



Aging & Independence Services

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Aging & Independence Services

How Do We Fit In?

- Leader in meeting the needs of older adults and persons with disabilities
- Over 30 programs
- Direct/contracted services
- Integrated service model
- History of **innovation, partnership, and forward-thinking**
- Focus on healthy aging and **preventative programs**



Live Well, San Diego! 10 Year Strategic Plan

A County that is healthy, safe, and thriving





Independence

Call Center/ADRC

Dependence

RSVP
Veterans
Health Promotion
Info & Assistance
Outreach &
Education

Senior
Dining &
Home-
Delivery

Care Mgmt
Adult Day Care
Caregiver Support
Care Transitions

IHSS

APS
Ombudsman
Project Care
PA/PG/PC
Senior Team

Intergenerational

Responding to Unmet Needs: AIS CALL CENTER

**Older Adults & Persons with Disabilities
Needs, Concerns, Problems**

**Call Center/ADRC
1-800-510-2020
“No Wrong Door”**



Protection and Advocacy

- Public Administrator/Public Guardian/Public Conservator
- Adult Protective Services
- Long-term Care Ombudsman
- Senior Mental Health team



Physical Fitness and Health

- Feeling Fit Clubs (recent expansion!)
- Tai Chi
- Silver Age Yoga/Matter of Balance
- Health Promotion Committee



Enrichment and Involvement

- Intergenerational Programs
- Volunteering Opportunities



Family Caregiver Support Program

- Provides support to those who care for others
 - Respite, case management, support groups, day care and personal care
 - Legal assistance
 - Support to grandparents caring for their grandchildren
- Organizes caregiving conferences and funds publications to assist caregivers



Medicare and Legal

- Elder Law & Advocacy
- Health Insurance Counseling & Advocacy Program (HICAP)



Veteran Services

- Helps veterans and their families secure state and federal benefits
- Identified as the overall most productive Veterans Service Office in the State for the 13th year in a row



Project Care

- In-home safety net programs run by the community (with AIS support)
- Telephone Reassurance
 - “Reverse 911” system/partnership with the Office of Emergency Preparedness.
- Postal Alert & Project Gatekeeper (utilities watch for signs of problems)
- Safe Return/Medical Alert (Alzheimer’s Association program)
- Minor Home Modification
- You Are Not Alone (YANA)
 - Phone and visitation program by local law enforcement-senior volunteer patrol



Nutrition



AIS offers:

- **Senior Dining Centers**
 - 576,000 congregate meals served (FY 12/13)
- **Home Delivered Meals**
 - 480,000 meals delivered; 77,000 one-way trips (FY 12/13)
- **Food stamp outreach (CalFresh & new SNAP-Ed grant)**
- **More on the Menu (MOM) program**



Hunger and Food Insecurity in Seniors

- Nationwide issue: 1 in 7 seniors is threatened by hunger
- It affects us locally as well: The Board of Supervisors proclaimed September 2013 as Hunger Action Month, as part of the National Hunger Action Month
- The number of food insecure seniors is projected to **increase by 50%** when the youngest of the Baby Boom Generation reaches age 60 in 2025

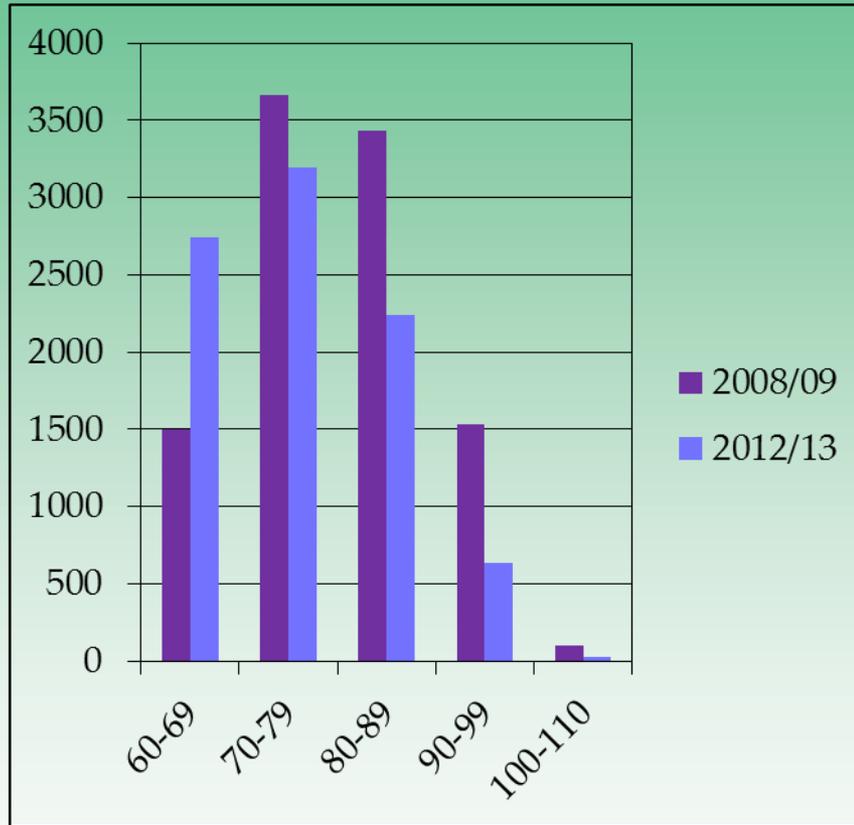


San Diego County Nutrition Program Profile

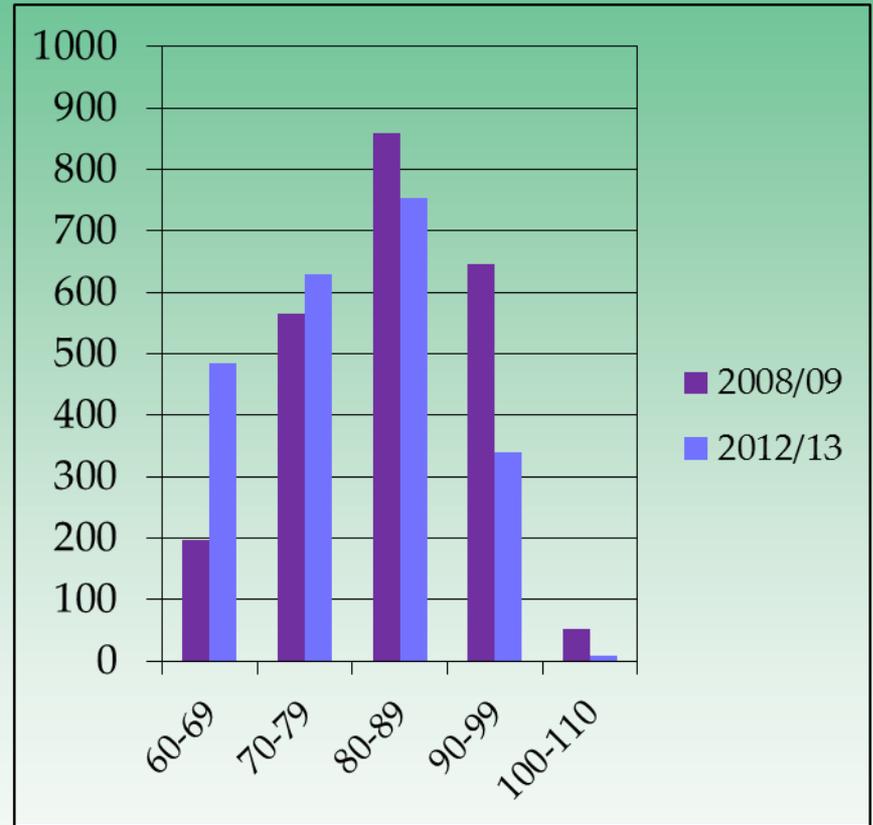
- 18 contractors
 - Six cities: Carlsbad, San Marcos, Vista, Encinitas, Escondido, National City
 - Twelve non-profits
- Rural vs. urban



Client Profile Comparison



Congregate



Home-Delivered

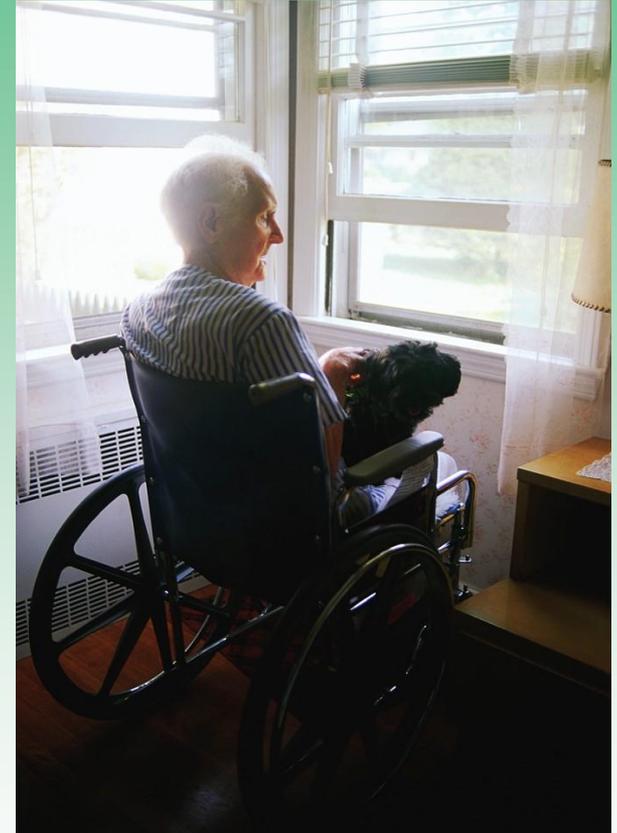
Federal Topics

- **Older Americans Act Reauthorization**
 - Focus on evidence-based and cost-effective nutrition services
 - Encourages the use of locally grown foods in meal programs
- **Sequestration**
 - Impacts to program for FY 13/14:
 - Total cuts FY 13/14 (12 months) = 6.27%. (\$626,073)
 - When will it end? Unknown
 - Congress could change it; we do not anticipate that for FY 14/15.



Help in the Home

- Care Management Programs
 - Multipurpose Senior Services Program (MSSP)
 - Linkages
 - SOAR
- In-Home Supportive Services (IHSS)



What is the IHSS Program?

- The In-Home Supportive Services (IHSS) program allows recipients that are determined eligible to remain safely in their own homes.
- IHSS will pay a caregiver to help with specific tasks that are required to meet daily living needs.
- IHSS is an alternative to out-of-home placement.



IHSS Intake Line
AIS Call Center
1-800-510-2020

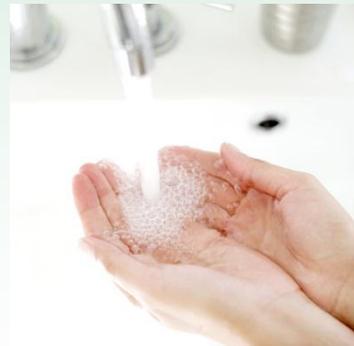
Services Offered Through IHSS

■ Domestic and related services

- Light housecleaning
- Meal preparation and clean up
- Laundry
- Shopping and errands

■ Personal Care

- Bathing and grooming
- Dressing
- Bowel and bladder care
- Ambulation and transfer
- Feeding



Services Offered Through IHSS, continued

■ Paramedical Services

- Sterile procedures that are invasive to the skin
- Examples: wound care, insulin injections, G-tube feeding



■ Protective Supervision

- Service that is available for individuals who are mentally impaired, non-self directing, confused and physically capable of placing themselves at risk of hazard or injury

■ Urgent Services

- Can be granted temporarily when a recipient loses a provider and a significant level of care is needed daily
- Currently contracted through *At Your Home FamilyCare*.



Who can provide IHSS?

Individual Providers

- Relatives
- Neighbors
- Friends
- Church Members
- Caregivers from the Registry

Public Authority
Provider Registry
assists IHSS recipients
in finding Individual
Providers.

1-866-351-7722



Basic Eligibility

- A need for services as identified by the IHSS social worker.
- Aged, blind or disabled.
- A California resident living in San Diego County.
- Must reside in his/her “own home.”
- “Income eligible” or “status eligible.”



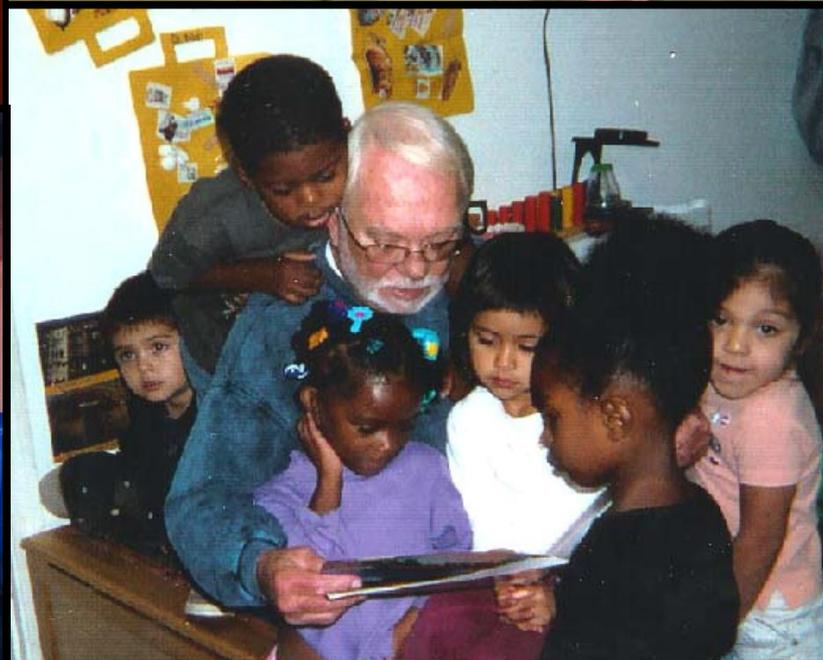
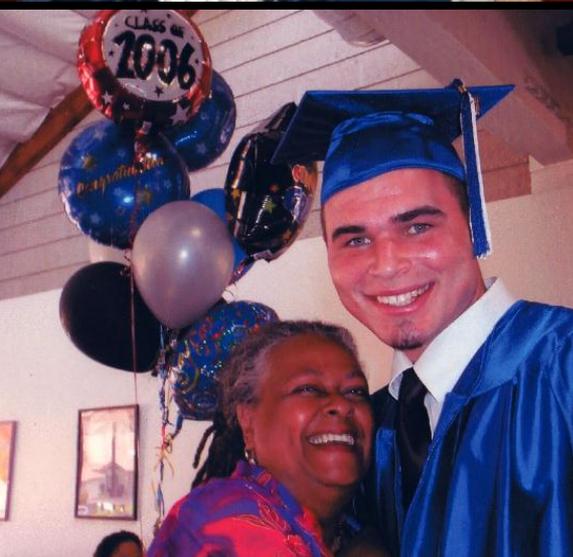
“Status Eligible”

- An applicant receiving Social Security Income/State Supplementary Payment (SSI/SSP) is considered status eligible for determining income and disability/age eligibility.
- Income and property do not need to be evaluated since social security has already determined eligibility.

“Income Eligible”

- An applicant that meets all the eligibility criteria for SSI/SSP except that his/her income is in excess of the SSI/SSP income level; or
- An applicant that meets all the eligibility criteria for SSI/SSP, including income, but does not receive SSI/SSP; or
- An applicant that is a Medi-Cal recipient who meets SSI/SSP disability criteria

Our Goal: Help People Age Well!



Questions?