

# **SAN JUAN BASIN AREA AGENCY ON AGING ANNUAL REPORT**



The sun setting is no less beautiful than the sun rising

**For Calendar Year 2011  
and  
State Fiscal Year 2011-12**

## AGENCY BACKGROUND

In response to the growing number of seniors and their diverse needs, the Older American Act (OAA) of 1965 was enacted to provide a range of support services to allow older persons to live independently, even if they are not fully able to care for themselves. The OAA is based on the principle that older adults are entitled to spend their retirement years in good health, independence and dignity. To put this ideal into action, the OAA created a network of 900 Area Agencies on Aging and Native American aging programs in communities across the country.

Colorado funds 16 AAAs, which in turn fund local service providers. Local Region 9 includes Archuleta, Dolores, La Plata, Montezuma and San Juan counties. Services in each county may include congregate meal and home delivered meals; transportation; home chore; home health and personal care; legal services and elder and elder abuse prevention; caregiver support, information and referral; health insurance counseling; client assessment and care management; employment services and volunteer opportunities; and an ombudsman program that helps resolve complaints involving long term care facilities. Services are available to all older persons over the age of 60. The counties contract with the AAA for most of these services. Legal, caregiver support, home health, and personal care are provided by county health departments, and required long term care Ombudsman and Registered Dietician are employed by the AAA. The Act established the Administration on Aging (AoA) at the federal level. AoA award funds to the State Units on Aging based on the senior population. State are divided into Planning and Service Areas so program can be effectively developed and targeted to meet the unique needs of the elderly residing in that area.

## SERVICE & PROGRAM DEFINITIONS

### 10.401.2 General Targeting of Services [Rev. eff. 12/1/10]

Preference and priority in the delivery of services shall be given to older adults with the greatest social or economic need with particular attention to low-income minority older adults and individuals who are frail, homebound by reason of illness or incapacitating disability or otherwise isolated as defined below:

- A. Need caused by non-economic factors which include physical and mental disabilities, language barriers, and cultural, social, or geographical (rural) isolation including that caused by racial or ethnic status which restricts an older adult's ability to perform normal daily tasks or which threatens such older adult's capacity to live independently.
- B. Older adults with limited English proficiency
- C. No person applying for or receiving service under the Older Americans Act shall be discriminated against based on age, gender, religion, race, ethnicity, sexual orientation, political belief or disability.

Service definitions:

"Assisted Transportation" (one-way trip) shall be defined as a means of going from one location to another in a vehicle. It does not include any other activity.

"Chore/Home modification" shall be defined as specific adaptations, repairs, maintenance, renovation, modifications, or improvements in a consumer's existing home setting.

"Congregate meals" shall be defined as the provision of a meal that meets all requirements as specified at Section 10.413.2 and Section 10.413.3 to an eligible individual at a nutrition site, senior center or some other congregate setting.

#### 10.413.2 General Nutrition Service Standards

Nutrition service providers of congregate and home-delivered meals shall comply with requirements described at Section 10.260.4 through 10.260.49 and the State laws and regulations for retail food establishments.

#### 10.413.3 Congregate Meal Service Standards

- A. Eligibility for nutrition and nutrition support services shall be as defined at Section 10.121.
- B. If resources are not available to serve all eligible individuals requesting the service, preference shall be given to those of greatest social or economic need, with particular attention to low-income and older individuals residing in rural area

#### 10.510 NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

“Family caregiver” shall be defined as an adult family member or other individual, who is an informal provider of in-home, and community care to an older individual (60 years of age or older) who is “frail” and determined to be functionally impaired because of:

- A. An inability to perform at least two activities of daily living without substantial human assistance, including verbal reminding, physical cueing, or supervision; or,
- B. Due to cognitive or other mental impairment, requires substantial supervision because the individual behaves in a manner that poses a serious health or safety hazard to the individual or to others.

#### 10.510.1 Eligibility for Services

- A. Area Agencies on Aging (AAA) and/or the service providers with whom the AAAs contract shall provide support services to caregivers who are:
  - 1. Grandparents or older individuals who are a relative caregiver of a child by blood or marriage, who is 60 years of age or older, and who:
    - a. Lives with the child; and,
    - b. Is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; or,
    - c. Has a legal relationship to the child, such as legal custody or guardianship, or is raising the child informally.
  - 2. Family caregivers who are adult family members or other individuals, providing informal in-home, and community care to an older individual (60 years of age or older) who is “frail” and determined to be functionally impaired because of:
    - a. An inability to perform at least two activities of daily living without substantial human assistance, including verbal reminding, physical cueing, or supervision; or,
    - b. Due to cognitive or other mental impairment, requires substantial supervision because the individual behaves in a manner that poses a serious health or safety hazard to the individual or to others.

- B. Priority for services shall be given to:
1. Caregivers of older individuals with greatest social and/or greatest economic need (with particular attention to low-income minority, and individuals residing in rural areas); and,
  2. Older individuals providing care and support to persons with mental retardation and related developmental disabilities.
- C. Eligibility for Respite Care and Supplemental Services In the case of a family caregiver of an older individual, respite care and supplemental services under the National Family Caregiver Support Program shall be provided only if the care recipient is functionally impaired and meets either of the following conditions:
1. Unable to perform at least two (2) activities of daily living without substantial human assistance, including verbal reminding, physical cueing, or supervision; or,
  2. Due to a cognitive or other mental impairment, requires substantial supervision because the individual behaves in a manner that poses a serious health or safety hazard to himself or herself or another individual.

#### 10.510.5 Respite Care

- A. Respite care services include the following activities:
1. In-home services, including services provided by volunteers or in-home service providers;
  2. Adult day care services; and,
  3. Institutional respite care.
- B. Respite care services shall be provided in the most appropriate way that meet the needs of the elder and the family caregiver.
- C. Older Americans Act (OAA) funds shall not be used to pay for respite care services if such services are offered through other Federal or State programs for which the older individual is receiving

#### 10.510.51 In-Home Respite Services - Volunteer In-home Respite Services

If volunteer in-home respite services are provided by the AAA or a contracted agency, the AAA shall be responsible to ensure that the volunteer providing respite services receives the information, training, and ongoing supervision necessary to safely and effectively provide respite care.

“Health promotion” shall be defined as programs that promote health and well-being, such as programs for multigenerational participation that may include art therapy, dance therapy, music therapy, dental, hearing, immunization, medication management screening and education, insurance counseling, physical fitness, and vision.

“Home-delivered meal” shall be defined as the provision of a meal that meets all requirements as described at Section 10.413.2 and Section 10.413.4, to an eligible individual at that person’s home.

#### 10.413.2 General Nutrition Service Standards

Nutrition service providers of congregate and home-delivered meals shall comply with requirements described at Section 10.260.4 through 10.260.49 and the State laws and regulations for retail food establishments.

#### 10.413.4 Home-Delivered Meal Service Standards

Eligibility:

1. Eligibility for nutrition and nutrition support services shall be as defined at, Section 10.121.
2. Services shall be provided to those of greatest social or economic need, with particular attention to low-income minority individuals and older individuals residing in rural areas.
3. Individuals requesting home-delivered meals shall be assessed. Only those determined to be homebound or geographically isolated shall be eligible for a home-delivered meal.

Priority shall be given to emergency requests for older individuals who are newly homebound or temporarily incapacitated.

“Homemaker services” shall be defined as providing assistance to persons who meet the eligibility requirements for in-home services and who are unable to perform two or more of the following instrumental activities of daily living: preparing meals, shopping for personal items, managing money, using the telephone, or doing light housework.

“Legal assistance” shall be defined as legal advice, counseling, and representation provided by an attorney or other person acting under the supervision of an attorney.

"Local ombudsman" means an individual trained and designated as qualified by the state long-term care ombudsman to act as a representative of the Office of the State Long-Term Care Ombudsman, Section 26-11.5-103(2), C.R.S.

“Long-Term Care (LTC) facility” shall be defined as:

- A. A nursing facility as defined at Section 24-6-103(11), C.R.S.;
- B. An assisted living residence as defined at Section 25-27-102(8), C.R.S.; or,
- C. An extended care facility with any swing bed.

“Long-Term Care Ombudsman Complaint” shall be defined as an alleged problem or issue, verbal or written, in which the Colorado or Local Long-Term Care (LTC) Ombudsman takes direct action or suggests action at the request of residents, family, or other interested persons. Such action is taken in order to identify issues, resolve problems, or alter the outcome of situations. Complaints may be specific to individual residents or may involve general issues affecting many residents.

“Long-Term Care Ombudsman education” shall be defined as provision of information and/or training to residents and staff of LTC facilities and communities, regarding resident’s rights, the ombudsman program, and other related issues.

“Long-Term Care Ombudsman services” shall be defined as actions taken to identify, investigate, or seek to resolve complaints made by or on behalf of an older individual who resides in a long-term care facility, relating to actions, inactions, or decisions of providers or public agencies that may adversely affect the health, safety, welfare, and rights of the residents.

“Material aid” shall be defined as aid in the form of goods or food such as direct distribution of commodities, surplus food, and distribution of clothing, smoke detectors, eyeglasses, hearing aids, dentures, security devices, and medication reminder boxes.

“Monitoring” shall be defined as a review by the grantor or contractor agency of one or more grant activities, that may include on-site visits to the grantee or contractor agency; and/or data collection activities of grantees, contractors, sub-grantees, and subcontractors, for the purpose of assuring that the grant or contract is being administered in accordance with the Older Americans Act programs, and that the purposes of the grant or contract are being met.

“Nutrition counseling” shall be defined as the provision of individualized advice and guidance, by a registered dietitian in accordance with State law and/or policy, to individuals or their caregivers, for those individuals at nutritional risk because of their health or nutritional history, dietary intake, medication use, or chronic illnesses.

“Nutrition education” shall be defined as a program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information and instruction to consumers or consumers and caregivers in a group or individual setting overseen by a dietitian or individual of comparable expertise.

“Nutrition services” shall be defined as services and activities intended to provide older persons with assistance in maintaining a well-balanced diet, including congregate and home-delivered meals, nutrition counseling and nutrition education.

“Nutrition Services Incentive Program (NSIP)” shall be defined as a program carried out by the United States Department of Health and Human Services to allot cash, commodities, or a combination of cash and commodities to States and grantees providing nutrition program to older individuals.

“Personal care” shall be defined as providing personal assistance, stand-by assistance, supervision or cues for persons age 60 and over, who meet the eligibility requirements for in-home services.

## **END OF SERVICE AND PROGRAM DEFINITIONS**

## KEY STAFF

Christina Knoell, Executive Director

P.O. Box 5456, Pagosa Springs, CO 81147

## GOVERNING BOARD OF DIRECTORS

### Archuleta County

Tom Stevens, Retired Teacher (Treasurer)

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Michael Whiting, County Commissioner

P.O. Box 3417, Pagosa Springs, CO 81147

Nancy Ford, Retired from Real Estate (2<sup>nd</sup> Vice Chair)

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### Dolores County

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no business address available

Alys Drummond, Farming Industry

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### La Plata County

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Bobby Lieb, County Commissioner

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Ron Wiebel, Retired Businessman

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### Montezuma County

Shirley Dennison, Retired Social Worker (Secretary)

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Larrie Rule, County Commissioner

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Vacancy

### San Juan County

Barbara Renowden, Retired from Government Services

P.O. Box 195, Silverton, CO 81433

Patty Wipf, Accountant (Chair)

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Vacancy

(waiting for County Commissioner appointment)

## REGION 9 SERVICE PROVIDERS

### ARCHULETA COUNTY

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### DOLORES COUNTY

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### SAN JUAN BASIN HEALTH DEPT.

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### MONTEZUMA COUNTY

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### REGISTERED DIETICIAN PROVIDERS

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**END OF SERVICE PROVIDERS**

**FINANCIAL SOURCES**

The San Juan Basin AAA is funded by the State of Colorado's Department of Human Services, Aging and Adult Services program. State and federal funds are received annually through funding requests. The Agency staff writes proposals to Foundations and other organizations to support senior services in Archuleta, Dolores, La Plata, Montezuma and San Juan Counties. The Agency staff work in partnership with senior centers and healthcare providers throughout the region, also called service providers. Each service provider solicits in-kind donations to help sustain their programs.

Below is a list of our funding sources for SFY 2011-12:

<b>SOURCES OF INCOME</b>	<b>% to Services</b>	<b>Funding Amount</b>	<b>Terms</b>
ARCH grant (federal)	100%	51,382	Dec 2011 – Dec 2012
Ballantine Family Fund	100%	1,000	Awarded in Feb 2011
Board member donations	Mixed use	948.50	On-going
Federal - Administration on Aging (AoA)	100%	455,373	Jul 2011 – Jun 2012
Federal - AoA - Admin	Admin	46,545	Jul 2011 – Jun 2012
Fundraising	Mixed use	500	On-going
State of Colorado (CDHS)	100%	245,366	Jul 2011 – Jun 2012
State (CDHS) – Admin	Admin	26,783	Jul 2011 – Jun 2012
Scholarships	Admin match	2,125	On-going
City of Durango (2012)	Admin match	1,000	Request Annually
Town of Dolores (2012)	Admin match	1,500	Request Annually
Town of Ignacio (2011)	Admin match	2,000	Request Annually
Town of Silverton (2012)	Admin match	411	Request Annually
San Juan County (2012)	Admin match	425	Request Annually
United Way of the SW (2011)	90%	25,096	Jan 2011 – Dec 2011
Wells Fargo (2011)	100%	1,000	One-time
<b>TOTAL</b>	<b>90%</b>	<b>861,454.50</b>	