



IDAHO COMMISSION ON AGING

2011 ANNUAL REPORT





AGENCY MISSION

To improve quality of life for all older Idahoans, vulnerable adults, and their families through education, advocacy, accountability and service; to provide opportunity for all to live independent, meaningful and dignified lives within communities of their choice.

AGENCY VISION

ICOA's vision is to ensure that all Idahoans retain their autonomy to determine their own life course as they age.

Welcome to the Idaho Commission on Aging.

It has been a time of change and opportunities at the Idaho Commission on Aging (ICOA). Governor C.L. “Butch” Otter appointed me Administrator on July 11, 2011. We have reorganized our internal structure to better reflect our expertise to achieve an efficient and effective organization.



By constantly working to be more efficient, we make it possible for more aging individuals to remain in their homes and communities, and to avoid or delay institutionalization.

The ICOA administers a broad array of services and programs to more than 266,699 individuals in Idaho over the age of 60, their families, and vulnerable adults aged 18 and older. This population continues to grow, with those aged 85 and older being projected to almost double by 2030.

In October of 2009, ICOA was awarded the Aging and Disability Resource Center (ADRC) grant. The ADRC is a virtual one stop shop to streamline Idaho's long-term services and supports system for older adults and adults with disabilities. The ICOA has partnered with other state agencies and grass root organizations to provide ADRC functions statewide. We continue to redesign our web site so that it can meet the needs of a fully functional ADRC in Idaho.

As we move forward, ICOA will continue to provide innovative programs and valuable services to older individuals, their families and communities.

I respectfully submit on behalf of our dedicated employees, the Idaho Commission on Aging Annual report for State Fiscal Year 2011.

A handwritten signature in black ink that reads "Sam Haws". The signature is written in a cursive, flowing style.

Sam Haws

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Idaho Commission on Aging

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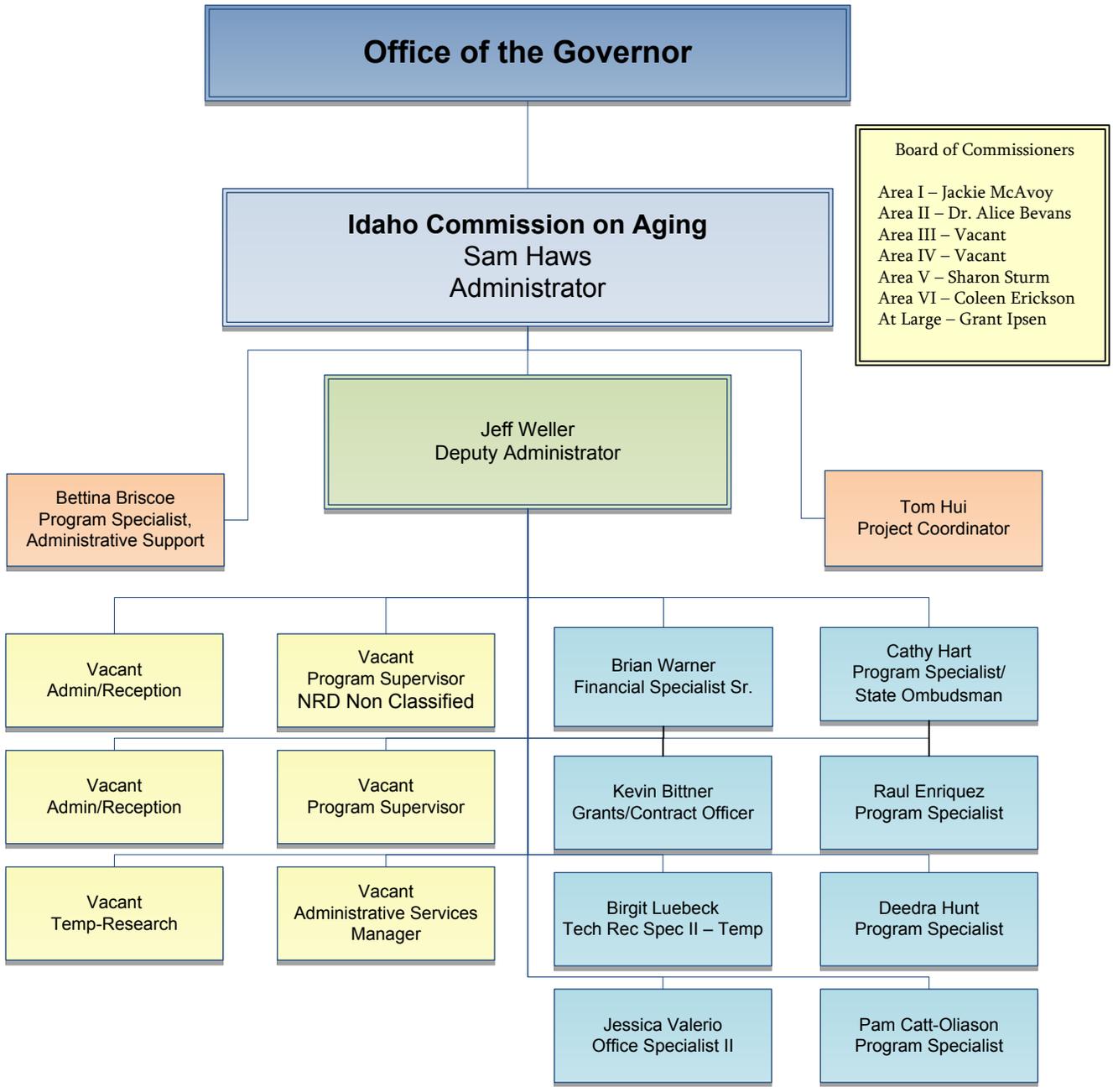
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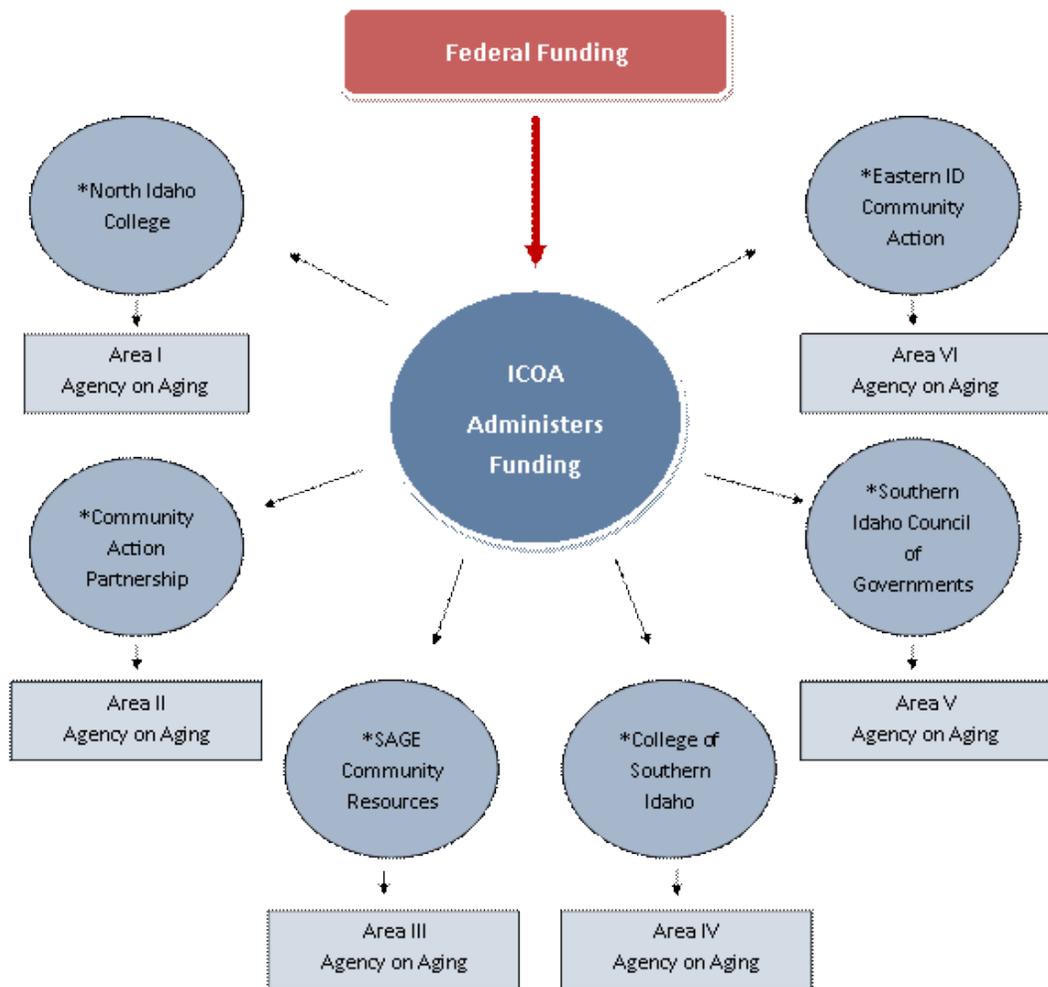
Website: www.idahoaging.com



The Idaho Commission on Aging is a state government agency under the oversight of the Executive Office of the Governor. The ICOA was originally created in 1968 as the Idaho Office on Aging with a 17-member advisory council to administer federally funded programs under the Older Americans Act (OAA) of 1965, as amended, and state-funded services for older Idahoans. In 1995, legislation was adopted to change the name to the Idaho Commission on Aging and replace the council with a 7-member commission.

In SFY2011, ICOA received federal funds totaling \$7,432,500 and general funds totaling \$4,385,200. The majority of federal funds were awarded to the state through Title III- Grants for State and Community Programs on Aging, Title V Community Service Senior Opportunity Act, and Title VII – Allotments for Vulnerable Elder Rights Protection Activities of the Older Americans Act of 1965. In addition to the major grants listed, ICOA received funding from four discretionary federal grants. State funding is used to match these grants and to provide funding for Adult Protection as specified in Idaho Statute 67-5011.

The ICOA contracts with Umbrella agencies that employ Area Agencies on Aging (AAA), which provide services defined in the Older Americans Act. The AAAs also provide services for Idaho’s Ombudsman and Adult Protection programs. There are six AAAs that are geographically located throughout the state and cover all 44 counties in Idaho. (Idaho Statute 67-5007)



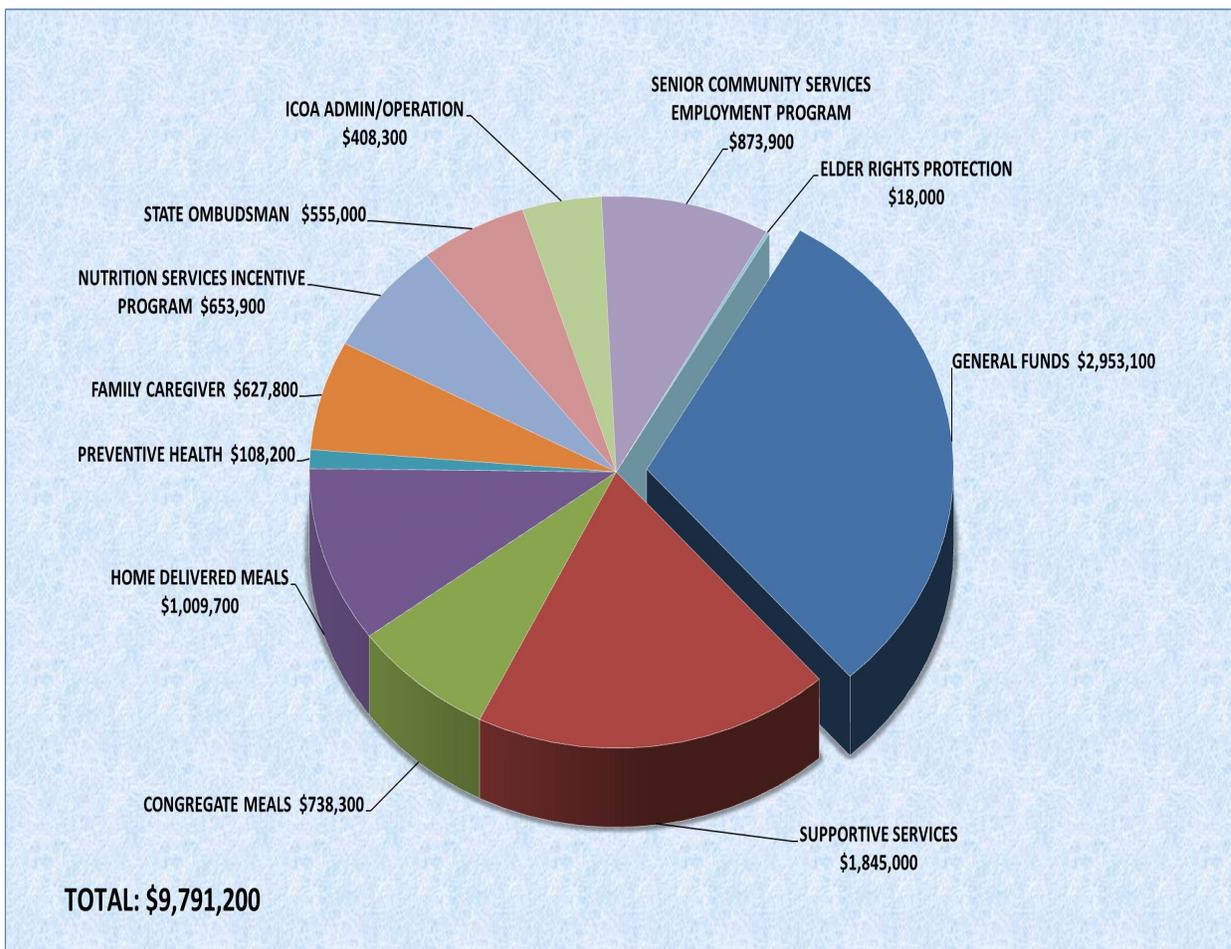
* Umbrella Agencies are the Parent Agency (employers) of the Area Agencies on Aging.

**IDAHO COMMISSION ON AGING
SFY 2011 EXPENDITURES FROM IBIS**

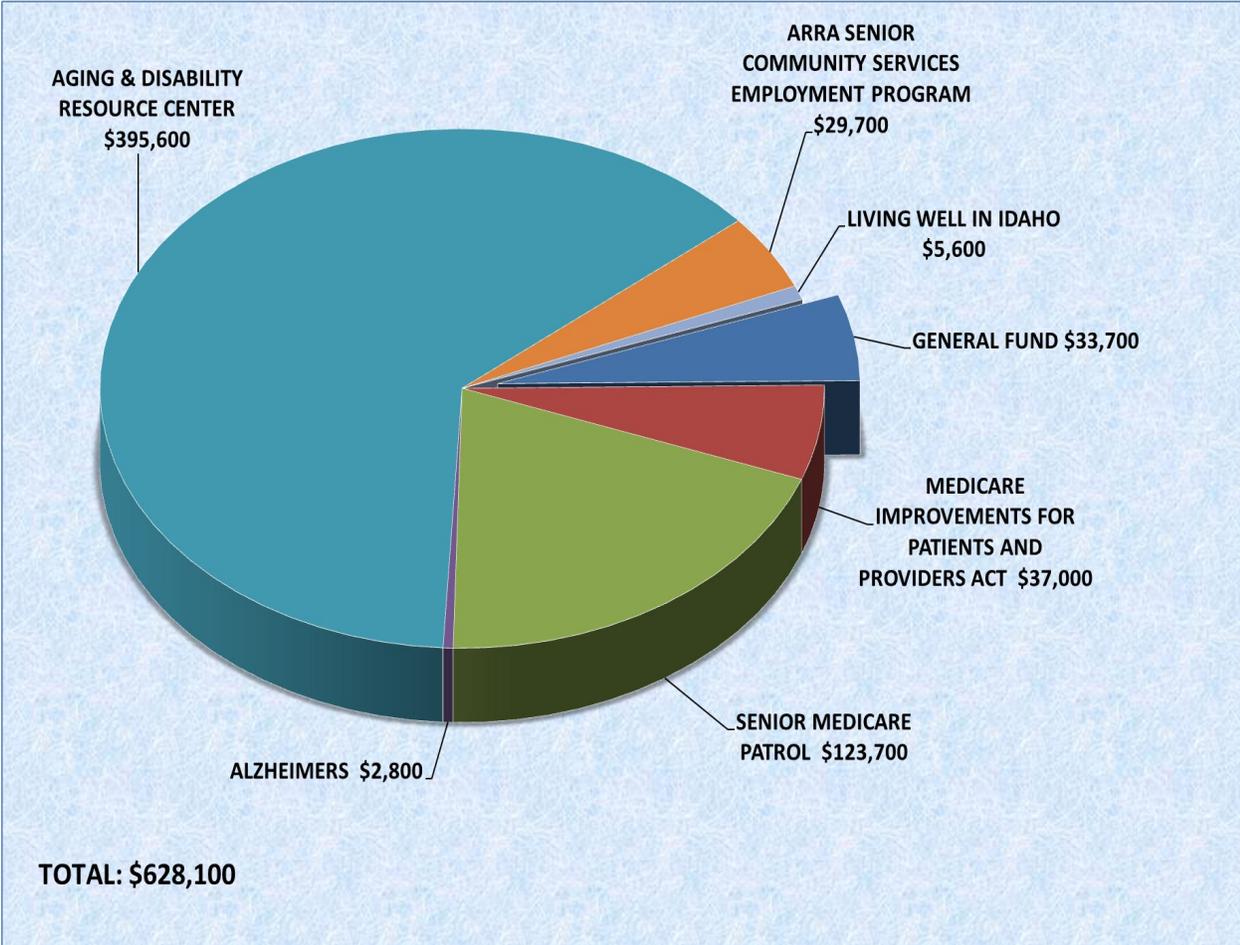
FUNDING SOURCES	GENERAL FUNDS	FEDERAL FUNDS	TOTAL
OLDER AMERICANS ACT			
ONGOING GRANTS			
Supportive Services	994,900	1,845,000	2,839,900
Congregate Meals	647,400	738,300	1,385,700
Home Delivered Meals	544,500	1,009,700	1,554,200
Preventive Health	58,300	108,200	166,500
Family Caregiver	338,500	627,800	966,300
Nutrition Services Incentive Program (NSIP)	0	653,900	653,900
ICOA Admin/Operation	308,200	408,300	716,500
State Ombudsman	37,800	555,000	592,800
Elder Rights Protection	0	18,000	18,000
Senior Community Services Employment Program (SCSEP)	23,500	873,900	897,400
ONGOING GRANTS SUB TOTAL	\$ 2,953,100	6,838,100	9,791,200
OLDER AMERICANS ACT			
DISCRETIONARY GRANTS			
Medicare Improvements for Patients and Provider Act (MIPPA)	0	37,000	37,000
Alzheimer's Disease Supportive Services Program (ADSSP)	4,100	2,800	6,900
Aging & Disability Resource Center (ADRC)	22,100	395,600	417,700
ARRA Senior Community Services Employment Program (SCSEP)	300	29,700	30,000
Senior Medicare Patrol (SMP)	7,200	123,700	130,900
Living Well in Idaho	0	5,600	5,600
DISCRETIONARY GRANTS SUB TOTAL	\$ 33,700	594,400	628,100
OTHER GENERAL FUNDS			
Adult Protection	1,398,400		1,398,400
OTHER GENERAL FUNDS	\$ 1,398,400		1,398,400
GRAND TOTAL	\$ 4,385,200	7,432,500	11,817,700

SFY 2011 EXPENDITURES

OLDER AMERICANS ACT ONGOING GRANTS SFY 2011 EXPENDITURES



OLDER AMERICANS ACT DISCRETIONARY GRANTS SFY 2011 EXPENDITURES



ONGOING GRANTS FOR STATE & COMMUNITY PROGRAMS ON AGING

The Older Americans Act (OAA) is the major federal vehicle for the delivery of social and nutrition services for older persons. The intent of these federal funds, specifically Title III, is to be used as a catalyst in bringing together public and private resources in the community to ensure the provision of a full range of efficient, well-coordinated and accessible services for older persons.

SUPPORTIVE SERVICES

CASE MANAGEMENT

A service provided to older individuals and disabled adults or a family member to assist them in developing a plan and arranging for services to be provided in their home.

- Assessment of the individual
- Development and implementation of a service plan
- Coordination and monitoring of in-home services and community based resources
- Periodic reassessment

HOMEMAKER PROGRAM

Provides older individuals with needed assistance enabling their continuing ability to live independently at home.

- Assistance with:
- Light housework
 - Managing money
 - Shopping
 - Meal preparation

INFORMATION & ASSISTANCE

Serves as a first contact and point of entry into Idaho's Aging Network of services and resources for older individuals and family caregivers.

- Easy access to services from a single source of information
- Refer individuals to private and non-profit organizations
- Provide a list of local resource information that enables individuals to make informed decisions

OUTREACH SERVICE

Actively seeks out older persons, identifies their service needs, and provides them with information and assistance to link them with appropriate services.

- Identify and prioritize older individuals who have the greatest economic and social need
- Inform individuals of qualifying benefits
- Assist with enrollment in available programs

RESPIRE PROGRAM

A home and community based service designed to encourage and support efforts of caregivers.

- Provide brief period of rest or relief to caregivers
- Companionship and socialization for care recipient
- Restore mental and physical well being of the caregiver

TRANSPORTATION

Ensures access to transportation services.

- Transportation to some meal sites
- Reduce isolation
- Promote independence
- Assist persons who have difficulties using regular transportation

CONGREGATE MEALS

Provide nutritious meals to individuals 60 years and older and their spouse or caregiver.

- Meals offered to participants meet dietary guidelines
- Promote socialization
- Disease prevention and health promotion education

HOME DELIVERED MEALS

Provide nutritious meals to homebound individuals who are 60 years and older, their spouse or caregiver and any disabled person residing in the home. Participants must be unable to participate in congregate meals or unable to prepare a meal at home.

- Prevent hunger and food insecurity
- Improve nutritional status
- Clients are visited by meal deliverer reducing isolation
- Continue ability of participant to live independently

PREVENTIVE HEALTH/HEALTH PROMOTION

Provide preventive health and health promotion through informational events such as health fairs and presentations to seniors who are 60 years and over.

- Medication management
- Health screening
- Exercise and fitness programs
- Injury prevention

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

Provide support and training to help caregivers make decisions, resolve problems, and develop skills to carry out their caregiving responsibilities.

- Provide public awareness about caregiving services
- Aid caregivers to access services
- Provide counseling, support groups and caregiver training
- Provide respite (temporary relief from caregiving)
- Counsel caregivers on private pay options

NUTRITION SERVICES INCENTIVE PROGRAM

Provide supplemental incentive funding to Area Agencies on Aging based on the number of meals served in the prior year.

- Funds go directly to purchasing of food with no administrative costs
- Area Agencies on Aging have an option to decide if they want their award in cash or in commodities

OMBUDSMAN

To protect the health, rights, welfare and safety of nursing home and assisted living residents over 60 years of age.

- Investigate and resolve complaints made by or on behalf of residents
- Carry out regular unannounced visits
- Provide public education and staff training on aging issues

ELDER ABUSE PREVENTION

To further support activities to prevent elder abuse, neglect and exploitation.

- Assist older individuals in determining their rights
- Help older individuals make informed decisions
- Individuals benefit from support and opportunities promised by law

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

To provide training to qualified unemployed individuals 55 years and older.

- Employment training
- Participants receive stipend
- Assistance to individuals to re-enter the workforce

DISCRETIONARY GRANTS FOR STATE & COMMUNITY PROGRAMS

In addition to the ongoing grants, the Older Americans Act (OAA) provides additional opportunities through a competitive award process to address those areas that need additional focus. These include Medicare Improvements for Patients and Provider Act (MIPPA), Alzheimer’s Disease Supportive Services Program (ADSSP), Aging and Disability Resource Center (ADRC), Senior Medicare Patrol (SMP) and “LIVING WELL IN IDAHO” - CHRONIC DISEASE SELF-MANAGEMENT (CDSMP).

MEDICARE IMPROVEMENTS FOR PATIENTS AND PROVIDER ACT (MIPPA)

Expand and enhance outreach efforts to beneficiaries on Medicare Part D (stand-alone prescription drug coverage insurance) and find those eligible for low income subsidy and Medicare Savings Program. Provide education on disease prevention, changes in Medicare wellness benefits, and Medicare Part D annual enrollment changes.

- Aid Medicare beneficiaries to understand their eligibility for Medicare savings programs
- Alert Medicare beneficiaries of changes in the annual election enrollment

ALZHEIMER’S DISEASE SUPPORTIVE SERVICES (ADSSP)

Expand Idaho’s statewide system for support of caregivers of persons with Alzheimer’s disease through access to Building Better Caregivers, a web-based training program.

- Make good decisions and future plans for loved ones and self
- Participants are provided with educational information that could improve sleep habits, physical activity and nutritional needs

AGING AND DISABILITY RESOURCE CENTER (ADRC)

Streamline access to long-term care services and supports for Idaho’s elders, adults with disabilities, their families, and caregivers.

- Individuals can find resources through one agency
- Trained staff provide options counseling to assist in determining long term care needs and supports
- Promote private pay options when appropriate
- Provide person centered planning for transitioning out of hospitals or nursing homes

SENIOR MEDICARE PATROL (SMP)

To expand consumer awareness of Medicare fraud and other types of fraud.

- Volunteers educate beneficiaries to scrutinize Medicare billing information
- Volunteers forewarn consumers about identity theft, consumer fraud and other health care scams
- Volunteers assist with consumer enrollment for Medicare Part D drug coverage

“LIVING WELL IN IDAHO” - CHRONIC DISEASE SELF-MANAGEMENT (CDSMP)

To teach participants who are 60 years and older, their families and caregivers how to maintain their health and manage their chronic health conditions.

- Personalize plan to manage:
- Pain and fatigue
 - Emotions, anxiety and stress
 - Communication with family and doctors

STATE PROGRAM

Adult protection services for vulnerable adults shall be administered through the Idaho Commission on Aging. Provision of services may be accomplished by contracting with each of the Commission’s local Area Agencies on Aging.

ADULT PROTECTION (AP)

Adult protection services are specialized social services directed toward assisting vulnerable adults who are unable to manage their own affairs, carry out the activities of daily living or protect themselves from abuse, neglect or exploitation.

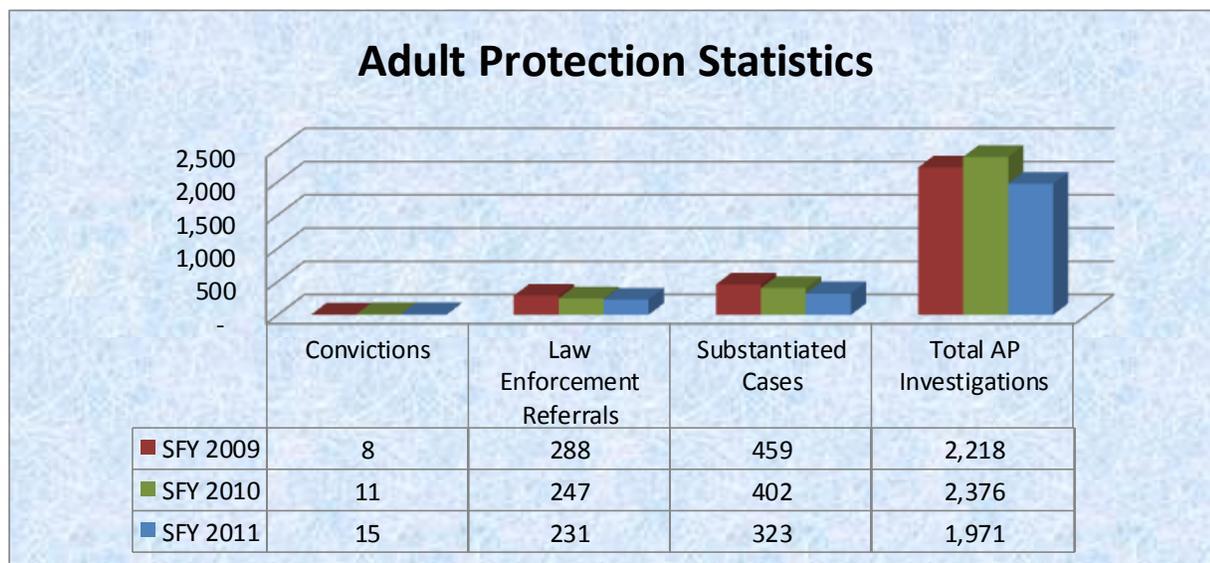
- Take remedial actions to protect vulnerable adults
- Provide specialized services to assist seniors and vulnerable adults (age 18 and over) in protecting themselves
- Collaborate with law enforcement, health and welfare, nursing homes, bank managers and others to reduce the incidence of adult abuse, neglect, self-neglect, and exploitation
- Investigate allegations of abuse, neglect, self-neglect or exploitation

The Adult Protection Program required by Idaho Statute 67-5011 charges ICOA and the Area Agencies on Aging with assisting vulnerable adults who are unable to manage their own affairs, carry out the activities of daily living or protect themselves from abuse, neglect, or exploitation.

The term vulnerable adult means “a person eighteen (18) years of age or older who is unable to protect himself or herself from abuse, neglect or exploitation due to a physical or mental impairment which affects the person’s judgment or behavior to the extent that he/she lacks sufficient understanding or capacity to make, communicate or implement decisions regarding his/her person.”

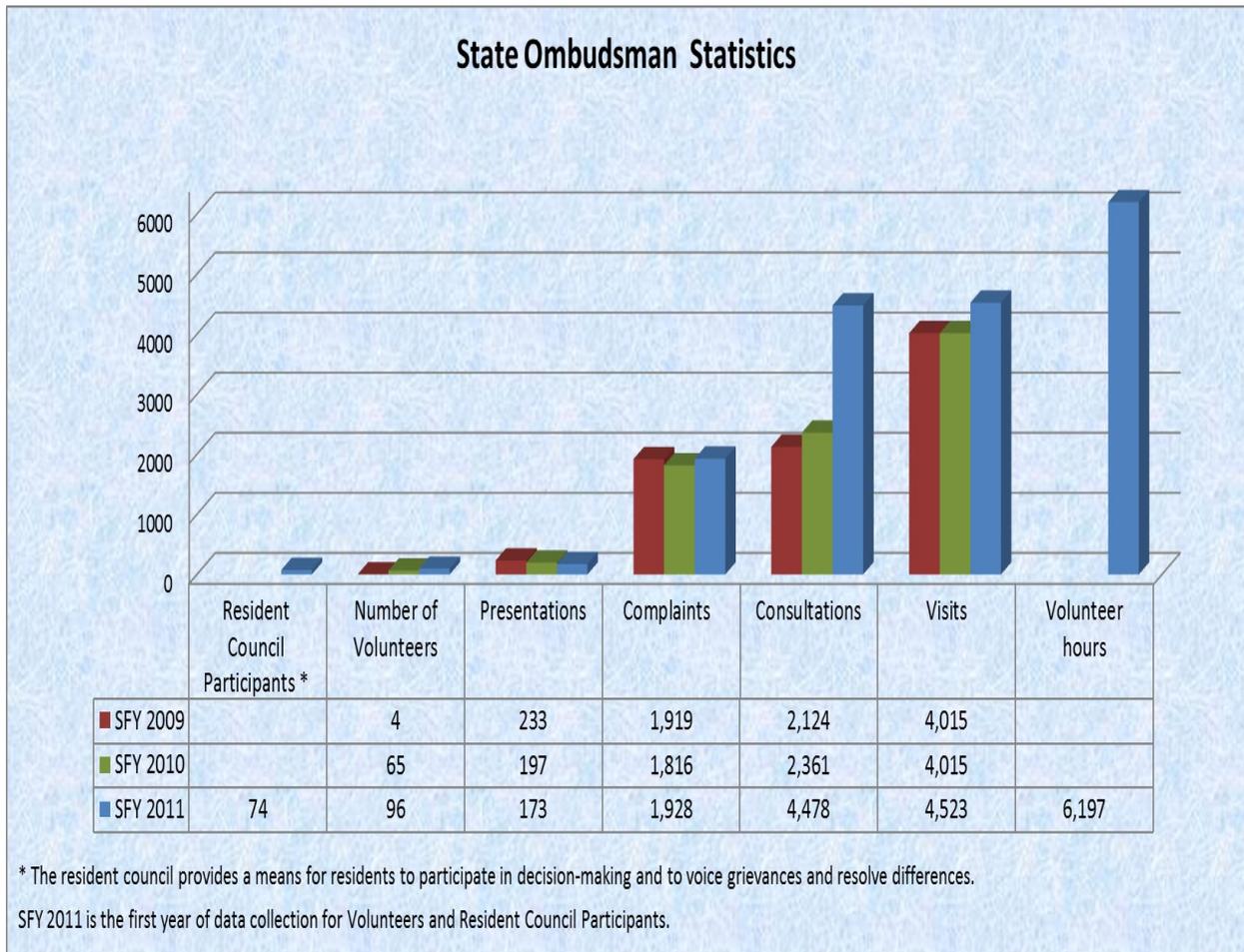
Throughout SFY 2011, this specialized social service has focused on promoting education as a means of prevention. Adult Protection staff have been coordinating and collaborating with other entities, such as law enforcement and the Department of Health and Welfare, concerned with protecting vulnerable adults across the state.

In 2011 six public meetings were held around the state at each Area Agency. These meetings offered an opportunity for interested citizens to give input on the Adult Protection (AP) program. Participants consistently emphasized the importance of better communication and coordination between agencies involved with protecting Idaho’s vulnerable adults. Recommendations were made to re-evaluate and amend current AP statute to provide better direction and clarification of the AP process, and to provide more public education on adult protection issues.



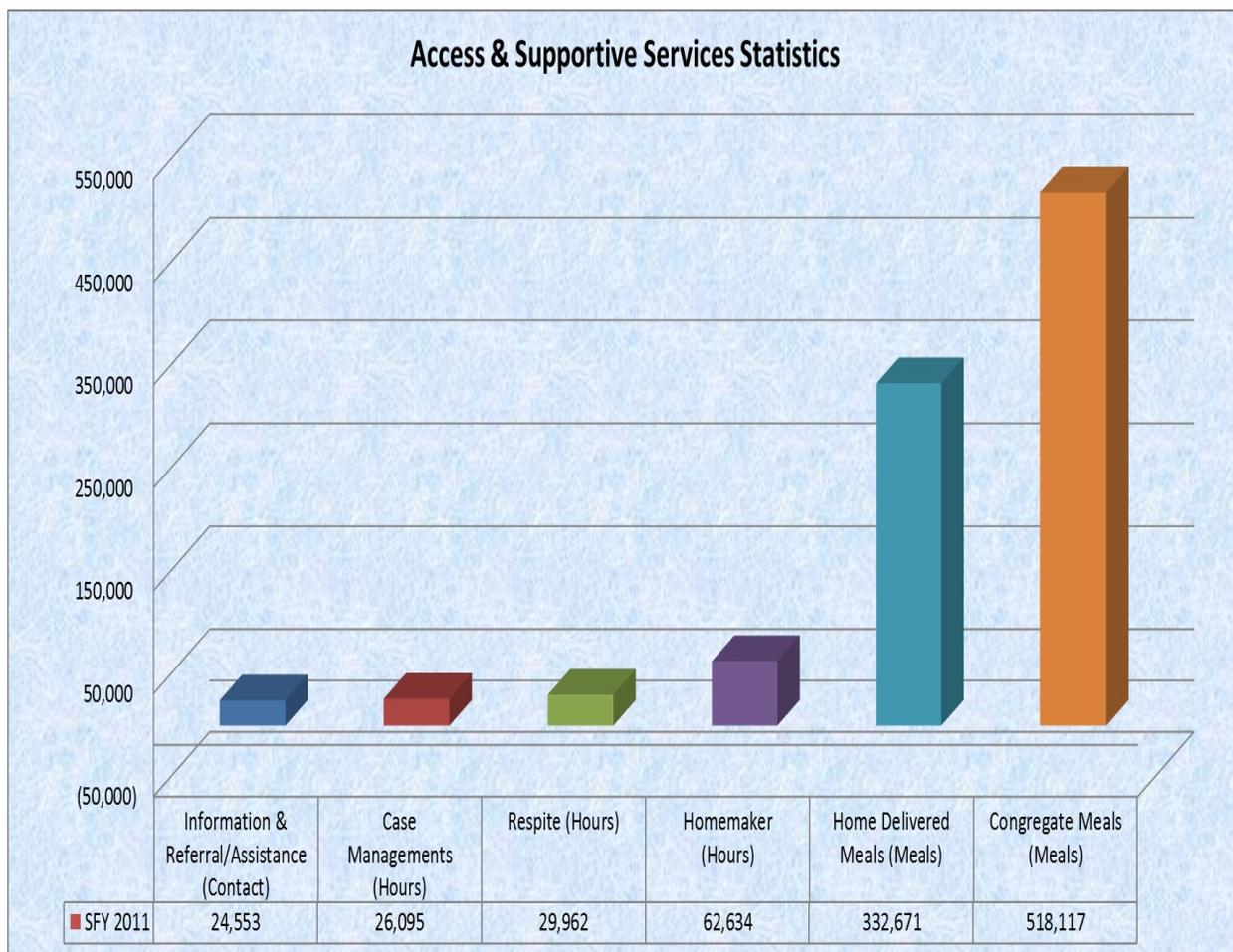
The Idaho Long Term Care Ombudsman Program is a federally mandated program directed by the Older Americans Act to protect the health, safety, welfare, and rights of those individuals receiving long term care services in Idaho (Idaho Statute 67-5009). During FY 2011 six local Ombudsman programs, located in each of Idaho’s Area Agencies on Aging, provided advocacy for residents in 79 nursing homes and 290 assisted living facilities throughout the state.

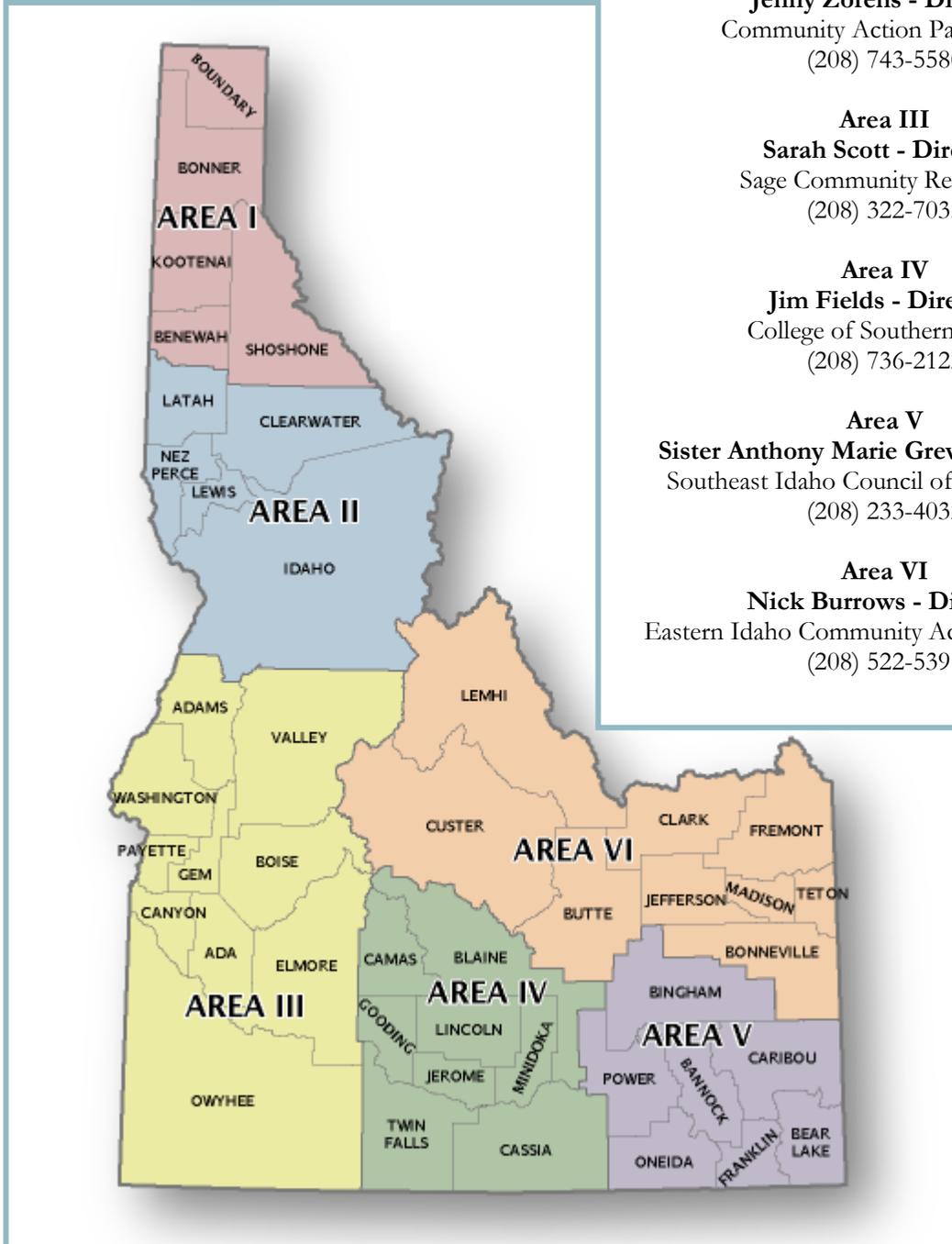
In 2011 Ombudsmen visited and investigated 13% more facilities than the previous year. The success of the program is owed, in part, to the 96 active volunteers, for an in kind value of \$106,669.00.



The Older Americans Act funding is used by the Area Agencies on Aging to deliver services to seniors and their caregivers. These services are tracked by the AAAs as a unit of service such as hour increments, a meal delivered or a contact made. Units vary based on the service.

The main goal of these services is to assist seniors in their decisions to avoid institutional placement and to remain in their own home for as long as possible. These services support caregivers in their efforts to take care of their loved ones in their home. The graph below represents services delivered in State Fiscal Year 2011.





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