

# **Live Long, Live Well: Marin County Area Plan for Aging 2009-2012 Fiscal Year 2010-2011 Update**

## **EXECUTIVE SUMMARY**

The Older Americans Act mandates Area Agencies on Aging (AAA) around the country to develop an Area Plan every few years that explicates the strategies of the AAA to address the needs of older persons, family caregivers, and adults with disability in the community. In 2009, the Division of Aging and Adult Services, the AAA for Planning and Service Area 5 (PSA 5) which covers the County of Marin, developed a new Area Plan.

The *Live Long, Live Well: Area Plan for Aging in Marin County 2009-2012* is the current plan for PSA 5. The process undertaken to develop the plan determined critical priority areas for the AAA and its advisory council, the Marin County Commission on Aging (COA), to come up with strategies that effectively address and respond to the needs of the populations they are mandated to serve. Fostering aging in place, increasing awareness about available resources and services, ensuring cultural competence and inclusion in service delivery, and validating the uniqueness of each community were identified by various stakeholders as important considerations. These factors provided the backdrop for the establishment of Marin County's Area Plan goals that will guide the work and activities of the AAA and the COA in the next three years.

State and federal laws mandate that the Area Agency on Aging provide annual updates outlining the use of funds for aging services for the fiscal year and establish objectives to advance the goals of the Area Plan. The *Live Long, Live Well: Marin County Area Plan for Aging 2009-2012, Fiscal Year 2010-11 Update* is the first update under the current planning cycle and presents service strategies that will be carried out by the AAA and the COA to address the needs of older adults, family caregivers, and people with disability in Marin County. Changes in the PSA that impact planning, current data about Marin's older adult population, and plans to improve the aging system in the county are presented in the *Fiscal Year 2010-11 Update*. Activities proposed in the update for the coming year include the following:

- ✚ Collaborate with community partners to develop innovative projects to strengthen the aging service system.
- ✚ Develop strategies to promote health, prevent chronic conditions, and provide tools to effectively manage diseases among older adults.
- ✚ Conduct forums to educate the public about critical topics and issues that impact older persons, family caregivers, and adults with disability.

## INTRODUCTION

The Division of Aging and Adult Services (DAAS) is the Area Agency on Aging for Marin County, designated as Planning and Service Area 5 (PSA 5). The *Live Long, Live Well: Area Plan for Aging in Marin County 2009-2012* is the current plan for PSA 5 that delineates ways the AAA and its advisory council, the Marin County Commission on Aging (COA), will address the needs and solutions identified by older individuals, family caregivers, people with disability, and community partners during the planning process. These stakeholders established aging in place, improving service access, promoting cultural competence and inclusion, and validating the unique needs of communities as critical planning priority areas for the next three years.

Using these priorities as guiding principles, the AAA and the COA established the following Area Plan goals that will help guide their work and strategies for the next three fiscal years (FY) 2009-2012:

- ✚ Promote a community-based system of care that sustains the independence of older adults.
- ✚ Increase opportunities for people to access information about community resources.
- ✚ Improve the well-being of adults particularly those with special needs.

Subsequently, the AAA is required to submit annual updates for each of the fiscal years covered in the planning cycle. The annual update outlines the activities that will be undertaken by the AAA and its advisory council during the fiscal year to advance the goals of the Area Plan and address the needs of the populations they are mandated to serve. Changes in the PSA, new demographic data, and planned activities for the fiscal year are presented in the *Live Long, Live Well: Area Plan for Aging in Marin County 2009-2012, Fiscal Year 2010-2011 Update*, the first of the yearly renewal report of the current planning cycle.

## MAJOR CHANGES IN THE PSA

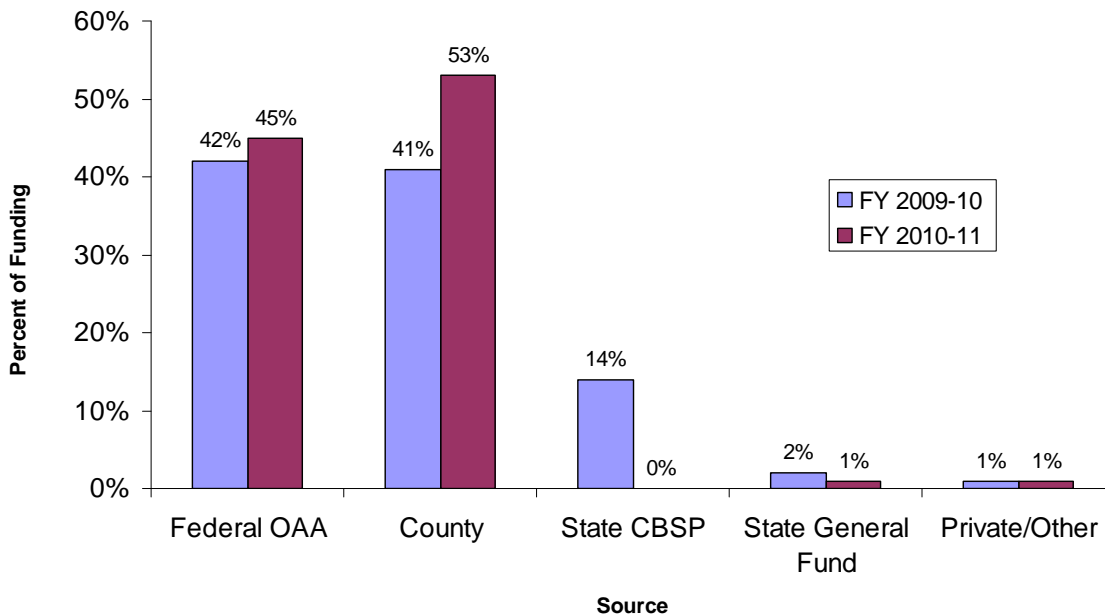
### *Elimination of CBSP*

The termination of all funding for community-based services programs (CBSP) through the Older Californians Act is foremost of the changes in the PSA that has implication going into the new fiscal year. Services categorized under CBSP were eliminated early in fiscal year 2009-2010 during the governor's first wave of budget cuts. This resulted in the termination of the Alzheimer's Day Care Resource Center, Brown Bag, Linkages Case Management, Respite Purchase of Service, and Senior Companion programs in Marin, totaling a loss of over \$342,000 in CBSP funds for the county. More than \$313,400 of these funds was granted to the Jewish Family and Children's Services, Marin Community Food Bank, Northern California Presbyterian Homes and Services, and Senior Access to deliver the services.

With the exception of the Brown Bag Program, CBSP services have been discontinued in Marin, as organizations are not able to sustain operations without funding. Community-based organizations that were receiving CBSP funds worked determinedly to create transition plans for their clients, many of whom are at-risk for institutionalization and will bear a significantly higher cost to the aging services system should they end up in long-term care facilities.

Funds available to PSA 5 for FY 2010-11 compared to the preceding year experienced a significant decline as a result of elimination of state funding for CBSP services. As presented in Figure 1, the county’s contribution makes up a bigger percentage of the Area Agency on Aging’s total budget for FY 2010-11, 53% compared to 41% from the preceding year. This comes at a time when Marin County, like other local governments across California, is experiencing financial challenges. Figure 1 also shows an increase in federal Older Americans Act (OAA) share of the total Area Agency on Aging budget for FY 2010-11, which declined by 10% from \$2,737,478 in FY 2009-10 to \$2,462,572 next year.

Figure 1. **Comparative Funding Sources by Fiscal Year, Marin County Area Agency on Aging**



*Stimulation of Programs*

The Marin County Division of Aging and Adult Services (DAAS) was a recipient of close to \$99,000 in American Recovery and Reinvestment Act (ARRA) dollars, also known as stimulus funds, for nutrition (\$74,083) and older adult employment (\$24,867).

Stimulus funds for older adult employment allowed DAAS to reinstate three worker slots to its Senior Community Service Employment Program (SCSEP), which has experienced a reduction in the number of positions when funding was reduced in the previous year. SCSEP is a training and employment placement program for low-income older adults.

In addition, 8,000 more meals are projected to be served in Marin County by the end of FY 2009-2010 due to the availability of stimulus funds. This represents an approximately 35% increase in the number of hot lunches served and a 6% rise in the number of meals delivered to frail and home-bound elderly in Marin County.

Unfortunately, stimulus grants provide temporary relief and funds cease at the end of the fiscal year on June 30, 2010. While the number of employment slots in the SCSEP program will be maintained at 11 workers and is still lower than in the previous year, the bigger challenge for the AAA going into the next fiscal year is the continuation of congregate nutrition sites initiated through stimulus funds.

In FY 2009-2010, ARRA funds enabled the initiation of six new congregate meal sites located in affordable senior housing complexes throughout Marin. These sites serve a larger number of low-income older adults, adding approximately 230 new clients served by the congregate nutrition program in Marin County. Apartment managers at these sites have expressed that the lunch program has truly promoted community life for their residents and the neighborhood. Plans for the congregate meal program in FY 2010-11 are discussed in a later section.

## NEW DEMOGRAPHIC DATA

In the preceding year, the Division of Aging and Adult Services has been engaged in developing a *Marin Senior Mobility Action and Implementation Plan*. The project identified measures that may be taken by the County and various transportation agencies in Marin to support the mobility needs of the older population beyond their driving years. Strategies to implement recommendations are outlined in the plan. This includes identified potential lead or partner agencies, funding sources, and next steps. The report will be released in early June 2010.

New demographic data on Marin older adults were found in preparing the mobility report and will be shared in this Area Plan Update in advance of the release of the plan. Based on new projections published by the Association of Bay Area Governments (ABAG) in September 2009, the growth of Marin’s older adult population are as follows:

### Marin County Older Adult Population Growth, 2000-2025

Age	2000	2005	2010	2015	2020	2025	2030	2035
60-69	20,052	26,400	36,700	45,000	46,900	46,100	40,200	34,000
70-79	15,058	14,500	22,800	26,600	37,200	44,100	44,800	47,700
80+	9,537	11,400	16,400	18,700	22,800	30,000	36,800	49,700
<b>Total</b>	<b>44,647</b>	<b>52,300</b>	<b>75,900</b>	<b>90,300</b>	<b>106,900</b>	<b>120,200</b>	<b>121,800</b>	<b>131,400</b>

Source: Senior Mobility Action & Implementation Plan, Existing Conditions Report, Draft

As this new data show, the number of persons age 60 and older in Marin County will increase by 45% from 2005 to the current year, 2010. The 70-79 age group will see the biggest jump in

population, a cohort that typically starts experiencing declining health and mobility. Using ABAG projections, the report also indicates that residents over the age of 60 will make up 48% of Marin County's population by 2035.

## **FISCAL YEAR 2010-11 PLANS**

Despite the challenges confronted by the Area Agency on Aging (AAA) going into the next fiscal year, the Division of Aging and Adult Services (DAAS) will continue to find ways to create a robust service infrastructure to meet the needs of older persons, adults with disability, and family caregivers in Marin. The AAA is committed to effectively carry-out its responsibilities as administrator of federally-funded programs and coordinator of aging and disabled adult services in the county. Presented in Figure 2 is the organizational chart of the Division of Aging and Adult Services, which shows staffing to fulfill the planned activities and objectives of the Area Agency on Aging in FY 2010-11.

While home-delivered services will be back at the level prior to the stimulus program, planning for congregate nutrition presents a bigger challenge for the AAA in the coming year. By the nature of their lower-income status, clients served at affordable housing sites made possible by the availability of ARRA funds, are more at-risk of losing their independence due to their presumably lower health status. This elderly population is prioritized in the Older Americans Act (OAA) and would clearly benefit from a program that promotes nutritional health and socialization.

The AAA's goal for the congregate meal program in PSA 5 next year is to create a plan that continues to focus on reaching targeted populations, as intended by the Act, by prioritizing services to low-income, minority, limited English-speaking, and rural older adults. Each current site will be evaluated, including those that were initiated through the stimulus program, to carry-out the responsibilities of hosting a meal program regulated by state and federal laws. A joint agreement between the contractor, the administrator of the meal program, and the host agency that will serve as a meal site is currently being developed. In FY 2010-11, only those host agencies that have signed agreements with the contractor and have the capacity and willingness to fulfill the responsibilities of a meal site will continue operations.

Through the Older Americans Act Title IIIC program for senior nutrition services, the AAA is planning to serve approximately 13,000 congregate and 68,000 home-delivered meals in FY 2010-11. This represents a 30% increase in congregate and no change in home-delivered services from the previous year's levels. The planned expansion in group dining services considers the continuation of services to low-income older adults served at some of the stimulus dining sites located in affordable senior housing facilities. Expansion in services is made possible by a slight increase in federal funding for nutrition services for FY 2010-11. A provisional congregate meal distribution plan in the following regions of Marin County has been developed:

<u>Area/Region</u>	<u>Percent of Meal Allocation</u>
Central Marin: San Rafael	30%
Northern Marin: Novato	23%
Rural: West Marin, Valley	22%
Southern Marin: Marin City	15%
Canal	10%

This congregate meal allocation plan is flexible and is subject to redistribution to accommodate for changes in the program and actual service level performance at each site. Planned services prioritize reach of the nutrition program to low-income, African American, Asian, Latino, and rural elderly.

In fiscal year 2010-11, the AAA will also focus on the following areas of activity to advance the goals of its Area Plan:

*Collaborate with community partners to deliver essential services, develop innovative projects, and strengthen the aging service system.*

In FY 2010-11, the AAA will provide direct services as well as continue to work with home and community-based agencies to deliver a variety of programs funded through the federal Older Americans Act. Table 1 shows organizational partners of the AAA and home and community-based services that will be funded by the federal Older Americans Act in FY 2010-11 to meet the needs of the populations mandated to be served in the PSA. A summary of the Area Agency on Aging's FY 2010-11 budget and allocations is displayed in Table 2. The distribution of the AAA's funding sources is also presented in Figure 3.

In addition, new Program Development (PD) objectives supported by the federal Older Americans Act Title IIIB funds are proposed for the fiscal year. These projects aspire to create innovative approaches to improve the aging service system through increased collaboration among major funders in the county and development of new programs that will improve the pipeline of future health care workers in geriatric care.

The PD objective (see Appendix A, objective 1m) of working with the Marin Community Foundation (MCF) is aimed at increasing collaboration between a major funder of programs in the county and the AAA to design a well-coordinated aging service infrastructure in Marin. A first meeting of the contractors of the AAA and the grantees of MCF was held in February 2010. Supporting the continuation of inter-agency meetings to share information, network, and problem-solve is planned. The AAA is also working with MCF on developing strategies for aging organizations in Marin to evaluate program impact and effectiveness. This will provide a well-informed program planning process for both the AAA and MCF.

The collaboration with Dominican University on an Intergenerational Social Interaction Project piloted as a PD objective (see Appendix A, objective 2v). Working with Dominican's pre-med students, the project's purpose is to bridge communication between generations, prevent social isolation of the elderly, and inspire future professionals to pursue careers in aging. Students are

matched with older adults up to five hours a week to provide opportunities for young adults and older persons to interact with each other. The project will culminate in a mini-conference where project participants share their experiences with others. It is hoped that the lessons learned in the project may be incorporated in the healthy aging initiative of Dominican University, which the AAA hopes to support.

*Develop strategies to promote health, prevent chronic conditions, and provide tools to effectively manage diseases among older adults.*

Efforts of the Division of Aging and Adult Services in the areas of health promotion, disease prevention, and chronic care management will be reengineered this fiscal year. Through its public health nursing staff and a cadre of volunteers, DAAS currently offers medication management, health education workshops, and the evidence-based Chronic Disease Self Management Program. DAAS' Differential Response Team, Healthy Housing, Project Independence, and Transition to Wellness also contribute to this effort.

The AAA is exploring evidence-based programs and innovative service models tested in other communities that may be replicated in Marin. Programs that promote the health and sustain the independence of the aging population will be selected. Programs that will complement and enhance current efforts are ideal. Funds will also be actively sought for program replication. Partner organizations will be identified to implement project activities.

*Conduct forums to educate the public about critical topics and issues that impact older persons, family caregivers, and adults with disability.*

The Area Agency on Aging as well and the Commission on Aging have been instrumental in providing information about resources in the community and educating the public about critical topics that concern older adults, caregivers, and people with disability. In Fiscal Year 2010-11, standing committees of the Commission have proposed objectives to organize public forums at Commission meetings that focus on sustaining healthy lifestyle for caregivers, providing information about the dangers of alcohol and multiple medication use, and presenting the results and recommendation of the Senior Mobility Action and Implementation Plan project. Also proposed are articles submitted in the *Great Age* newsletter that increase awareness and informs the community about disaster preparedness, food and nutrition resources in the county, and services for individuals with disability. A full list of objectives established by the various standing committees of the Commission as well as other project activities that will be undertaken by the AAA to advance the three-year Area Plan goals are presented in Appendix A.

Figure 2. Division of Aging and Adult Services Organizational Chart

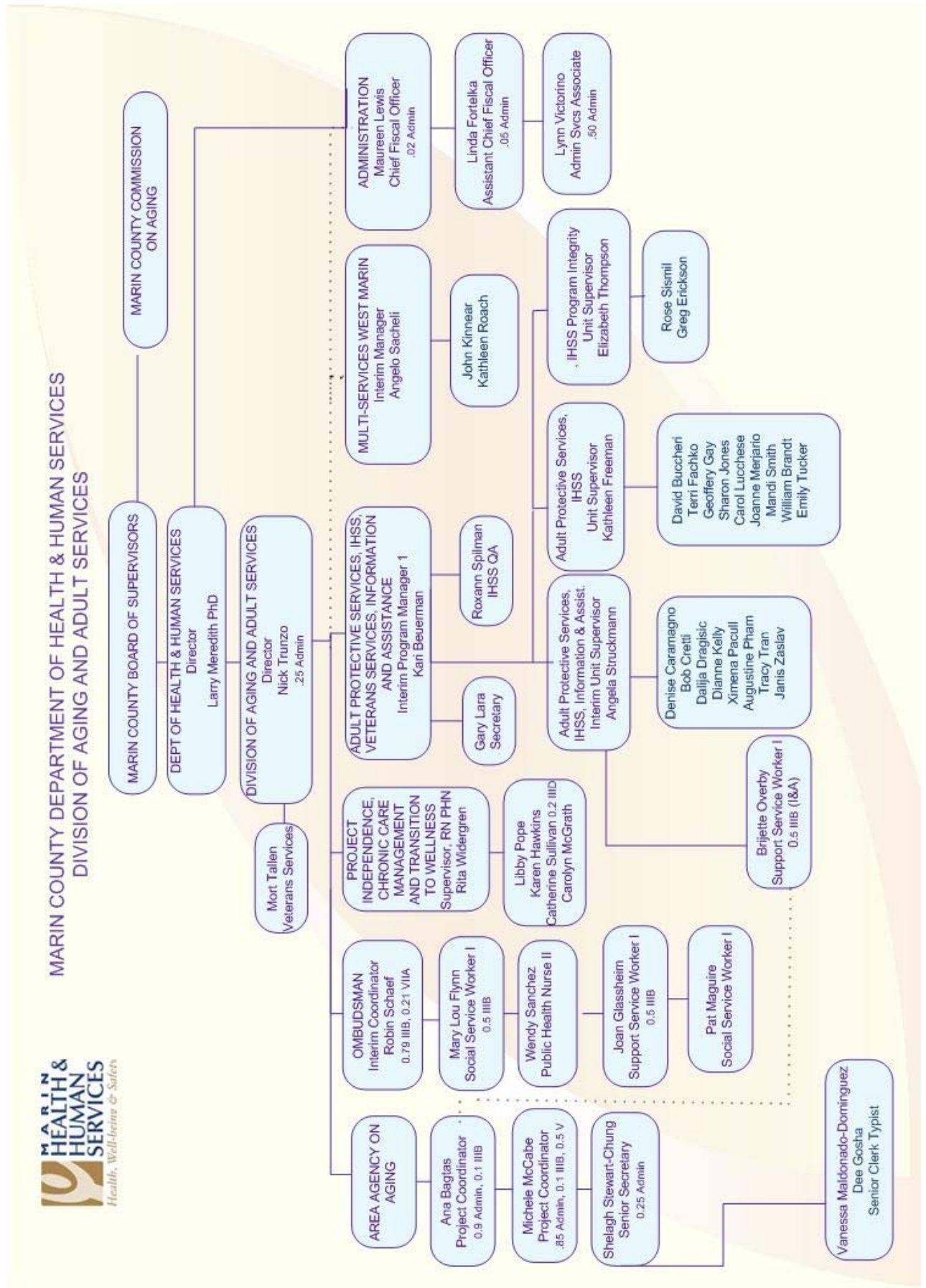


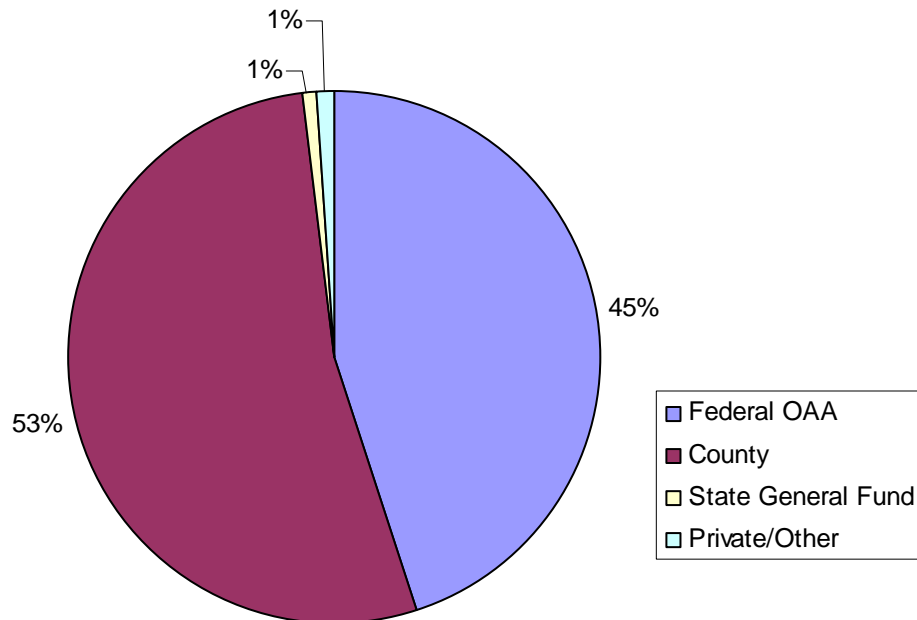
Table 1. Area Agency on Aging-Supported Programs and Services, Fiscal Year 2010-2011 <sup>T</sup>

Agency/Organization	Program	FY 2010-11	Total Program Budget
<b>OLDER AMERICANS ACT PROGRAMS</b>			
Alzheimer's Association	Outreach	\$ 20,000	\$ 26,836
City of San Rafael-Goldenaires	Community Services & Senior Center Support	\$ 20,000	\$ 470,005
Division of Aging & Adult Services	Information & Assistance	\$ 23,729	\$ 109,000
Jewish Family & Children's Services	Assisted Transportation	\$ 20,000	\$ 64,711
Legal Aid of Marin	Legal Assistance	\$ 18,000	\$ 188,968
Marin Center for Independent Living	Home Care Registry	\$ 20,000	\$ 67,283
Novato Human Needs Center	Senior Transportation	\$ 25,000	\$ 68,978
Marin Adult Day Health Care	Adult Day Health Care	\$ 15,000	\$ 968,995
West Marin Senior Services	Case Management	\$ 23,500	\$ 282,526
<b>Support Services Subtotal</b>		<b>\$ 185,229</b>	<b>\$ 2,247,302</b>
Dance Palace Community Center	Congregate Meals Program	\$ 4,845	\$ 16,998
Marin Meals on Wheels	Congregate Meals Program	\$ 51,645	\$ 76,431
Marin Meals on Wheels	Home Delivered Meals Program	\$ 410,130	\$ 563,688
San Geronimo Valley Community Center	Congregate Meals Program	\$ 10,901	\$ 38,700
<b>Nutrition Services Subtotal</b>		<b>\$ 477,521</b>	<b>\$ 695,817</b>
Alzheimer's Association	Family Caregiver Support Program	\$ 45,040	\$ 64,907
Family Caregiver Alliance	Family Caregiver Support Program	\$ 53,961	\$ 77,377
<b>Family Caregiver Support Program Subtotal</b>		<b>\$ 99,001</b>	<b>\$ 142,284</b>
Division of Aging & Adult Services	Ombudsman	\$ 60,259	\$ 252,148
	Elder Abuse Task Force	\$ 3,753	\$ 25,000
	Disease Prevention & Medication Management	\$ 14,351	\$ 70,000
National Council on Aging	Older Worker's Program	\$ 117,820	\$ 132,222
<b>Other Older Americans Act Programs Subtotal</b>		<b>\$ 196,183</b>	<b>\$ 479,370</b>
<b>TOTAL OLDER AMERICANS ACT-FUNDED PROGRAMS</b>		<b>\$ 957,934</b>	<b>\$ 3,564,773</b>

Table 2. Area Agency on Aging Budget Display and Allocations, Fiscal Year 2010-2011

<b>SUMMARY BUDGET DISPLAY FY 2010-2011</b>		
Designated Funds for Administration	National Family Caregiver Support Program	\$ 19,283
	Nutrition Program	\$ 78,166
	Nutrition Compliance Consultant (R.D.)	\$ 14,000
	Program Development & Coordination	\$ 42,111
	Supportive Services	\$ 45,291
<b>Administration; Program Development &amp; Coordination Subtotal</b>		<b>\$ 198,851</b>
Older Americans Act Support Services		<b>\$ 185,229</b>
Senior Nutrition Program	Congregate Meals	\$ 67,391
	Home-Delivered Meals	\$ 410,130
<b>Nutrition Program Subtotal</b>		<b>\$ 477,521</b>
Ombudsman Program		<b>\$ 60,259</b>
Elder Abuse Prevention Program		<b>\$ 3,753</b>
Family Caregiver Support Program		<b>\$ 99,001</b>
Disease Prevention and Medication Management Programs		<b>\$ 14,351</b>
Older Workers Employment Program		<b>\$ 117,820</b>
<b>TOTAL FEDERAL &amp; GENERAL FUNDS (STATE) APPROPRIATIONS</b>		<b>\$ 1,156,785</b>
<b>COUNTY CONTRIBUTION AND OTHER SOURCES</b>		<b>\$ 1,305,787</b>
<b>TOTAL AREA AGENCY ON AGING BUDGET</b>		<b>\$ 2,462,572</b>

Figure 3. Area Agency on Aging Funding Sources, Fiscal Year 2010-2011



Appendix A:

**Status Update of Fiscal Year 2009-2012 Objectives and  
New and Continued Objectives for Fiscal Year 2010-2011**

<b><i>GOAL #1: Promote a community-based system of care that sustains the independence of older adults.</i></b>			
<p><b>Rationale:</b> Needs assessment findings overwhelmingly show that older adults want to “age in place” at home and in their community for as long as possible. Providers also identified a significant gap in services in Marin, noting that resources are skewed towards intervention measures for those who are already at-risk. Preventing and minimizing health risks in order to sustain older persons’ capacity to remain living independently are favored by community-based aging service providers. This is also in keeping with the Marin County Department of Health and Human Services’ vision of building a healthy Marin by developing “upstream” preventive approaches. Thus, pursuing a goal that promotes a community-based system of care that sustains the independence of older adults will make “aging in place” possible.</p>			
OBJECTIVES	Projected Start and End Dates	Title III B Funded PD or C	Status
1a. The <b>Housing &amp; Transportation Committee</b> members will monitor the updating of General Plans in cities and towns where they live and advocate that plans include affordable housing for older adults in locations that are complementary to older persons’ lifestyles. This objective will be measured by whether targeted towns designated property locations suitable for housing for older adults.	7/1/09 – 12/31/09		Completed by June 2010
1b. The <b>Housing &amp; Transportation Committee</b> will participate in the development of a “Senior Mobility Action and Implementation Plan” for Marin County by contributing to focus group discussions, working groups and project activities. The project aims to increase the types of transportation options for older adults that fit their physical needs and lifestyle, at the same time decreasing dependency on autos and improving public transit.	7/1/09 – 6/30/10	PD	Completed by June 2010
1c. The <b>Nutrition Committee</b> will visit each operating congregate meal site at least one time during the fiscal year to review service utilization and identify potential growth areas of sites by interviewing at least two participants, one volunteer, and one staff member.	7/1/10 – 6/30/11		Completed by June 2010; Modified for FY 2010-11 (objective 1j)
1d. The <b>Public Information Committee</b> will publish an article in the <i>Great Age</i> newsletter providing expert advice on “aging in place,” as well as relocating options to sustain older adults’ independence.	7/1/09 – 6/30/10		Completed
1e. The <b>Division of Aging &amp; Adult Services</b> will facilitate the recovery of Project Independence older adult patients discharged from hospitals through a volunteer transportation program aimed at preventing social isolation, helping clients	7/1/09 – 6/30/10	PD	Completed by June 2010

successfully fulfill their discharge plans, and sustaining clients' ability to remain independent.			
1f. The <b>Legislative Committee</b> will track and advocate for both State and Federal legislation which supports, enhances, or improves services that protect the health and safety of older adults and allows them to live independently. Members will attend a minimum of two State legislative hearings and meet with each local representative to discuss the needs of older adults at least six times during the fiscal year.	7/1/10 – 6/30/11		Completed by June 2010; Continued FY 2010-11
1g. The <b>Public Health Nursing Program</b> will train at least 32 older individuals to effectively manage their chronic condition through the Chronic Disease Self Management Program. Follow-up with training participants will show that at least 50% of them continue to use the strategies learned from the workshop.	7/1/10 – 6/30/11		Completed by June 2010; Continued FY 2010-11 with modification
1h. Using an online tool or software, the <b>Public Health Nursing Program</b> will provide one-on-one medication management consultation to at least 50 older adults throughout the county to increase their knowledge about medications and assess the drugs they are taking for possible cross-interactions.	7/1/10 – 6/30/11		Completed with modification by June 2010; Continued FY 2010-11 with modification
1i. The <b>Housing &amp; Transportation Committee</b> will continue to monitor progress on final adoption of state-approved General Plan Housing Elements by monitoring plans for new housing opportunities suitable for older adults, including those who are low-income, and using the Commission on Aging's white paper <i>Recommendation for Affordable Housing in the County of Marin and the Cities and Towns</i> to guide this work.	7/1/10 – 6/30/11		New
1j. The <b>Housing &amp; Transportation Committee</b> will continue to monitor the Marin Village plan with its opportunities for aging in place. Outcomes will be measured by the feasibility of developing the selected sites in 5 years.	7/1/10 – 6/30/11		New
1k. The <b>Housing &amp; Transportation Committee</b> will promote the recommendations in the <i>Senior Mobility Action and Implementation Plan</i> and examine the strengths and weaknesses of the recommendations. Outcomes will be measured by assessing progress towards meeting the transportation needs Marin older and disabled adults.	7/1/10 – 6/30/11		New
1l. <b>Nutrition Committee</b> members will visit at least seven congregate meal sites to review service utilization and identify potential growth areas of sites by interviewing at least two participants, one volunteer, and one staff member.	7/1/10 – 6/30/11		New
1m. The <b>Division of Aging &amp; Adult Services</b> will collaborate with the <b>Marin Community Foundation</b> on developing strategies to improve the aging service system	7/1/10 – 6/30/11	PD	New

infrastructure in Marin County. The collaboration with result in at least one project during the fiscal year.			
<b>GOAL #2: Increase opportunities for people to access information about community resources.</b>			
<b>Rationale:</b> Access to information, services, and resources is one of the top unmet needs consistently identified by Marin older adults in the various needs assessment efforts conducted in the county. Discussion with services providers concurs with this assessment. Thus, increasing awareness, affordability, availability, and appropriateness of services are factors that must be addressed in order to improve older adults' access to services. Various approaches that expand opportunities for older adults and caregivers to find out and get connected to services must be explored.			
<b>Objectives</b>	<b>Projected Start and End Dates</b>	<b>Title III B Funded PD or C</b>	<b>Status</b>
2a. The <b>Health Committee</b> will organize a public education program on “brain fitness as a movement,” which will take place at a Commission on Aging meeting. As a result of this presentation, Commissioners and the public will learn more about various products and determine methods to improve mental capacity.	7/1/09 – 5/31/10		Completed
2b. The <b>Health Committee</b> will identify an authority on advanced healthcare directives to write an article for the <i>Great Age</i> newsletter. This will result in readers becoming more educated about laws in the state of California regarding advanced directives and hospital patients. Nuances about when advance directives do and do not apply and the problems this causes will be addressed.	7/1/09 – 1/31/10		Discontinued
2c. The <b>Nutrition Committee</b> will increase the public’s awareness about food and nutrition resources in the county by updating the <i>Food and Nutrition Fact Sheet</i> and distributing it at the Marin County Senior Information Fair, which attracts 3,000-4,000 older adults annually.	7/1/09 – 6/30/10		Completed
2d. The <b>Nutrition Committee</b> will increase access to food sources in Marin by publishing the <i>Food and Nutrition Fact Sheet’s</i> food source list, which includes pantries, congregate meal sites, and other food sources, in the <i>Great Age</i> newsletter, reaching more than 2,500 households.	7/1/09 – 6/30/10		Modified: disseminated at community sites where <i>Great Age</i> is distributed
2e. The <b>Ombudsman Program</b> will update program brochures and conduct a minimum of four community presentations about choices for long-term care placement and how to find information on skilled nursing facilities and assisted living facilities.	7/1/09 – 6/30/10		Completed
2f. The <b>Public Information Committee</b> will improve older adults, caregivers and disabled individuals’ access to	7/1/09 – 6/30/10		Completed by June 2010

services by evaluating current methods of disseminating information; developing new strategies to increase awareness about available services; and conducting a survey to assess improvements in obtaining information and resources. The <i>Great Age</i> newsletter, 457-INFO line and community presentations will be evaluated for this purpose.			
2g. The <b>Public Information Committee</b> will inform the community about issues and programs that affect older adults by assisting in the development, publication, and distribution of the <i>Great Age</i> newsletter to more than 2,500 households in Marin County.	7/1/10 – 6/30/11		Completed by June 2010; Continued FY 2010-11
2h. Using the newly launched MaxCess database especially designed for the Division of Aging and Adult Services, the impact of integration will be assessed by monitoring referrals and collaboration between the AAA’s <b>Information and Assistance</b> and adult social services’ IHSS, APS, and Veterans Services programs.	7/1/10 – 6/30/11		Completed by June 2010; Continued FY 2010-11
2i. The <b>Division of Aging &amp; Adult Services</b> will improve Marin’s <i>Network of Care</i> website by adding features that will identify organizations for their language capabilities, inclusivity, and reach to rural and low-income individuals. This will greatly increase the ability of LGBT, LEP, rural, and low-income older adults to identify organizations that will be able to appropriately serve their needs.	7/1/09 – 6/30/10		Completed by June 2010
2j. The <b>Division of Aging &amp; Adult Services</b> , in conjunction with the Ombudsman Program, will sponsor two community presentations to present information about elder abuse prevention in skilled nursing and residential care facilities.	7/1/10 – 6/30/11		Completed by June 2010; Continued FY 2010-11
2k. In partnership with local hospitals, staff of the <b>Division of Aging &amp; Adults Services</b> and members of the <b>Marin County Commission on Aging</b> will plan, coordinate and co-sponsor the <i>Healthy Aging Symposium</i> , a health education event for Marin County	10/1/10 – 5/30/11	C	Completed by May 2010; Continued FY 2010-11
2l. The staff of the <b>Division of Aging &amp; Adult Services</b> and members of the <b>Marin County Commission on Aging</b> will participate in the annual Marin County Senior Information Fair steering committee, to assist in the coordination of an event that provides information and health screenings to approximately 4,000 older adults.	7/1/10 – 10/31/11		Completed as C objective FY 2009-10; Continued FY 2010-11
2m. The <b>Nutrition Committee</b> will update, as needed, the <i>Food and Nutrition Fact Sheet</i> and distribute it at one or more of the following: Senior Information Fair, Commission on Aging meetings, congregate meal sites, and senior residences.	7/1/10 – 6/30/11		New
2n. The <b>Planning Committee</b> will submit an article in the <i>Great Age</i> newsletter to discuss the outcomes of the Get	7/1/10 – 6/30/11		New

Ready Seniors trainings conducted in FY 2009-10 and educate the public about the importance of disaster planning.			
2o. The <b>Planning Committee</b> will continue to identify resources and community partners to help older adults and caregivers prepare for disaster. Efforts will focus on reaching home-bound and frail elderly who cannot attend disaster preparedness trainings in the community. Outcomes will be measured by the number of individuals informed about disaster preparedness.	7/1/10 – 6/30/11		New
2p. The <b>Planning Committee</b> will organize at least one presentation at the Commission on Aging meeting on a topic that focuses on sustaining a healthy lifestyle for caregivers	7/1/10 – 6/30/11		New
2q. The <b>Public Information Committee</b> will inform the community about issues that impact older adults by coordinating at least six presentations at Commission on Aging meetings during the fiscal year.	7/1/10 – 6/30/11		New
2r. The <b>Health Committee</b> will organize a public education program at the Commission on Aging meeting on the danger of alcohol consumption and multiple medication use, especially by older adults. As a result of this presentation, Commissioners and the public will learn how to protect their health in a culture that makes alcohol so easily accessible.	7/1/10 – 6/30/11		New
2s. The <b>Health Committee</b> will submit an article in the <i>Great Age</i> newsletter about the danger of alcohol and multiple medication use to inform the public of this serious potential problem for older adults.	7/1/10 – 6/30/11		New
2t. The <b>Commission on Aging</b> , in conjunction with the <b>Division of Aging &amp; Adult Services</b> staff, will sponsor four community presentations on elder and dependent adult abuse topics through regular meetings of the Elder Abuse Task Force.	7/1/10 – 6/30/11		New
2u. The <b>Division of Aging &amp; Adult Services</b> will have representation on the <b>Marin Wellness Collaborative Leadership Council</b> to work on policy, system, organizational, and environmental levels to increase the ability of Marin residents to eat healthy foods and be physically active.	7/1/10 – 6/30/11	C	New
2v. The <b>Division of Aging &amp; Adult Services</b> will partner with <b>Dominican University</b> on an intergenerational social interaction pilot project where young adult students interact with older persons up to five hours a week to bridge communication between generations, prevent social isolation of the elderly, and inspire future health care professionals to pursue careers in aging.	7/1/10 – 6/30/11	PD	New

**GOAL #3: Improve the well-being of adults particularly those with special needs.**

**Rationale:** Assessment of needs of LGBT, limited English-proficient, low-income, rural, and other ethnic/racial minorities indicate that disproportionate barriers to accessing services are experienced by certain subpopulations of older adults in Marin. Barriers to accessing services can fundamentally impact older adults' ability to stay healthy, independent, and connected to their community. Efforts to reach, serve, and connect those with special needs to services and community life is therefore critical in sustaining their health and well-being.

Objectives	Projected Start and End Dates	Title III B Funded PD or C	Status
3a. The <b>Ombudsman Program</b> will sponsor a minimum of six in-service training sessions for staff and volunteers with other community programs who serve Marin County's elderly and disabled populations. The program will establish formal working relationships with each relevant agency in order to expand and enhance services to long-term care clients, both in facilities and living independently.	7/1/10– 6/30/11		Completed by June 2010; Continued FY 2010-11
3b. The <b>Planning Committee</b> will support community-based disaster preparedness efforts by working with the <i>Get Ready Marin!</i> and other programs to help older adults, especially those who are vulnerable, prepare for disaster and be informed about community resources.	7/1/10 – 6/30/11		Completed by June 2010; Continued FY 2010-11
3c. To help older adults and vulnerable populations prepare and shelter in place during a disaster, the <b>Planning Committee</b> will develop and disseminate preparedness resource list, educational brochures, and fact sheets (translated in Spanish and Vietnamese) at a minimum of four community events and publish in partner organizations' newsletters.	7/1/09 – 6/30/10		Modified: Get Ready Seniors trainings organized. Resources and emergency kits provided.
3d. The <b>Planning Committee</b> will raise awareness and promote cultural competence and inclusion in the community by organizing a topic at the Commission on Aging meeting addressing racial, ethnic, sexual orientation and/or religious aging issues.	7/1/09 – 6/30/10		Completed
3e. The <b>Division of Aging &amp; Adult Services</b> will ensure that the needs of LGBT older adults and caregivers are addressed by including LGBT in the contract language already in existence requiring providers to ensure that services are targeted to specific minority subpopulations.	7/1/09 – 6/30/10		Completed
3f. The <b>Division of Aging &amp; Adult Services</b> staff will sponsor one in-service training session for all staff which will include Adult Protective Services information on how to recognize elder abuse within the community, how to make	7/1/09 – 6/30/10		Completed

reports, and ways to aid in the prevention of abuse.			
3g. The <b>Nutrition Committee</b> will provide opportunities for socialization and access to nutritious meals in targeted communities by offering advisory support to Marin County’s Senior Nutrition Program.	7/1/10 – 6/30/11		New
3h. The <b>Public Information Committee</b> will publish an article in the <i>Great Age</i> newsletter informing older individuals with disabilities about resources in the community.	7/1/10 – 6/30/11		New
3i. The <b>Division of Aging &amp; Adult Services</b> staff will recruit and train community volunteers to participate in a Financial Abuse Specialist Team to assist with challenging cases from Adult Protective Services and the Long-Term Care Ombudsman Program.	7/1/10 – 6/30/11	C	New