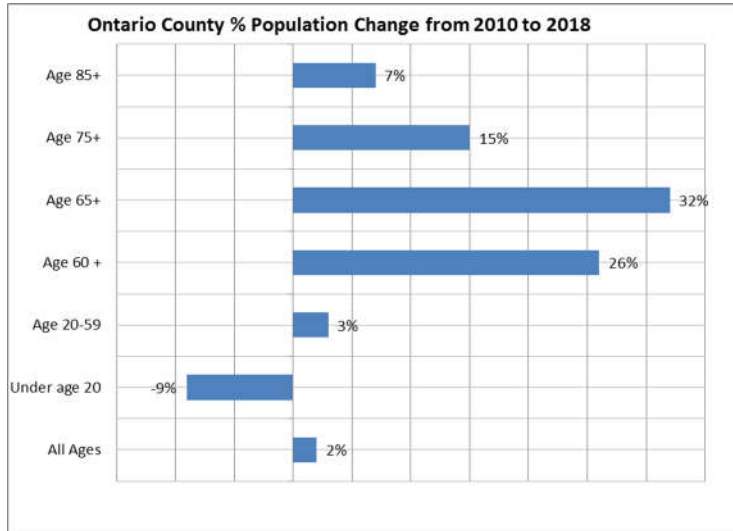


**ONTARIO COUNTY OFFICE FOR THE AGING
2020 ANNUAL PLAN ABSTRACT**

OVERVIEW

We are living longer. Ontario County, just like the rest of the nation has a growing population of older adults. Based on the American Community Survey 2018 population estimates for Ontario County’s total population grew by about 2% but the population age 65 and older grew by 32% in the county. The number of persons age 75 and older grew by 15% between 2010 and 2018 and



those age 85 and older increase by 7%. Those age 75 and over often have an increased need for long term services and supports (LTSS).

Our vision is that all residents of Ontario County will have access to a broad array of services that allows them to remain independent as long as possible.

PROGRAMS AND SERVICES

The services provided by the Ontario County Office for the Aging are provided either directly by the

County or by contractors of the County. The services are funded by Ontario County, the New York State Office for the Aging, the Federal Administration on Aging, MLTCs, and contributions or fees from program participants. Services can be obtained by calling 396-4047, coming in-person to the OFA office Monday – Friday, 8:30 to 4:30 or calling to arrange a home visit.

NY Connects – The Aging and Disability Resource Center:

- Information, Assistance and Referrals on finding services and supports for people of any age who have a long term care need.
- On-line service directory.
- Personalized Options Counseling to help people develop a plan for existing or future long term care needs.
- Assistance applying for benefit programs, such as, Medicaid, SNAP (Food Stamps), SSI, HEAP, home repair loans and weatherization grants, etc.

Nutrition Services:

- Community dining program (congregate) available at 7 locations.
- Home delivered hot and frozen meals.
- Nutrition education and counseling.
- Farmers Market Coupon program.

Home Care (EISEP PROGRAM):

- EISEP provides non-medical services to those 60 and over so they may remain independent in their own homes as possible.

- Personal care aides help with bathing, hair care, meal preparation, laundry and housework
- Case managers conduct in-depth assessments, develop care plans, coordinate services and monitor services to ensure that the care provided addresses the person's needs

Caregiver Resources and In-home Respite:

- Counseling and Care Coordination.
- Respite Care - In-home and adult day care.
- Caregiver Resource Centers - located at area libraries.
- Powerful Tools for Caregivers: Training for caregivers.

Health Insurance Information, Counseling and Assistance Program (HICAP):

- One-on-one counseling health insurance including Medicare Part A, B and D, EPIC (Elderly Pharmaceutical Insurance Coverage), the Medicare Savings Programs, "Extra Help" and Medigap, Medicare Advantage and other supplemental policies.
- Monthly Medicare 101 workshops and Enrollment events.

Health Promotion and Education:

- *Fall Prevention: Matter of Balance:* This program meets weekly for 8 weeks to examine the concerns about falls and perform exercises that will increase strength and balance.
- Personal Emergency Response Systems (PERS): The Office for the Aging contracts with Doyle Security System, Inc. for these services.
- *Computer Training for Seniors*
- *SALT Council (Seniors and Lawmen Together):* Scams and ID Theft and Abuse Prevention educational programs, Project Lifesaver and 911 Cell phones.
- *Volunteer Opportunities:* Volunteer placement in Office for the Aging programs.
- Aging Mastery Program® (AMP): A ten-week health and wellness program for residents age 55 and over developed by the National Council on Aging (NCOA).

Legal Assistance:

- Legal Assistance of Western New York provides legal services on issues such as Power of Attorney, Health Care Proxy, wills, landlord/tenant issues, public benefits and other areas of civil law.

Transportation:

- Transportation for older adults needing dialysis treatment.
- Volunteer transportation to medical appointments
- Senior Shopping Bus shopping, medical and other essential appointments
- OFA provides these services through a contract with RTS

Recreation:

- *Golden Spot Senior Recreation Center* (located at Salvation Army)
- Food, Fun and Fitness
- Tai Chi for Arthritis
- Bone Builders Classes

New Program Initiatives for 2020:

1. **Lifespan Care Management** – A care manger will conduct in-home assessments, develop care plans, link people to services and monitor their situation. The Lifespan Care Manger will also provide caregiver consultation and help with housing decisions. The purpose of the care management is to help older adults with complex situations remain independent, living in their own home or the community by arranging long term services and supports.

2. **PEARLS Program** – Program to Encourage Active, Rewarding Lives (PEARL’s) for older adults facing late life depression. PEARL’s is an evidence-based program intended to bring high quality mental health care into the home and other community-based settings that reach vulnerable older adults. The program is six to eight sessions in the client’s home and focus on brief behavioral techniques, PEARLS counselors empower individuals to take action and make lasting changes so they can lead more active and rewarding lives.

3. **Home Safe Home** – Safety assessment and makes minor home modifications for those individuals who are at-risk of falls. (e.g. grab bars, toilet seats, smoke detectors, etc.).

4. Financial Management

2019 REVENUE AND EXPENSE SUMMARY - PROJECTED

Funding Source	Funding/ Revenue	County Share	Total Expense
EISEP – Expanded In Home Services Program (State)	341,599	152,125	493,724
WIN (SNAP)- Wellness In Nutrition (State)	209,235	96,235	252,781
Title IIIB – Supportive Services Program (Federal)	100,199	152,332	252,781
Title IIID – Health Promotion (Federal)	7,459	7,259	14,918
Title IIIE – Caregiver Support Program (Federal)	56,146	21,548	77,894
Title IIIC-1 – Congregate Nutrition + NSIP (Federal)	186,579	51,453	258,032
Title IIIC-2 – Home Delivered Meals (Federal)	70,301	106,161	256,462
CSE – Community Services for the Elderly (State)	209,531	128,167	347,398
HIICAP – Health Insurance Counseling Program (State & Federal)	33,121	81,387	115,508
CSI – Congregate Services Initiative (State)	2,575	5,047	7,622
MIPPA/ADRC – Medicare Improvement Act (Federal)	13436	3631	17,067
Transportation Grant (State)	6,693	0	6,693
NY CONNECTS (State)	278,801	137,397	416,198
Unmet Needs (State)	153,506	0	153,506
Ontario County Administration	6,000	33,319	3,9319
Total Revenues & Expense	\$1,805,931	\$976,061	\$2,781,992

