projected Start and End Dates | Title III B Funded PD or C | Update Status |
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| <p>A. The PSA 2 AAA and Service Providers will provide optimal services consistently throughout the year as directed under the Older Americans Act. These services include:</p> <ul style="list-style-type: none"> ○ Transportation (Access) ○ Legal Assistance ○ Information & Assistance (Access) ○ Homemaker (In-Home) ○ Long Term Care Ombudsman (See Service Unit Plan for details of services to be provided) ○ Congregate Meals ○ Home Delivered Meals ○ Nutrition Education ○ Evidence-Based Health Promotion Programs <ul style="list-style-type: none"> - The Active Living Every Day (ALED) program will be provided in Shasta County. Through an approach that integrates short lectures, group discussion and participant-centric activity, the program seeks to create behavior changes which help participants overcome their barriers to physical activity and make healthier choices. The ALED program has been recognized by the National Council on Aging in its Cost Chart as one of the Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs. - PSA 2 AAA will also provide the Diabetes Empowerment Education Program (DEEP), in an effort to provide participants with | <p>Throughout FY 2016/17</p> | | |

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| <p>empowerment principles which will reduce diabetes care disparities; prevent and/or reduce adverse health outcomes related to diabetes; reduce risk factors associated with diabetes; increase self-management skills; and facilitate short and long-term behavioral change. The curriculum is based on National Diabetes Care and Diabetes Self-Management Education Guidelines and Recommendations. It meets the highest-level criteria for Title III D funding as defined by the Centers for Medicare & Medicaid Services, an operating division of the U.S. Department of Health and Human Services, as specified in the CDA Title III D Presentation, "Everyone with Diabetes Counts: Diabetes Self-Management Education", coordinated with the Health Services Advisory Group.</p> <ul style="list-style-type: none"> ○ Elder Abuse Prevention Education Materials and Training <ul style="list-style-type: none"> - In the development of a coordinated system, PSA 2 AAA will continue to collaborate with other community organizations to facilitate and attend Health Fairs and provide presentations to groups where the public will be educated on Elder Abuse awareness and prevention. LTC Ombudsman staff will normally attend these health fairs and other functions in order to educate the community and provide resources on advocacy for LTC facility residents. - In addition to the distribution of materials, 30 second radio ads will continue to be aired in all five counties, stating a brief message about what constitutes elder abuse and phone numbers for reaching the appropriate County Adult Protective Services reporting hotline. - Bookmarks and brochures describing the many facets of elder abuse and provide Adult Protective Services contact information in each county, as well as other Elder Abuse related materials, will also be distributed throughout the year. - Training sessions to local care organizations, law enforcement, community service groups, and the general public, may also be offered to enhance education on preventing, identifying, reporting, investigating and responding to elder abuse. - PSA 2 AAA will work with the Siskiyou Alliance Against the Abuse of Aging and At-Risk Adults (SA6) to distribute materials which educate the | | | |
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| <p>public on common scams that target seniors. This group is also actively involved in preventing and educating the public on issues related to elder abuse and exploitation. The LTC Ombudsman Regional Coordinator attends these meetings to bring awareness of the risks and occurrences of elder abuse in LTC facilities.</p> <ul style="list-style-type: none"> ○ Family Caregiver Support Programs ○ Health Insurance Counseling and Advocacy Program (HICAP) ○ Community Education | | | |
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