



ANNUAL REPORT

State Fiscal Year 2022 (SFY2022)

Idahoans Have an Informative, Visible, Reliable and Accessible Support System as They Age

**NO WRONG
DOOR**



**Idaho
Commission on Aging**

www.aging.idaho.gov

Submitted to Brad Little, Governor for the Great State of Idaho

FROM THE DIRECTOR



The Commission on Aging (ICOA) plans, implements, and evaluates a network of services to facilitate older Idahoans to live safe, healthy, and self-directed lives in their communities of choice. As a highly reliable organization we have adopted formal methodology around our everyday activities, including planning, daily operations, and financial management.

We couple this rigorous methodology with a spirit of collegiality with our Area Agencies on Aging, Idaho's Senior Centers, and assorted service providers. We also Partner with other State, local and non-profit agencies to provide a no wrong door system, so Idahoans can get linked to our services no matter who they call first.



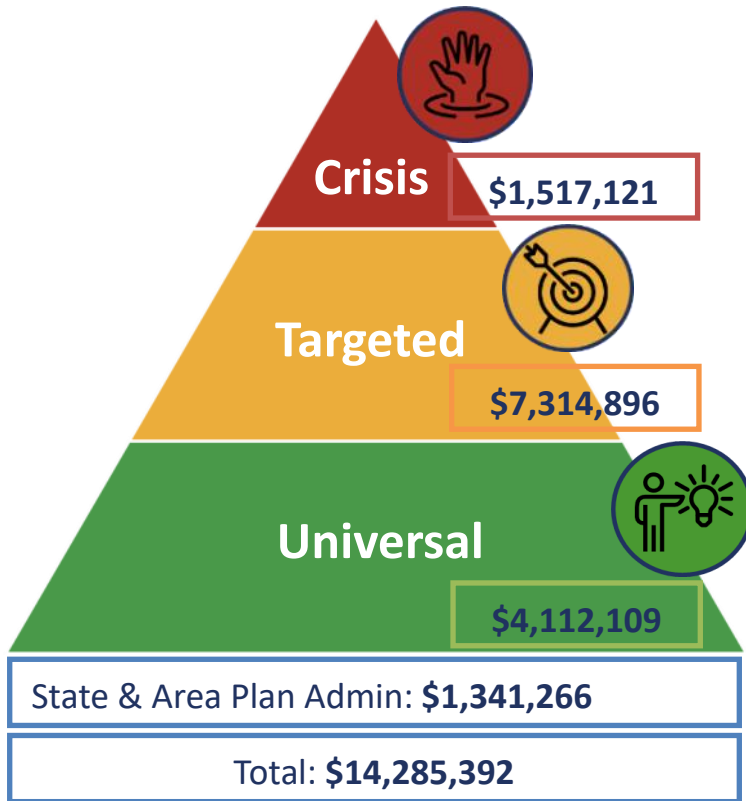
I believe our diligence in approaching our work in a serious, systemic, and forward-looking manner, will be evident on the following pages. We strive to be transparent, so you will also see detailed drill downs around the financial aspects of our work, and other important outcome metrics.

These have been unprecedented and challenging times for older and disabled Idahoans, but the Aging Network has responded to the moment with our best efforts. Unprecedented growth has and will continue to challenge us to prioritize our services for clients and caregivers at highest risk.

As always, thank you for your trust and interest,

Judy B. Taylor, Director

AT A GLANCE



Crisis Programs:

Preserve Rights and Safety

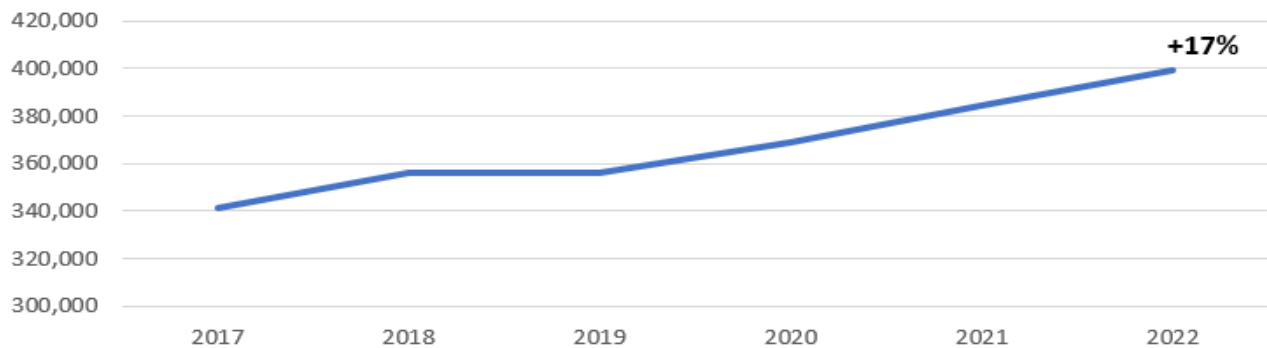
Targeted Programs:

Prevent Institutionalization

Universal Programs:

Promote Healthy Aging

Idaho Population Aged 60+ 2017-2022



Target Demographics	*Census Population	Registered Clients Served	% of Registered Clients Served
75 years and older	110,041	11,349	59%
85 years and older	29,419	4,356	23%
65+ Living in Poverty	22,301	4,280	23%
65+ Living Alone	65,545	6,575	41%
60+ Living in Rural County	126,142	10,330	53%
60+ Racial Minority	15,135	467	3%
60+ Hispanic	17,091	761	4%
*ACS (American Community Survey)			

TABLE OF CONTENTS

CRISIS

- ◆ Legal Assistance.....2
- ◆ Elder Abuse Prevention: Legal Assistance Developer (LAD)3
- ◆ Idaho Adult Protective Services APS-CRRSA & APS-ARPA.....4
- ◆ Adult Protective Services (APS)6
- ◆ Ombudsman.....8

TARGETED

- ◆ Transportation.....14
- ◆ Home Delivered Meals (HDM).....15
- ◆ Commodity Supplemental Food Program (CSFP)18
- ◆ Homemaker19
- ◆ Nutrition Services Incentive Program (NSIP).....21
- ◆ Chore.....22
- ◆ Idaho Family Caregiver Support Program23
- ◆ Enhancing Idaho Lifespan Respite Grant.....25
- ◆ Advancing Idaho Lifespan Respite Grant.....26
- ◆ Dementia Capable-Alzheimer’s Disease Supportive Services Program27
- ◆ Consumer Direction28
- ◆ Senior Community Service Employment Program (SCSEP)29
- ◆ Medicare Improvements for Patients and Providers Act (MIPPA)30

UNIVERSAL

- ◆ Information and Assistance (I & A)32
- ◆ Aging and Disability Resource Center (ADRC)33

TABLE OF CONTENTS

- ◆ Chronic Disease Self-Management Education (CDSME) 34
- ◆ Chronic Disease Self-Management (CDSME) Grant..... 36
- ◆ Congregate Meals 37
- ◆ Senior Medicare Patrol (SMP) Fraud Prevention 40
- ◆ Loneliness Reduction 41

STAY EDUCATED

- ◆ Aging Website..... 43
- ◆ Why Online Learning 44
- ◆ Course Spotlight: Let’s End Loneliness 45
- ◆ Caregiver Skills..... 46
- ◆ Dementia Skills 47
- ◆ Healthy Caregiving..... 48
- ◆ ICOA Planning Process 49
- ◆ ICOA Social Media and Contact Information 50

FINANCIALS

- ◆ The Intrastate Funding Formula (IFF) 51
- ◆ Budget Authorization Distributions..... 52
- ◆ ICOA and AAA Expenditures 53
- ◆ AAA Expenditure Details..... 55

ICOA INFORMATION

- ◆ ICOA Duties and Powers 57
- ◆ ICOA Board of Commissioners 58

Preserving Rights and Safety

- ◆ Right to live without abuse, neglect, exploitation
- ◆ Right to live with dignity
- ◆ Right to make our own decisions



The Commission recognizes safety as a fundamental factor in our ability to age successfully. Breach of public trust and individual safety results in significant financial expense, depletion of essential resources, and a decline in well-being and long-term health. The Commission has multiple programs designed to promote justice and provide support to the most vulnerable.



Professional Advice, Counsel or Representation

Legal representation is critical in keeping some older Idahoans safe. The Commission partners with Idaho Legal Aid to assist low-income older Idahoans on legal matters.

Promoting Justice for Seniors

SFY2022 Expenditures	
Federal: Older Americans Act	\$78,460
Federal: ARPA	\$46,568
Total	\$125,028

SFY2022: Statewide Trends	
Total Cases: 1,692	
Top Legal Assistance Service Areas	Cases by Legal Category
Other/Misc (consumer, will, probate, etc. cases)	609
Housing	503
Defense of Guardianship or Protective Services	175
Health Care	204
Long-Term Care	65
Income	71
Abuse/Neglect	59
Age Discrimination	1
Nutrition	4
Utilities	1

LEGAL ASSISTANCE ADDRESSES

ISSUES RELATED TO:

- ◆ Income
- ◆ Health Care
- ◆ Long-term Care
- ◆ Nutrition
- ◆ Housing
- ◆ Utilities
- ◆ Protective Services
- ◆ Defense of Guardianship
- ◆ Abuse or Neglect
- ◆ Age Discrimination

ELDER ABUSE PREVENTION: LEGAL ASSISTANCE DEVELOPER



The Legal Assistance Developer (LAD) is an Older Americans Act mandated position, focused on improving legal service provision to seniors across the state. The ICOA contracts with Idaho Legal Aid Services, Inc. to fill this role.

Service Description

On elder abuse and exploitation, the LAD provides the following:

- Consultation
 - with pro bono attorneys accepting abuse and exploitation cases, pursuing civil and criminal remedies for psychological, sexual, and financial abuse and exploitation.
- Partnership and Collaboration
 - with Adult Protective Services (APS) to streamline communication and services between APS and pro bono attorneys.
 - with APS and other partners to screen seniors for potential legal risk using the Legal Risk Detector, resulting in preventative work that will better protect seniors from exploitation and abuse.

Senior Legal Case Trends	
Total Cases: 225	
Case Type	
50	Elder abuse/neglect
47	Defense of guardianship – instances where the guardian was abusive/exploitative or unnecessary
128	Focused on advanced planning to protect seniors from future abuse and exploitation

Helping Vulnerable Adults Stay Safe

SFY2022 Expenditures	
Total Federal: Older Americans Act	\$20,000

IDAHO ADULT PROTECTIVE SERVICES APS-CRRSA GRANT AND APS-ARPA GRANTS

The Idaho Adult Protective Services received Federal Coronavirus Response & Relief Appropriations (CRRSA) and Federal American Rescue Plan Act (ARPA) funds. The funds are directed to prevent, prepare for and respond to needs of vulnerable adults through the activities of the State Adult Protective Services Program. The grants have provided financial support in the efforts of ICOA in the development and implementation of the most effective Idaho Adult Protective Services (APS) delivery model.



CRRSA and ARPA Grant Project Goals:

- 1) Conduct Community Outreach
- 2) Provide goods and services necessary improve safety, support, and stabilization to APS clients
- 3) Provide training and development activities for APS workers statewide
- 4) Provide for APS clients' legal needs and APS client family caregivers needs for legal services to support the APS clients they care for.
- 5) Provide care coordination service to overwhelmed caregivers to reduce the risk of maltreatment to APS clients.
- 6) Better equip Idaho APS workforce with resources to minimize their safety risks and better inform APS clients.

IDAHO ADULT PROTECTIVE SERVICES APS-CRRSA GRANT AND APS-ARPA GRANTS, CONT.



Community Outreach: ICOA created dementia education presentation notebooks for Idaho APS workers and supervisors, state and local and volunteer AAA program staff. The materials were delivered to 66 trainees during a full day educational opportunity for this subject.

APS Intervention Aid: ICOA began a 3 year project to implement a statewide APS Intervention Aid Service. This service aims to provide goods and services to APS clients who are at high risk of a crisis or are currently in a crisis to improve their safety, support, and stabilization needs.

Community Care Program: ICOA began 3 year project to develop, pilot, and support a statewide demonstration of a caregiver care coordination service that will include case management and consumer directed services to increase the capacity of unpaid caregivers. This intervention seeks to reduce stress, burden, and early burnout, to overwhelmed caregivers and the associated risks of maltreatment to the Adult Protective Services clients they care for.

Idaho Legal Aid: ICOA in partnership with Idaho Legal Aid began a 2 year project to develop and implement a program to support APS clients' legal needs and APS client family caregivers with legal services to support the APS clients they care for.

SFY2022 Expenditures

Total Federal: APS CRRSA and ARPA	\$131,761
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ADULT PROTECTIVE SERVICES (APS)



Adult Protective Services (APS) is a specialized social service program provided by the State of Idaho to vulnerable adults who need assistance because of maltreatment. Services are meant to support personal freedom and provide encouragement for the APS client's self-determination and continuity of care.

***Supporting Vulnerable Adults
Safety and Stabilization***

Service Description

APS provides investigation, prevention, and intervention service for vulnerable adults that are, or are suspected to be victims of maltreatment.

- Investigates allegations of vulnerable adult maltreatment
- Delivers a focused care coordination service
- Provides aid to support in-home health and safety
- Delivers community and allied professional training
- Aids informal overwhelmed caregivers of APS clients

SFY2022 Expenditures	
Total State	\$1,155,400

ADULT PROTECTIVE SERVICES, CONT.

Maltreatment	Allegations	Substantiated	Substantiated Age 18-59	Substantiated Age 60+
Abuse	491	87	39	48
Exploitation	446	55	13	42
Neglect	549	76	22	54
Self-Neglect	452	92	20	72

16 Contracted Full-time APS Staff Statewide
67 Community Education Presentations
1,938 Maltreatment Allegations Investigated

Reports of Suspected Maltreatment of Vulnerable are accepted from any source. In Idaho, Professionals Legally Obligated to Report Suspected Maltreatment of Vulnerable Adults Include Any:

- Police Officer
- Home Care Worker
- Pharmacist
- Physician
- Physical Therapist
- Health Facility Employee
- Social Worker
- Medial Examiner
- Nurse
- Osteopath
- Dentist
- Optometrist
- Chiropractor
- Podiatrist



Ombudsman Program Mission

The Long-Term Care Ombudsman Programs' Mission is to ensure that residents of nursing homes and assisted living facilities in Idaho, have timely access to advocacy, mediation and resident rights education, to promote health, safety welfare, rights and quality of life and care.

Statutory Authority

The Idaho Long Term Care Ombudsman Program operates within the Idaho Commission on Aging and receives its statutory authority from the federal Older Americans Act, Titles III and VII 42 U. S. C. 3001 et seq., 45C.F.R. 1321.1 and 1324, Idaho Code 67- 5009, and Idaho Administrative Procedures Act (IDAPA) 15.01.03.

Ombudsman Program Change

The Ombudsman Program has experienced a lot of change these past years. It has been difficult to fill Ombudsman Manager positions in some of our more rural areas, but the ombudsman program is now at full staff and serving long-term care residents throughout the state.

The Ombudsman Volunteer Program has dwindled to 10 over the past two years, but we are excited to have received an ARP grant and will use the funds to hire a part time state level volunteer recruiter and trainer to increase the volunteer program across the state.

***Helping
Assisted Living and
Nursing Facility
Residents
Stay Safe***

OMBUDSMAN, CONT.

In SFY 2022, the Ombudsman Program was still struggling with limited volunteers to provide support to the Ombudsman Program throughout the state. AAA 5 and AAA 4 have taken advantage of both Easter Seals staff and volunteers to assist in fulfilling the responsibilities of volunteer coordination. Volunteers can make a huge difference in providing access to the ombudsman Program by long term care residents and their representatives.

The Program goal for SFY 2023 is to hire a part time staff at the state level to recruit and training volunteers for the AAA's ombudsman programs to boost the Ombudsman Program and to increase accessibility.

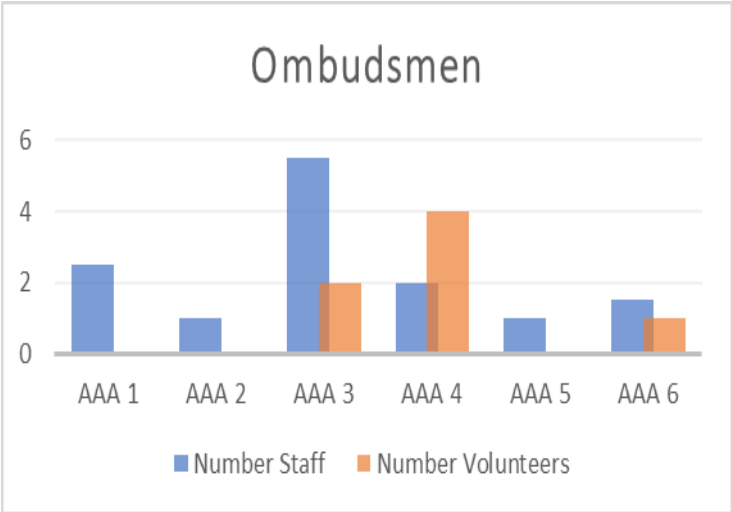
Volunteers make visits to facilities, provide training to staff, residents and their representatives. Volunteers attend Resident Council meetings and provide resident rights training; they investigate complaints and advocate for residents' rights. The table below represents the number of licenses. Some licenses have more than one building and may possibly be a campus. (Numbers pulled from the Health and Welfare Website April 2022)

AAA	RALF Licensed Facilities	RALF Bed Count	SNF Licensed Facilities	SNF Bed Count	Total Beds by Region
AAA 1	34	1,632	12	988	2,620
AAA 2	18	753	10	760	1,513
AAA 3	116	4,831	29	2,432	7,263
AAA 4	37	1,097	11	746	1,843
AAA 5	29	988	10	528	1,516
AAA 6	24	1,127	8	577	1,704
Totals	258	10,428	80	6,031	16,459

Paid Staff



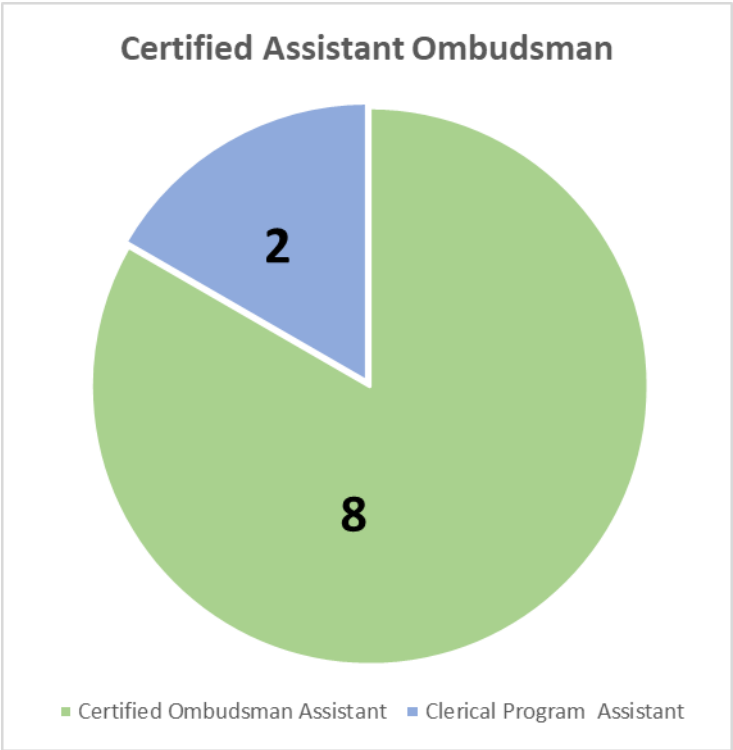
**State-1 FT
AAA -12 FT
AAA- 3 PT**



Certified Volunteers



10



OMBUDSMAN, CONT.

Functions of the State Ombudsman Program	Functions of the Local Ombudsman Program
<ul style="list-style-type: none"> • Identify, investigate and resolve complaints that are made by or on behalf of, long term care residents; • Assure that the State Office and its representatives have access to long-term care facilities, residents and records; • Provide services to assist residents residing in Nursing Homes and Residential Care/ Assisted Living Facilities in protecting their health, safety, welfare and rights; • Provide education to Idahoans about Long Term Care Ombudsman services; • Ensure that Idahoans have regular and timely access to ombudsman services, and timely response to complaints; • Represent older citizens' interests before governmental agencies and seek legislative remedies; • Provide administrative and technical assistance to substate ombudsman; • Analyze, comment on, monitor and recommend changes in federal, state, local laws, regulation, policies and actions that pertain to the health, safety, welfare and rights of the residents of long-term care facilities; • Provide for training of substate ombudsman; • Assure availability of legal counsel to provide advice, consultation, and assistance; • Assure that ombudsman have immunity from liability for good faith performance of official duties; • Identify, resolve and prevent conflicts of interest; • Monitor and improve the statewide reporting system to collect and analyze data relating to complaint investigations and activities of the long-term care ombudsman program; and • Report ombudsman activity annually to the Administration on Aging and Governor of the state of Idaho. 	<ul style="list-style-type: none"> • Provide services to protect the health, safety, welfare and rights of residents residing in long term care facilities while respecting their confidentiality; • Identify, investigate and resolve complaints made by or on behalf of long-term care residents; • Ensure regular and timely response to complaints and request for assistance; • Enter complete and accurate data into the state data collection system in a timely manner. • Represent the interest of residents before government agencies and seek administrative, legal and other remedies to protect the health, safety, welfare and rights of the residents; • Review and report on any existing and proposed regulation, and other government policies and actions that pertain to the rights and well-being of residents and facilitate the ability of the public to comment on the laws, regulations, policies and actions; • Provide education to residents, families, facility staff, and the community at large on relevant senior issues; • Make at minimum quarterly unannounced facility visits to assure that residents have timely, unimpeded and private access to the ombudsman program; • Support the development of resident and family councils; and • Carry out other activities that the State Ombudsman determines to be appropriate.

Complaint Investigations by Long Term Care Ombudsman



Complaint Investigation



Solutions

Top Complaints Nursing Homes

- #1 Discharge Eviction
- #2 Medications
- #3 Response
- #4 Rights
- #5 Staffing

Assisted Living Facilities

- #1 Discharge/Evictions
- #2 Medications
- #3 Food Services
- #4 Housekeeping
- #5 Staffing

Total Eviction/Discharge Complaints in RALF and SNF 117

Ombudsman Activities



1383 Routine Facility Visits



59 Resident Council Meetings



68 Community Education Sessions



2057 Information and Assistance calls answered for Facility Staff and Individuals



The State LTC Ombudsman Leads the 6 Long Term Care Ombudsman Programs.



Ombudsmen Are Qualified Resident Advocates, Investigators and Mediators Who Work to Resolve Complaints to the Satisfaction of Long-Term Care Residents.



Preventing Institutionalization

The Commission facilitates **programs that support people to stay at home, save money, increase security and enhance their well-being.** These services reduce the cost of institutionalization through addressing Activities of Daily Living (ADLs) needs in their own homes.

Activities of Daily Living (ADLs) are activities in which people engage on a day-to-day basis. These are everyday personal care activities that are fundamental to caring for oneself and maintaining independence.

Eating (feed self)	Toileting: Assistance
Walking/Assistive Device	Transfers
Dressing/Undressing	Bathe/Shower

Instrumental Activities of Daily Living (IADLs) are activities related to independent living and are valuable for evaluating persons with early-stage neurodegenerative disease, both to assess the level of disease and to determine the person’s ability to care for himself or herself. This allows ICOA to prioritize care for those most at risk for institutionalization.

Prepare Meals	Transportation
Manage Money/Pay Bills	Shop for Food/Personal Items
Laundry	Housekeeping
Medication Management	Telephone Use

TRANSPORTATION



The ability to travel, even short distances, is important for health, safety, independence and socialization of older or disabled Idahoans.

153,527 Boardings
Average Cost per Boarding \$3.31

SFY2022 Expenditures	
Federal: Older Americans Act	\$105,876
Federal: American Rescue Plan (ARPA)	\$181,382
State	\$221,616
Total	\$508,874

Service Description

Transportation helps seniors stay in their own homes by providing transportation to medical appointments, places of employment, shopping, and social events.

Transportation is tracked by number of boardings.

HOME DELIVERED MEALS (HDM)



Service Description

Provides a home delivered meal five or more days a week: may consist of hot, cold, frozen, dried, canned, fresh or supplemental foods. Program costs include food, preparation, delivery, dietician services and program management. Costs are minimized through community support and volunteer efforts.

SFY2022 Expenditures	
Federal: Older Americans Act	\$2,191,432
State	\$381,754
Total	\$2,573,186

SFY2021and SFY 2022 reimbursement Comparison		
Area Agency on Aging	HDM Meal Rate 2021	HDM Meal Rate 2022
AAA I-North Idaho	4.50	\$4.50
AAA II-North Central Idaho	3.56	\$3.56
AAA III-Southwest Idaho	4.50	\$4.50
AAA IV-South Central Idaho	3.90	\$3.90
AAA V-Southeast Idaho	3.75	\$4.25
AAA VI-Eastern Idaho	3.25	\$3.25

Significant Changes due to COVID-19:

- ◆ Client registrations decreased by 238 from 5,379 to 5,141
- ◆ Meals decreased by 46,709 from 768,267 in SFY2021 to 721,558 in SFY 2022

HOME DELIVERED MEALS, CONT.

Pandemic Response: To help the meal sites continue meal preparation and delivery during the initial onset of COVID-19, ICOA received additional supplemental funding under the American Rescue Plan Act (ARPA) and distributed \$1,021,715, to 98 meal providers across Idaho to support the nutrition program. These funds were used to help buying new equipment, increase access and safety items, upgrade indoor and outdoor venues, buy supplies necessary for COVID mitigation, help with payroll food costs and transportation.

Contracted Meal Provider in the State of Idaho	AAA 1 North Idaho	AAA 2 North Central Idaho	AAA 3 South-west Idaho	AAA 4 South Central Idaho	AAA 5 South-east Idaho	AAA 6 Eastern Idaho	Total
Number of Contracted Meal Providers	13	12	31	18	12	12	98
Congregate Meal Sites	17	12	29	18	11	12	99
HDM Providers	14	11	21	16	11	11	84

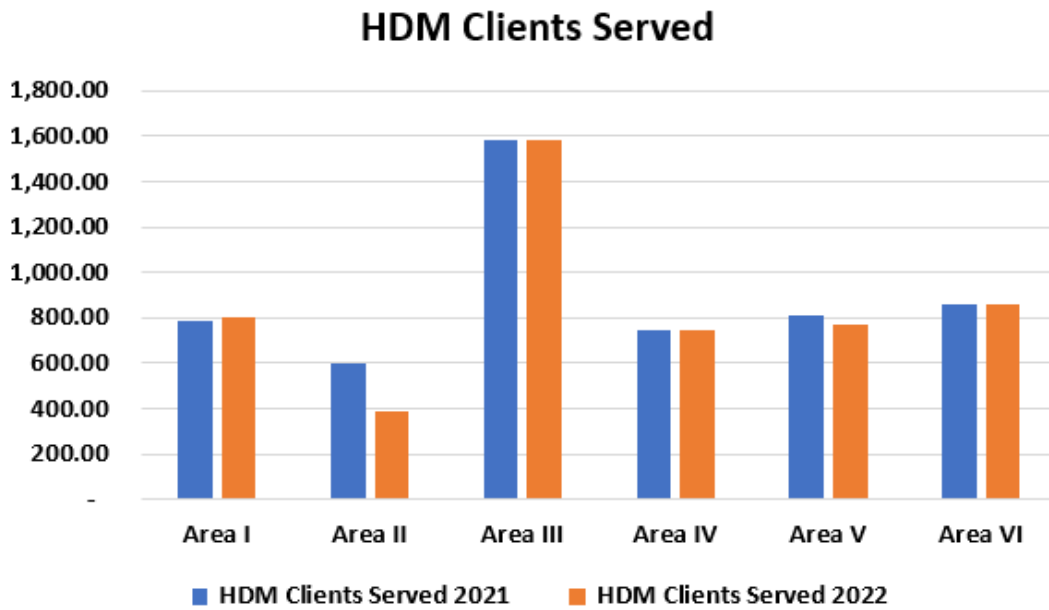
M.E.A.L funding was used across the State to **Modernize, Enhance, provide greater Access, or Leverage** money now to save money later. This is just one example where the onetime funds purchased something that will decrease cost for the foreseeable future.



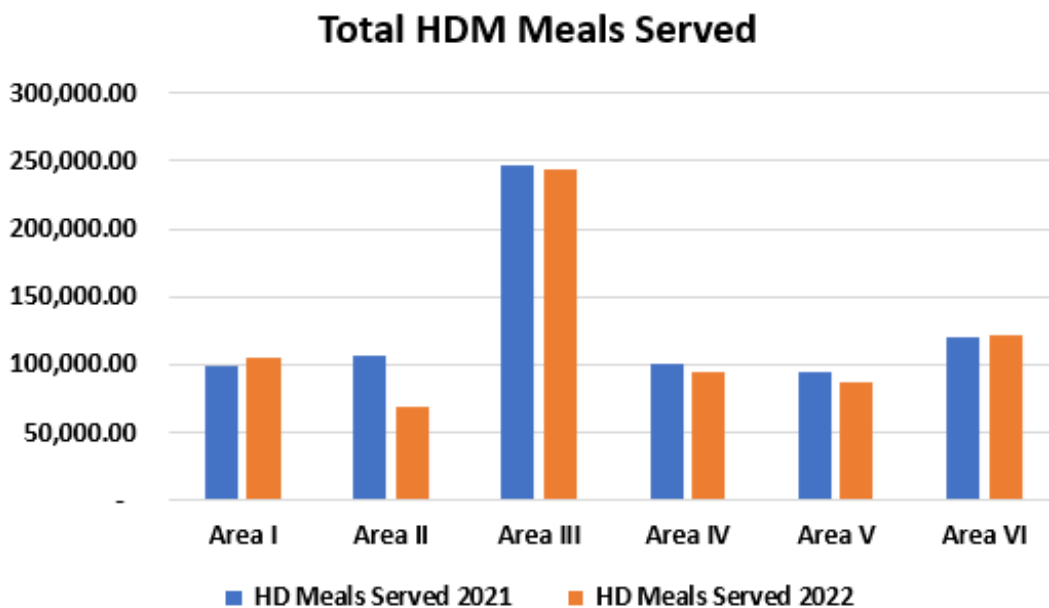
Connie Wright, Bear Lake Sc: Area V

Our existing water heater went out, it was going to cost \$10,000.00 to replace. We were able to get a tankless for less, saving money on our heating bill. We can pass this savings on to our home delivery to purchase gasoline. These funds help non-profits to get nutritional meals to our elderly.

HOME DELIVERED MEALS, CONT.



Our goal is to reduce the risk of institutionalization for Idahoans by providing services to assist seniors as they age. This not only reduces private and/or public cost incurred by institutionalization but allows the individual to reside in their home. Adequate nutrition is the foundation of continued community dwelling.



COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)



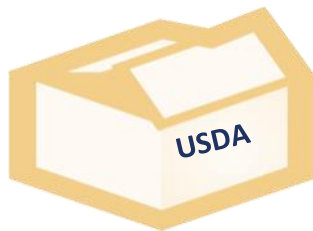
Service Description

The CSFP assists low-income seniors by providing nutritious monthly USDA food boxes filled with a variety of healthy foods. The box also contains nutritional education, recipes and other information designed to improve health. The Commission partners directly with the Idaho Foodbank to provide this service.

26,969 food boxes annually

2,191 seniors served

66 distribution partners



Average 32 lbs. per box and may contain:

- cheese
- cereal
- canned meat
- farina
- pasta
- fish
- juice
- peanut butter
- canned fruits
- oats
- dry beans
- canned vegetables

Administration, food, boxing, transportation, delivery could not be done without the volunteers, donations and support of the Idaho Foodbank.

SFY2022 Expenditures

Total SFY 2022: USDA	\$194,268
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HOMEMAKER



The ability to maintain a clean, safe environment is critical to remaining in our homes and communities of choice.

Service Description

Homemaker services allow seniors to stay in their own homes by providing housekeeping services, meal preparation, and running essential errands. Services are provided either free of charge, or on a sliding fee cost-share based on income. Homemaker services are tracked by number of hours.

*Helping
Seniors
Stay in Their
Homes*

In an effort to increase services in rural areas and eliminate waiting lists Consumer Direct services are being developed in two service areas, soon to be available statewide.

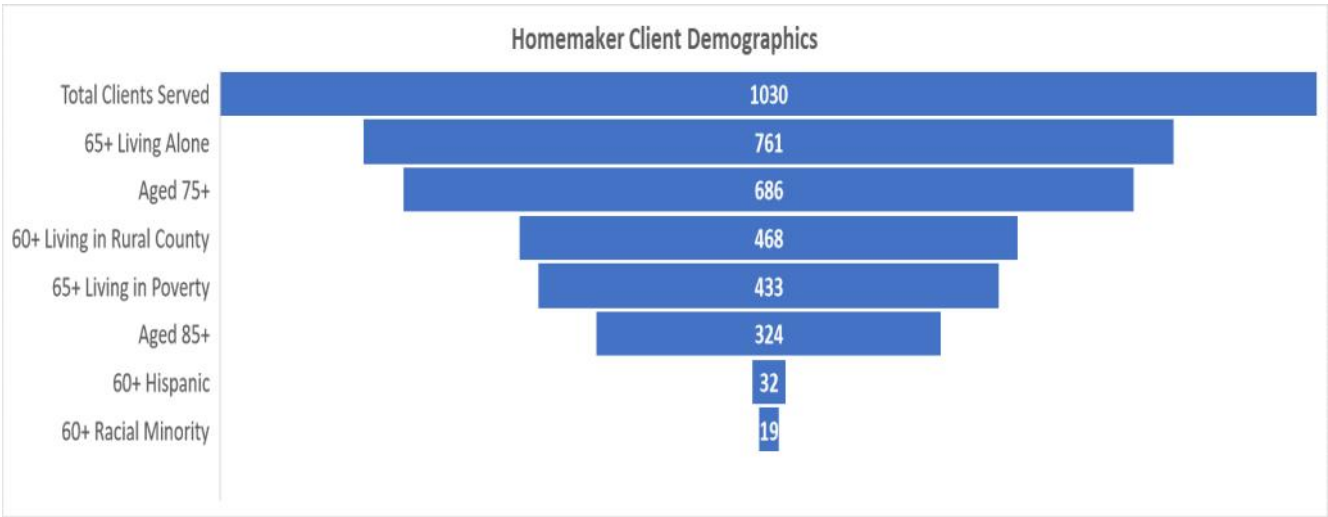
Consumer Direct services will allow individuals to select their own service provider within their trusted circle and local community.

The Homemaker program is an in-home service that also reduces the risk of institutionalization for Idahoans. The chart below shows the statewide population % from the Census compared to the % of population that received the service.

HOMEMAKER, CONT.

Clients Served: 1030
 Hours: 38,475
 Average cost per hour: \$20.51
 Annual hours per client: 37.35
 Average cost/Client: \$766.22

SFY2022 Expenditures	
Federal: Older Americans Act	\$92,210
Federal: American Rescue Plan (ARPA)	\$17,377
State	\$679,624
Total	\$789,211



NUTRITION SERVICES INCENTIVE PROGRAM (NSIP)



The purpose of this program is to provide incentives to encourage and reward effective performance by States in the efficient delivery of nutritious meals to older individuals.

The Commission supports numerous programs to increase the nutritional state and food security of older Idahoans. The NSIP program directly benefits meal sites throughout Idaho by providing additional federal dollars, based on the number of meals served the previous fiscal year.

98 Meal Providers
1,171,627 Meals Served in SFY 2022

SFY2022 NSIP Expenditures: USDA	
Area Agency on Aging (AAA)	NSIP Amount
Area I	\$ 106,186.14
Area II	\$ 95,182.89
Area III	\$ 264,595.96
Area IV	\$ 115,541.69
Area V	\$ 120,360.50
Area VI	\$ 99,418.82
TOTAL	\$ 801,286.00



Chore services are designed to provide home maintenance tasks seniors may not be able to complete on their own, but are necessary to keep their homes safe and livable. Not all AAA’s offer Chore service.

Service Description

Coordination with community contractors, organizations and volunteers to help seniors and people with disabilities improve home safety through one-time or intermittent service. These services may include: Grab bar installation, seasonal yard work, ramp repair, and heavy cleaning.

Consumer Direct chore service has been utilized in a recent pilot and was determined to be useful in performing necessary tasks. Consumer Direct allows the individual to select the service provider of their choice within their trusted circle.

SFY2022 Expenditures	
Federal: Older Americans Act	\$14,753
Federal: American Rescue Plan (ARPA)	\$9902
State	\$10,345
Total	\$35,000

Clients	50
Hours	438
Average hours per client	8.76
Average amount/Client	\$700
Clients with 3+ ADLs Served	47
Total Expenditure	\$35,000

IDAHO FAMILY CAREGIVER SUPPORT PROGRAM



Family caregivers in Idaho voluntarily assume the many responsibilities associated with caregiving. Ten years ago the ratio of working age adults to older adults in Idaho was 6 to 1, and now the ratio is 3 to 1. This downward trend will continue through 2030 when all baby boomers reach age

65*. A solid support structure is necessary for caregivers to continue providing this important service without compromising their own personal health and well being. ICOA will strategically focus resources to help address this challenge. *Population Reference Bureau/US Census Bureau Estimates July 2010

SFY2022: Statewide Service Expenditures				
Service	Federal OAA	Federal ARPA	State	Total
Information Services - Outreach	\$46,695	\$719	\$0	\$47,414
Information Services—Access	\$342,253	\$4,455	\$0	\$346,708
Support Group/Training/ Counseling	\$153,247	\$3,284	\$0	\$156,531
Respite	\$307,304	\$107,454	\$301,840	\$716,598
Supplemental Services	\$4,753	\$6,118	\$0	\$10,871
Total	\$854,252	\$122,030	\$301,840	\$1,278,122

Service Units Measurement					
Service	Units	Cost Per Unit	Additional Units	Cost Per Unit	
Information Services - Outreach	483 Activities	\$98	N/A	N/A	
Access Assistance	5,002 Contacts	\$69	N/A	N/A	
Support Group/Training/ Counseling	403 Sessions	\$388	127 Clients	\$1233	
Respite	41,365 Hours	\$17	488 Clients	\$1468	
Supplemental Services	187 Hours		N/A	N/A	

IDAHO FAMILY CAREGIVER SUPPORT PROGRAM, CONT.

Supporting Caregivers to Support Others Makes Sense for Idaho

Service Description

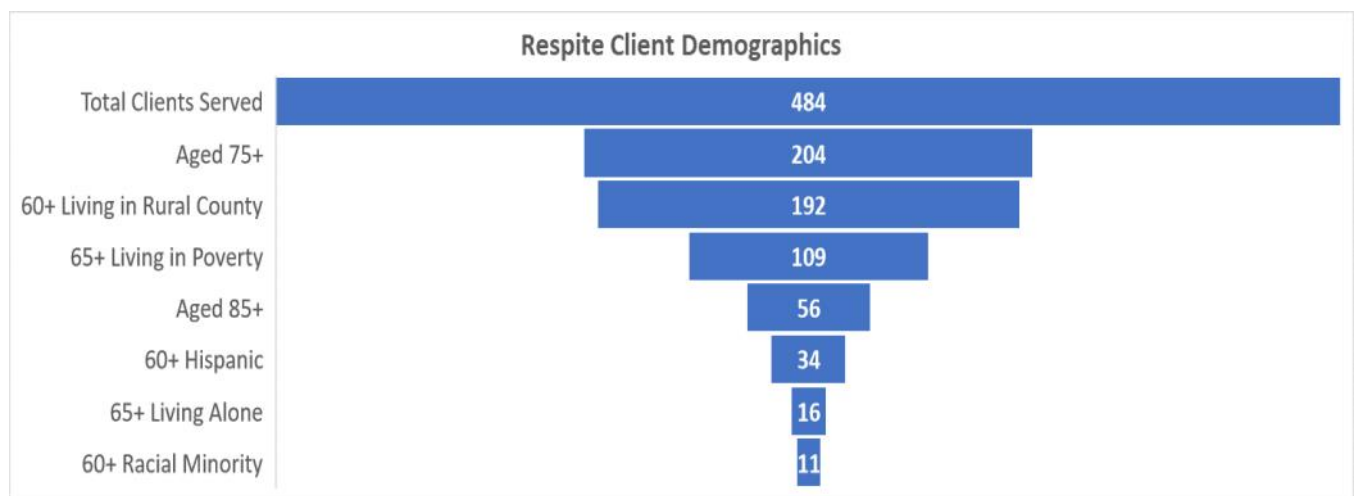
Support and train caregivers through the following activities:

1. Information Services — Outreach
2. Information Services — Access
3. Support Group/Education
4. Respite
5. Supplemental Services

*Enabling
Seniors to
Stay in Their
Communities*

The Respite program is an in-home service to relieve caregivers for a short break from caregiving duties. This is one of the most important services that keep people in their own homes and out of institutions. The chart below shows the statewide population % from the Census compared to the % of population that received the service.

For example, 6% of the state population is 65 years old and over living in poverty. Of the number of seniors who participated in the Respite program taking care of his/her loved one, 20% were 65+ living in poverty. Our goal is to exceed the corresponding statewide population demographics. Where areas are lower, we focus greater outreach activities to educate that demographic group about available services.



ENHANCING IDAHO LIFESPAN RESPITE GRANT



To compliment the Advancing Idaho Lifespan Respite grant the Commission was awarded another competitive 3-year grant to expand, enhance, and improve statewide access to Respite services for over 300,000 family caregivers of all ages using the consumer-directed voucher program.

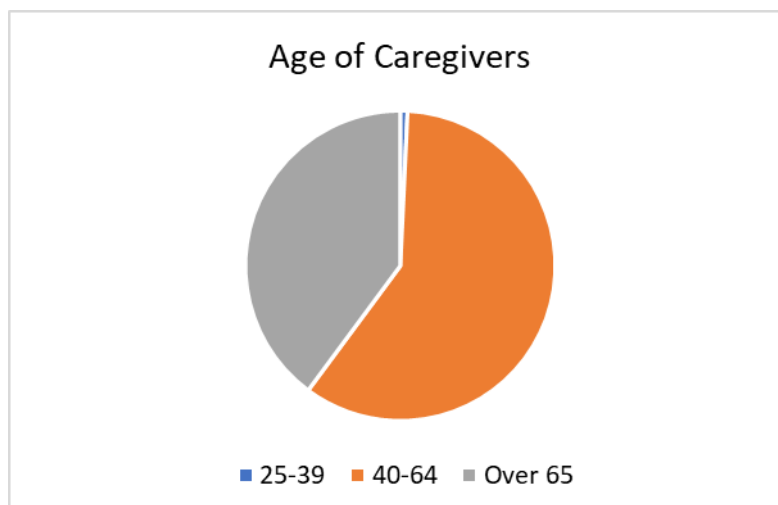
SFY2022 Expenditures	
Federal: Older Americans Act	\$174,928.67
State	\$50,000
Total	\$224,928.67

Enhancing Caregiver Services

SFY 2022

134 Caregivers Enrolled in Consumer-Directed Respite

9631 Hours of Respite Provided



ADVANCING IDAHO LIFESPAN RESPITE GRANT



The Commission was awarded a competitive 3-year grant to expand and enhance statewide access to Respite services for over 300,000 family caregivers of all ages supporting Idahoans across the lifespan to remain at home despite often heavy care needs. It includes funding emergency respite during crisis situations.

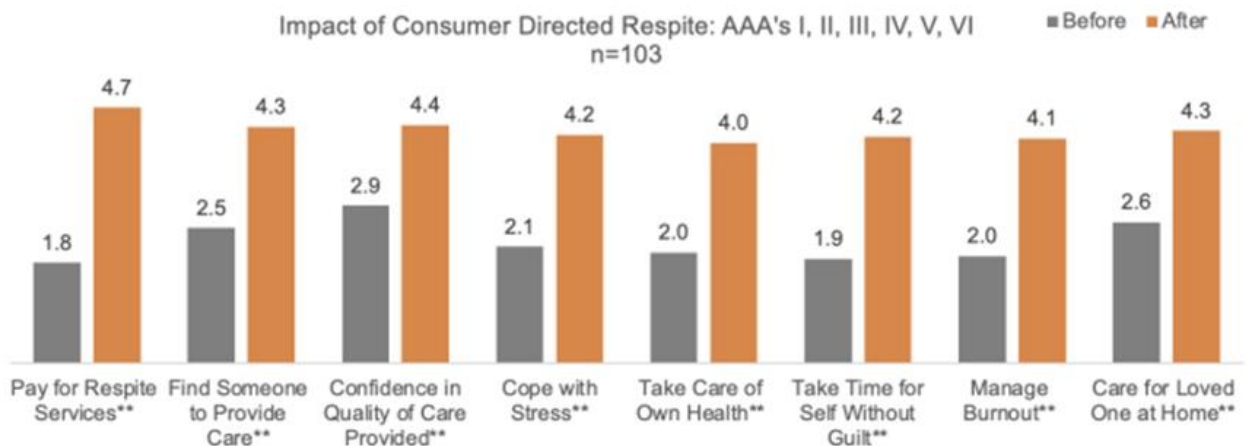
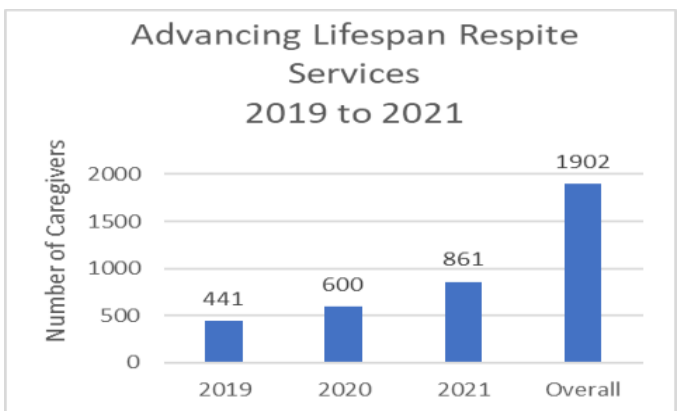
Service Description

Partnership with the Idaho Caregiver Alliance

- Expands and enhances supports for caregivers across the lifespan
- Improves access to respite services including consumer-direction for family caregivers of all ages.

SFY2022 Expenditures (Jul 2021—Sept 2021)

Federal: Older Americans Act	\$12,385.64
State	\$12,002.22
Total	\$24,387.86



DEMENTIA CAPABLE-ALZHEIMER'S DISEASE SUPPORTIVE SERVICES PROGRAM GRANT



To improve supports to families caring for people with dementia, the ICOA is leading a four-year initiative funded by the US Administration on Community Living (ACL). Enhancements include training of family caregivers, in-home service workers, certified family home providers, and anyone who wants to understand the impacts affecting those living with dementia and their caregivers.

*Increasing Dementia
Capability Across
Idaho*

The initiative has:

- Expanded the Powerful Tools for Caregivers 6-week workshops statewide to include certified, Spanish speaking / bi-lingual class leaders
- Developed 11 Dementia training modules (English/Spanish)
- Implemented Consumer-Directed Respite service pilot project with the southwest Area Agency on Aging
- Provided Dementia Capable training to Information and Referral staff
- Developed a Caregiver Assessment Tool for Information and Referral staff
- Expanded the number of Alzheimer's Association "Knowing the 10 Signs and 5 Health Habits" educational presentations in Idaho
- Funded evaluation activities by Boise State University

SFY 2022	
Federal: Older Americans Act	\$85,120.78



Consumer Direction is a service model that allows participants to select, train and choose their own service providers.

Service Description

Consumer Direction is a service model that can be utilized on homemaker, chore, transportation and respite services.

The Consumer Direction Model has proved useful in rural areas where there are a lack of willing providers for services.

A successful pilot was recently completed where Consumer Directed services were provided for homemaker, chore and transportation services. 25 seniors participated that otherwise would not have received services.

Two areas of the state are currently providing Consumer Directed Homemaker services, eliminating 92 individuals from waiting lists.

Consumer Directed Respite Services are available statewide.

In early 2023 Consumer Directed Homemaker, Chore, and Transportation will also be available statewide.



SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



Older adults trying to find employment may experience challenges. Many factors make finding work difficult including ageism, breaks in work experience and outdated skills. The Senior Community Service Employment Program (SCSEP) assists participants to sharpen skills and gain regular employment. Enrollees are placed in not for profits across the state. The employer gains a motivated worker with subsidized wages while the senior worker benefits from a steady income stream and the self-esteem of a job well done.

Service Delivery

- Total clients that participated in program: 50
- Average length in SCSEP: 20 months
- Total hours worked in SCSEP community service: 30,843

Trends in Idaho

21,102 Seniors in Poverty
 Poverty = \$13,590 annually single person household
 Poverty = \$18,310 annually two person household

Federal Program Year 2022 Expenditures	
Federal: Enrollee Wages	\$256,957
Federal: Other Enrollee Expenditures	\$39,582
Federal: CARES-COVID-19	\$0
Total Federal Assistance Dept. of Labor	\$0
Local In-kind Match	\$48,886
Total with In-kind Match	\$345,425

At end of the performance year 2021, ICOA and their subrecipient, Easterseals-Goodwill (ESGW), were able to recruit 15 new SCSEP participants and exit 23 participants, with 8 of the 23 exited participants moving into unsubsidized employment. SCSEP participants contributed 30,843 community service hours during their tenure with SCSEP (note: as in the previous performance year, USDOL considered “community service” as a “target” instead of a goal, due to the impact of COVID-19). The median value of earnings that participants who exited the program in the second quarter after the quarter of their program exit was 3,700 (performance measure goal for PY21 was 2,047). ESGW have worked to address shortcomings of the program that stemmed from decreased SCSEP participation by hiring a recruiter. The recruiter will work network and conduct outreach statewide and recruit SCSEP participants, in order to ensure that we are on target to achieve the required service level and community service goals for PY22.

MEDICARE IMPROVEMENTS FOR PATIENTS AND PROVIDERS ACT (MIPPA)



Through targeted outreach, the Medicare Improvements for Patients and Providers Act (MIPPA) program identifies low-income Medicare beneficiaries who may qualify for subsidies that reduce their out of pocket healthcare costs. They assist beneficiaries to complete the required paperwork and provide Medicare low-income assistance program education.

SFY2022 Expenditures	
Total Federal: Older Americans Act	\$104,722

Service Description

Outreach in partnership with Idaho’s Department of Insurance State Health Insurance Benefit Advisors (SHIBA) to sign up eligible beneficiaries for:

- ◆ Medicare Savings Programs (MSP)
- ◆ Low-Income Subsidy (LIS)
- ◆ Medicare Part D and Prevention and Wellness benefits

Network Partners and Rural/ Urban Designation	AAA I - North Idaho	AAA II North Central Idaho	AAA III - South- west Idaho	AAA IV South Central Idaho	AAA V Southeast- ern Idaho	AAA VI Eastern Idaho
Host Agency Contacts	10	10	539	***	24	N/A
Rural	5	6	216	***	19	N/A
Urban	8	4	323	***	5	N/A
Pharmacy Contacts	6	0	122	***	0	N/A

- Contracted with SHIBA for open enrollment marketing campaigns
- Contracted with five AAAs to:
 - Recruit host sites
 - ◆ Pharmacies — rural and urban
 - ◆ Local clinics — rural and urban
 - ◆ Other health care providers — rural and urban
 - Develop partnerships with community organizations
 - Provide outreach to Tribal communities



Investing in Healthy Aging

- ◆ Provides access to reliable and trustworthy information, services and supports
- ◆ Funds opportunities for seniors to stay active in the community
- ◆ Access to caregiver training and resources
- ◆ Assists people to meet their own independent living needs as they age

*Helping
Seniors Stay
Healthy*

Healthy lifestyles promote successful aging and can prevent or lessen the severity of many chronic conditions. The Commission sponsors programs that address general and specific health issues for aging adults. Educational opportunities are offered in-person in local communities and statewide through virtual delivery. Staying healthy preserves resources and brings an abundance of positive returns for individuals, families, and communities.

INFORMATION AND ASSISTANCE (I&A)

The I&A (Intake and Assessment) work provided by each AAA is often overlooked. It is, however the true frontline of aging services for Idahoans. When people contact a AAA, they initially speak with I&A staff. Through their conversation, the person’s needs are identified. In some cases, an assessment is used to determine need. Regardless, the result is provision of information about available services from the AAA such as home delivered meals or respite. When appropriate, they are referred to external providers, including government, private, and not for profit entities, to further meet their needs.

In this capacity, I&A also serves as the most visible element of Idaho’s Aging and Disability Resource center (ADRC) network and related No Wrong Door (NWD) approach. It provides the mechanism for Referral to services and supports outside the purview of ICOA. By engaging with the NWD system, we are able to provide additional services and supports aging Idahoan needs.

In Idaho, I&A is also the initial point of contact for Adult Protective Services (APS) reports. They are received through phone calls and the online reporting tool, used by mandatory reporters. I&A makes the initial assessment about calls and online reports and routes them to the appropriate APS resource. This is a vital role in assisting with cases of vulnerable adult abuse, neglect, and exploitation.

AAA	Total Call Volume
AAA 1	5,369
AAA 2	962
AAA 3	9,127
AAA 4	4,196
AAA 5	1,641
AAA 6	4,107
Total	25,402



In SFY2022, ICOA recommended AAAs adhere to the AIRS (Alliance of Information and referral Systems) standards of service. Using these nationally recognized standards eliminates the need for each AAA to manage their own requirements and brings the Idaho I&A services to a common delivery standard. Numerous AAA staff became AIRS certified and more continue to do so. This recommendation has also been added to the ICOA program manual as part of ICOA’s continual process improvement plan.

Empowering Self-Determination through Reliable Information

AGING AND DISABILITY RESOURCE CENTER (ADRC)

ICOA began a revitalization of the Aging and Disability Resource Center (ADRC) and related No wrong Door (NWD) philosophy in 2022. The highlight was A half-day program in February 2022, hosted in Boise and also delivered via ZOOM. It provided presentations from a variety of resources including AAAs, the SILC, Blue Cross of Idaho, a private citizen, and a member of the Sho-Ban tribe from Eastern Idaho. Topics included:

- ◆ **WHY LONG-TERM SERVICES AND SUPPORTS MATTER**
- ◆ **IDAHO'S NO WRONG DOOR PROGRAM: PAST AND PRESENT**
- ◆ **SHAPING IDAHO'S NWD APPROACH: STEERING COMMITTEE**
- ◆ **INTEGRATING THE PIECES: CAPITALIZING ON COORDINATED CARE**
- ◆ **WHAT LACK OF SUPPORTS MEANS: A PERSONAL EXPERIENCE**
- ◆ **REACHING IDAHO'S UNDERSERVED POPULATIONS**
- ◆ **KNOCKING ON AN NWD DOOR: AAAs AS A FIRST RESOURCE**
- ◆ **BUILDING IDAHO'S NO WRONG DOOR**

The event provided an opportunity to bring various stakeholders together including participation from many related state agencies, independent living centers, the V.A., Idaho Caregiver Alliance, and private providers, among others. . It provided the initial milestone for ADRC revitalization.

Work continues to build the steering committee and related sub-committees to create the infrastructure to ensure Idaho's ADRC grows and remains a stable, reliable source of long-term services and supports for aging and disabled Idahoans.



CHRONIC DISEASE SELF-MANAGEMENT EDUCATION

Direct healthcare costs from chronic disease are more than \$1.7 trillion. When indirect costs including lost productivity are added, it reaches more than \$3.7 trillion, or about 20% of the U.S. gross domestic product each year. It impacts all of us, financially, physically, and emotionally. Individuals, families, caregivers, communities, and the state are impacted.

Education regarding chronic conditions improve a person's willingness and ability to better manage their condition. Relatively simple lifestyle changes can make a significant impact on the occurrence, symptoms, and complications of chronic disease. Healthy lifestyles promote successful aging. This improves health and well-being far beyond the individual.

ICOA sponsors evidence-based educational opportunities that promote self-management and improve consumer outcomes. Workshops are offered in-person in local communities and statewide through virtual delivery. Sessions are led by trained community members. Small groups provide socialization and peer support while developing personal knowledge and skills.

People who take advantage of these programs enjoy numerous positive outcomes beyond the specific chronic condition being addressed. They include improved Physical and nutritional health , increased physical activity, enhanced mobility, and diminished depression and loneliness, all of which support aging in place in their communities of choice.

Service Description:

- ◆ Peer-led educational Workshops
- ◆ Strategies and techniques for optimizing health and well-being
- ◆ Building a personal and professional healthcare support network
- ◆ Identifying methods of reducing individual health challenges
- ◆ Learning coping strategies
- ◆ Engaging in appropriate physical activity
- ◆ Understanding treatment choices
- ◆ Creating a plan to achieve personal goals
- ◆ Empowering self-direction and independence

CHRONIC DISEASE SELF-MGMT EDUCATION, CONT.



SFY2022 Program offerings

Evidence-Based Programs	AAA I - North Idaho	AAA II North Central Idaho	AAA III - South-west Idaho	AAA IV South Central Idaho	AAA V South-eastern Idaho	AAA VI Eastern Idaho
Care Transitions	X					
Honoring Choices	X					
Chronic Pain Self-Management			X			
Chronic Disease Self-Management		X			X	X
Diabetes Self-Management			X			X
Fit and Fall Proof	X				X	
Over 60 and Getting Fit				X		
Powerful Tools for Caregivers		X	X		X	
Mind Over Matter (MOM) – Promoting Continence	X					

SFY2022 Expenditures

Total Federal: Older Americans Act

\$111,625

CHRONIC DISEASE SELF-MGMT (CDSME) GRANT

State Fiscal Year 2022 closed out the final year of a three-year \$150,000 grant to implement diabetes and chronic pain self-management education workshops, specifically in southwest Idaho. This was a capacity-building grant. While offering sessions for local residents to participate in was important, the grant was able to create the foundational structure and elements necessary to develop and maintain a robust sustainable health education program. The grant completed April 30, 2022 .

Some of the important results included:

- ◆ Creation of basic business documents (business plan, marketing plan, sustainability plan, budget)
- ◆ Implementation of methods and processes to reach underserved populations including rural and minority people
- ◆ Establishment of program advisory group
- ◆ Establishment of strategies for outreach and communication
- ◆ Certification of an additional master trainer
- ◆ Expansion of capability to provide Chronic Pain workshops
- ◆ Successful pivot to virtual delivery capability
- ◆ Completion of two leader trainings
- ◆ Addition of 14 lay leader training completers, 5 living in rural communities
- ◆ Retention of 5 certified lay leaders
- ◆ Increase in program visibility, especially in rural communities
- ◆ Establishment of senior centers and libraries as vital host sites
- ◆ Relationship with private organizations (YMCA, Blue Cross of Idaho) as consistent workshop supporters
- ◆ Provision of first workshop in Spanish
- ◆ Inclusion of opioid information as part of chronic pain workshop
- ◆ Integration of grant best practices and lessons learned into ICOA program manual

The outcomes and deliverables were shared in a statewide program dissemination seminar held in October 2021. Those results were finalized and presented to ACL in the grant's final report submitted in July 2022. The deliverables, lessons learned, and best practices derived from the grant have formed the foundation for building the Idaho Disease Prevention and Health Promotion program moving forward. Materials produced are available via the ICOA website.

CONGREGATE MEALS



Enjoying a meal with others is an enduring pleasure of life. Adequate nutrition is an enduring need throughout life. The Congregate Meal program provides both for aging Idahoans. Most congregate meal sites are senior centers where more than meals are provided, including opportunities for education, entertainment, classes and medical health screenings. Community members provide hours of volunteer service to meet needs and keep program costs low.

Feeding Body and Soul

SFY2022 Expenditures	
Federal: Older Americans Act CM	\$1,703,555
State	\$57,323
Total	\$1,760,878

Service Description

Prepare and serve meals in a congregate (group) setting:

- Provide socialization of older individuals
- Reduce hunger, food insecurity and malnutrition
- Promote health and well-being

CONGREGATE MEALS, CONT.

Significant Changes due to COVID-19:

Client registrations increased by 2,493 from 11,125 to 13,618.

There was a 63,468 increase in meals served from 386,601 in SFY 2021 to 450,069 this year. Participants felt safe again to congregate at the meal site as safety equipment such as masks, hand sanitizers and other safety measures were provided.

Pandemic Response:

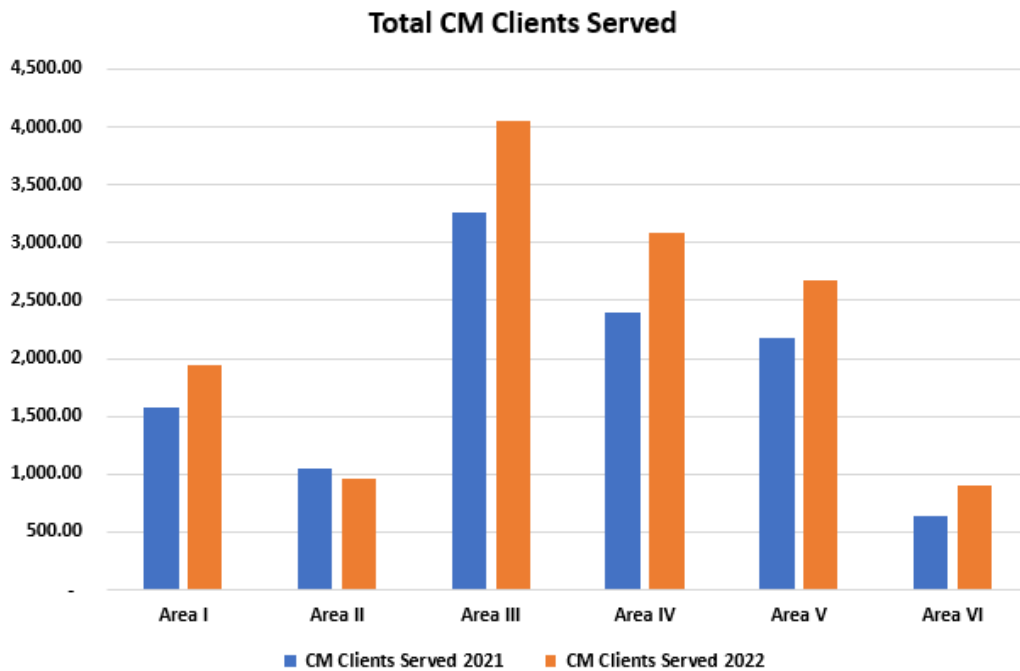
Governor Little and Idaho’s elected officials realize that an investment in the **Modernization, Enhancement, Accessibility, and effective Leveraging** of funding to reduce future costs, are a smart investment in healthy aging for Idaho seniors.

This one-time funding is based on an unprecedented surplus of state general funds. It is intended to mitigate and prevent negative effects of the Coronavirus pandemic and invest in the ongoing infrastructure of the Idaho senior nutrition program in a way that promotes modernization and resiliency for years to come. This is a one-time funding project of 5 Million Dollars.

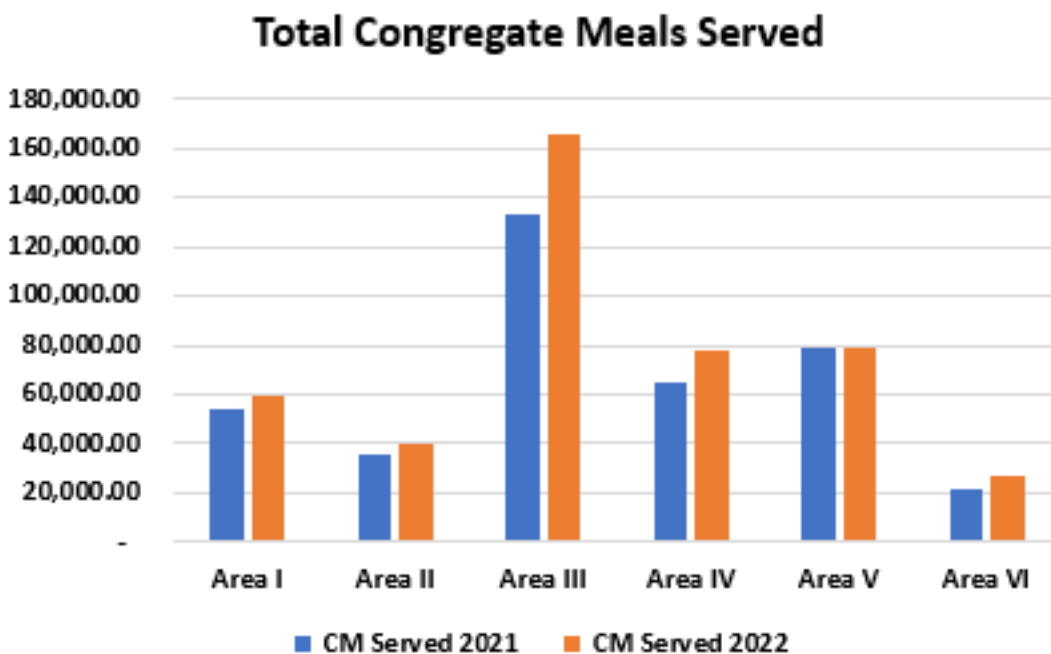
\$2,117,160 were spent so far by 10/31/2022

SFY2022 Changes to Meal Rate Reimbursement effective August 2021 until March 31, 2022		
Area Agency on Aging	Original CM Rate 2022	COVID-19 ARPA Rate: CM
AAA I-North Idaho	\$4.20	\$6.20
AAA II-North Central Idaho	\$3.15	\$5.15
AAA III-Southwest Idaho	\$4.00	\$6.00
AAA IV-South Central Idaho	\$3.50	\$5.50
AAA V-Southeast Idaho	\$3.25	\$5.25
AAA VI-Eastern Idaho	\$2.30	\$4.30

CONGREGATE MEALS, CONT.



One goal of healthy aging is socialization which helps seniors to stay informed about community services and builds supports that help reduce the risk of institutionalization. This not only reduces private and/or public cost incurred by institutionalization but allows the individual to reside in their home and community of choice.



SENIOR MEDICARE PATROL (SMP) FRAUD PREVENTION



Education for Medicare and Medicaid beneficiaries to detect, report, and prevent health care fraud. Trained Senior Medicare Patrol (SMP) staff and volunteers conduct group education sessions, provide one-to-one counseling with Medicare beneficiaries, and hold regional Scam Jams.

SFY2022 Expenditures	
Total Federal: Older Americans Act	\$243,789

Service Description

The SMP mission is to empower and assist Medicare beneficiaries, their families, and caregivers, to prevent, detect, and report suspected healthcare fraud, errors, and abuse through outreach, counseling, and education. One recurring annual highlight is the “Scam Jam”: a full day interactive conference in various communities throughout Idaho, coordinated by the Idaho Scam Jam Alliance (ISJA), the Idaho Commission on Aging, Better Business Bureau, AARP, Idaho Office of the Attorney General, Idaho Department of Finance, Idaho State Tax Commission, SHIBA, Justice Alliance for Vulnerable Adults, Idaho Crime Prevention Association, Idaho Department of Insurance, Idaho Legal Aid, and Boise State University.

66 Group outreach & education events

4,060 people reached through group outreach

1,224 One-to-one counseling sessions

39 Active SMP team members



LONELINESS REDUCTION



Loneliness Reduction is a series of programs designed to decrease the emotional and economic impacts of social isolation and loneliness.

Calls: 5,365

Service Descriptions:

Friendly Caller Program

Clients receive friendly calls from staff and volunteers on a self-directed basis. This program capitalizes on relationships with community volunteers, businesses and colleges throughout the state. Although intended as a loneliness reduction program, the calls also serve as a safety check for those living alone.

SFY2022 Expenditures	
Federal: Older Americans Act	\$31,180
Federal: American Rescue Act (ARPA)	\$48,469
Total	\$79,649

Friendly Caller	5365 Calls
#ICOA Connects	700 Letters
School Letters	450 Letters

Holiday Letter Writing—#ICOAconnects

Letter writing is a campaign encouraging all Idahoan's to send holiday letters and cards to a local nursing home or assisted living facility.

LONELINESS REDUCTION CONT.

School Letter Writing

Elementary age children wrote letters to seniors receiving home delivered meals in eight different communities. This program helped children learn letter writing skills while helping alleviate loneliness in home bound elders.

Intergenerational Programming

In addition to letters written by schools some community organizations are also providing letters and yard work to seniors in the Canyon County area, and are looking to expand the program.

Pro Age Connections

An award winning program designed by Area V Agency on Aging designed to bring loneliness awareness and solutions to all aspects of their senior services through phone calls and letter writing. There are also plans in place for post COVID in-person connections.

Joy for All Pets

Lifelike electronic pets that have been shown to decrease the impact of loneliness in older adults.



People need a convenient way to access accurate information from a trusted source. The Idaho

Commission on Aging leverages their website to inform the people they serve of options, services, and online education. This information allows older Idahoans to choose how best to improve their lives.

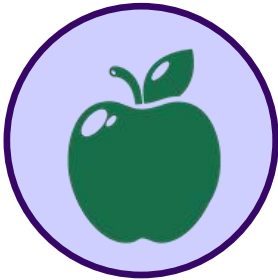
Visit the ICOA website at:
www.aging.idaho.gov



Included on the website is access to the online reporting form for mandated reporters and financial institutions to communicate suspicions of abuse, neglect, self-neglect, and exploitation of vulnerable adults.

<https://aging.idaho.gov/stay-safe/online-reporting-tools/>

WHY ONLINE LEARNING?



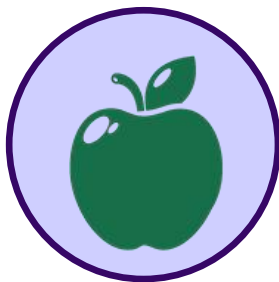
Idahoans are smart, hard working, and independent people. With the proper knowledge and skills older Idahoans and their families can chart a path to healthy aging that works for all involved. Our education is designed to facilitate the necessary knowledge and skills to help keep older and disabled Idahoans living in their own communities for as long as possible. All of our courses are **FREE**.

CURRENT CONTENT INCLUDES

- ◆ [Dementia Skills](#)
- ◆ [Caregiver Skills](#)
- ◆ [Healthy Caregiving](#)
- ◆ [Senior Center Training](#)
- ◆ [Exercise and Stretching Videos](#)



COURSE SPOTLIGHT: LET'S END LONELINESS



Current events have shone a spotlight on the horrible effects of loneliness and social isolation. Idaho is known for her committed and numerous volunteers.

The **End Loneliness Campaign** supports volunteers, professionals, elected officials, and concerned citizens to end loneliness in our state. These concerned citizens have used our training to develop their skills to end loneliness.

Loneliness is as detrimental to health as smoking



LET'S END LONELINESS CAMPAIGN

A Spanish language option can be chosen on the first slide of each module.

Module One: [Let's Understand Loneliness, 6:00](#)

Module Two: [Let's Talk About Loneliness, 4:05](#)

Module Three: [Let's Reduce Loneliness, 8:47](#)

Module Four: [Let's Communicate Well, 8:12](#)

Module Five: [Let's be Professional, 4:47](#)

Module Six: [Let's take Care of Ourselves, 4:11](#)

Join the Campaign and increase your knowledge about loneliness by taking our six module course, browse the tools and resources, and reach out to your local [Area Agency on Aging](#) to get involved. <https://aging.idaho.gov/area-agencies-on-aging/>

CAREGIVER SKILLS

Is your loved one or neighbor in the hospital? Are you worried you won't know how to care for them when they return? Then this series is for you!

Caregiver Skills: [Mobility](#)

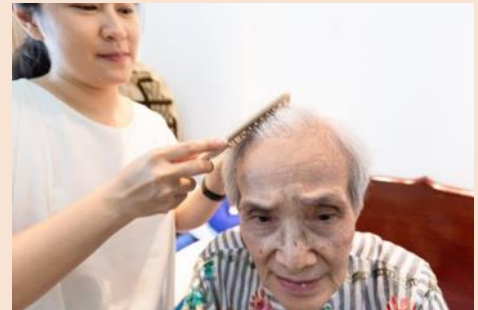
Start here with videos on preparing your home, and how to transfer from the car into the wheelchair.

Caregiver Skills: [Special Diets](#)

Caregiver Skills: [Wound Care](#)

Caregiver Skills: [Incontinence](#)

Caregiver Skills: [Managing Medications](#)



New this year

Caregiver Skills: [Specialized Medical Equipment](#)

Video: [Using Oxygen](#) 8:45

Video: [Using a Nebulizer](#) 7:16

Video: [Using a Mechanical Lift for Transfers](#) 10:49

Video: [Home Infusion \(IV\)](#) 9:13

Video: [Home Peritoneal Dialysis](#) 4:56

Video: [Vascular Access for Hemodialysis](#) 4:30

The ICOA website is an up-to-date and trusted source of information related to healthy aging.

In an **average month** in 2022:

- ♦ **1,942** visitors came to their website
- ♦ **108** health care professionals downloaded the Alzheimer's Association Dementia Care Recommendations
- ♦ **121** people downloaded chronic pain management resources
- ♦ **33** medication tracking logs were printed
- ♦ **22** people downloaded materials to prevent or identify elder abuse

DEMENTIA SKILLS



This 11-module course teaches both family caregivers, and facility staff how to interact with people living with dementia in a manner that not only does not trigger distressing behaviors like aggression and agitation, but actually promotes quality of life and joyful moments.

Highlights:

Almost 1000 visitors

New Spanish language narration available to choose on the first slide of the module.

Live presentation kit created, and presenters trained. Call your local AAA office if you want a live presentation.

<https://aging.idaho.gov/area-agencies-on-aging/>



Over 98% of participants found the on-line Dementia training useful and would “very likely” recommend it to others.

Helping Shouldn't Hurt

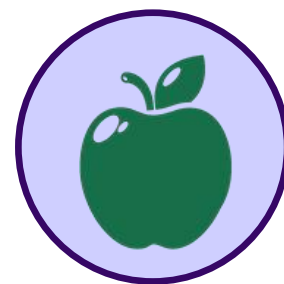
People who care for others as a large part of their life, are at risk of helping till it hurts. This applies to paid and volunteer caregivers, healthcare and social service professionals, clergy, and emergency workers.

This three-part series teaches attitudes and skills to make sure we can have BOTH the satisfaction of making a difference and a healthy balanced life. Each module has a toolbox and resources that can be used to make and track changes towards a better balance of helping without the hurt.

Module One: [Controlling Stress](#)

Module Two: [Preventing Burnout](#)

Module Three: [Promoting Resiliency](#)



 Supporting well-being
for aging Idahoans.
Stay at Home. Stay Healthy. Stay Safe. Stay Informed.

ICOA PLANNING PROCESS



The Commission on Aging is at its core a planning organization. This six-module course explains the approved methodology for State and Local planning throughout the aging network. The tools presented in these modules will elevate the planning and ultimately the programs and services of any organization who commits to them.

Planning Process: [Phase One – Plan and Organize](#)

Planning Process: [Phase Two – Environmental Analysis](#)

Planning Process: [Phase Three – Identify Opportunities](#)

Planning Process: [Phase Four – Strategic Planning](#)

Planning Process: [Phase Five – Strategy Execution](#)

Planning Process: [Phase Six – Quality Improvement](#)



ICOA SOCIAL MEDIA AND CONTACT INFORMATION

ICOA EMPOWERS IDAHOANS TO AGE SUCCESSFULLY



6305 W. Overland Road
Suite 110
Boise, Idaho 83709



PO Box 83720
Boise, Idaho 83720



208-334-3833 (main office)
877-471-2777 (toll free)



ICOA@aging.idaho.gov



www.aging.idaho.gov



www.facebook.com/idahocoa



www.twitter.com/idahocoa



THE INTRASTATE FUNDING FORMULA (IFF)

With the advice of our Commissioners, and input from the six AAAs, ICOA developed an IFF that meets federal guidelines. Area Agencies on Aging budget this money to meet the needs of at risk seniors in their areas.

AAAs are funded with trustee and benefit monies, per Section 67-5007 Idaho Code. AAAs plan and facilitate service delivery in local communities throughout the state.



- ◆ Area I: North Idaho College
- ◆ Area II: Community Action Partnership
- ◆ Area III: Area III Senior Services Agency
- ◆ Area IV: College of Southern Idaho
- ◆ Area V: Southeast Idaho Council of Governments
- ◆ Area VI: Eastern Idaho Community Action Partnership

BUDGET AUTHORIZATION DISTRIBUTIONS

FY 2023 Title III Funding Formula, Based on Weighted Elderly or "at risk" Population

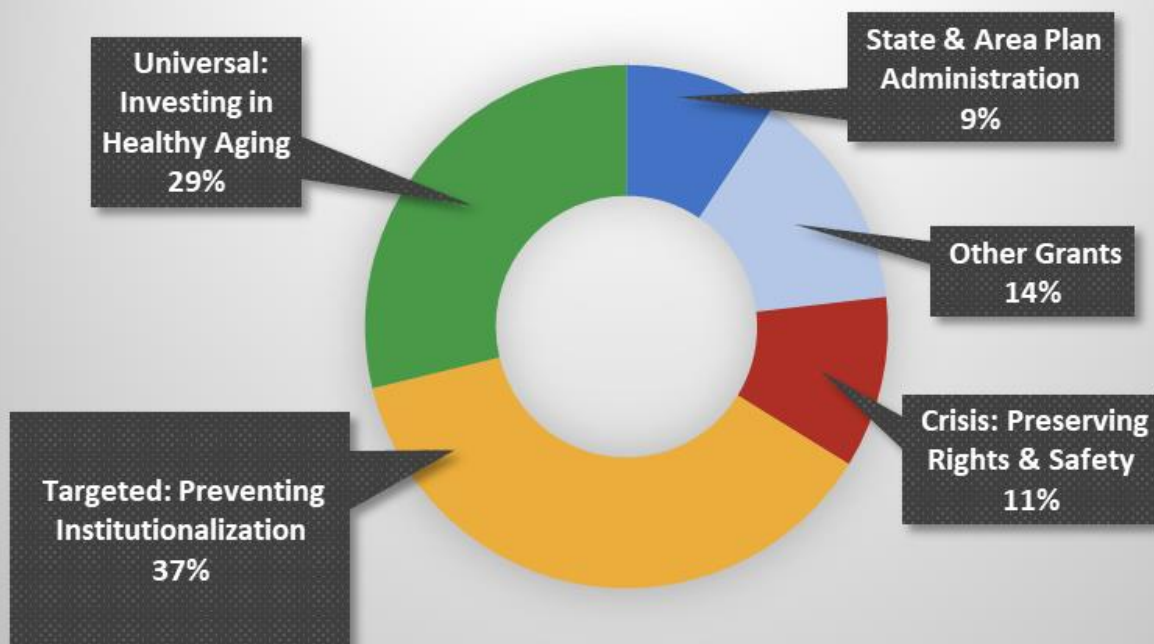
	Federal	State	Total	
Total Funds for AAA Distribution	6,325,177	3,697,600	10,022,777	
Base Funding Amounts: 10% of Fund	632,518	369,760	1,002,278	
Remaining Balance for Formula Distribution	5,692,659	3,327,840	9,020,499	

	Area I	Area II	Area III	Area IV	Area V	Area VI	TOTAL
Base Funding (1/6 of Base Amount)							
Federal Funds	105,420	105,420	105,420	105,420	105,420	105,420	632,518
State Funds	61,627	61,627	61,627	61,627	61,627	61,627	369,760
Weighted Population Used for Formula							
Weighted Population	71,886	32,765	156,756	59,703	45,374	45,934	412,418
65+ Living in Poverty	3,510	1,632	10,100	2,530	1,864	1,959	21,595
65+ Living Alone	11,116	5,724	30,549	7,600	6,806	7,559	69,354
60+ Racial Minority	2,448	1,434	7,580	1,531	2,055	1,290	16,338
60+ Hispanic	1,472	405	9,872	4,132	1,998	1,926	19,805
60+ Living in Rural	27,770	11,125	33,249	26,324	19,105	17,287	134,860
75+	20,676	9,676	52,336	13,948	10,745	12,671	120,052
85+	4,894	2,769	13,070	3,638	2,801	3,242	30,414
Percentage of Weighted Population	17.43%	7.94%	38.01%	14.48%	11.00%	11.14%	100%
Formula Driven Funding (Multiply: Weighted Population Percent and Balance of Formula Distribution)							
Federal Funds	\$1,097,670	\$557,679	\$2,269,143	\$929,508	\$731,723	\$739,453	\$6,325,176
State Funds	\$641,681	\$326,010	\$1,326,506	\$543,377	\$427,754	\$432,273	\$3,697,601
Total Base + Formula	1,739,353	883,690	3,595,649	1,472,884	1,159,477	1,171,725	10,022,777
Title VII Funds	16,422	9,483	45,524	11,552	9,502	10,680	103,163
ARPA Funding	\$506,912	\$223,511	\$1,231,953	\$343,102	\$360,301	\$393,777	\$3,059,556
Total FY 2023 Title III Budget	\$2,262,685	\$1,116,683	\$4,873,126	\$1,827,539	\$1,529,280	\$1,576,183	\$13,185,496

ICOA AND AAA EXPENDITURES

RESPONDING TO SENIORS IN CRISIS
PREVENTING INSTITUTIONALIZATION
INVESTING IN HEALTHY AGING

SFY 2022 Expenditure Distribution



ICOA AND AAA EXPENDITURES, CONT.

*SFY2022: State Office Projects	Federal Grant Funds	Federal ARPA/COVID Funds	State Funds	Total
State Plan Administration	\$553,570	\$60,563	\$727,133	\$1,341,266
Other Grants				
Lifespan Respite	\$352,269		\$46,881	\$399,150
Aging Disability Resource Center		\$77,696		\$77,696
Commodity Supplemental Food Program	\$206,777			\$206,777
Nutrition Services Incentive Program	\$506,939			\$506,939
Dementia Capable Alzheimer's Disease Supportive Services Program	\$85,191			\$85,191
Senior Community Service Employment Program	\$301,307			\$301,307
Medicare Improvements for Patients and Providers Act	\$74,124			\$74,124
Expanding Access to COVID Vaccines		\$41,101		\$41,101
Chronic Disease Self-Management Education	\$65,675			\$65,675
Senior Medicare Patrol Fraud Prevention	\$213,547			\$213,547
Total Other Grants Expenditures	\$1,805,829	\$118,797	\$46,881	\$1,971,507

SUMMATION OF 6 AAA EXPENDITURE DETAILS

**SFY2022: Area Agency on Aging (AAA) Services	Federal Grant Funds	Federal ARPA Funds	State Funds	Total
Local Area Plan Administration	\$672,228	\$285,293	\$407,387	\$1,364,908
Title IIIB: Planning and Coordination	\$82,186	\$0	\$0	\$82,186
Title IIIB: Supportive Service - Homemaker	\$90,779	\$18,808	\$584,694	\$694,281
Title IIIB: Supportive Service - Information Assistance	\$908,776	\$56,119	\$0	\$964,895
Title IIIB: Supportive Service - Legal Assistance	\$73,707	\$40,450	\$0	\$114,157
Title IIIB: Supportive Service - Outreach & Public Information	\$30,326	\$5,369	\$0	\$35,695
Title IIIB: Supportive Service - Transportation	\$144,644	\$181,382	\$234,606	\$560,632
Title IIIB: Supportive Service - Chore, Case Management, Adult Day Care, and Grocery Delivery	\$14,753	\$9,950	\$9,768	\$34,471
Title IIIB and IIID: Supportive Service - Friendly Calling	\$31,180	\$48,469	\$0	\$79,649
Title IIIB and Title VII Ombudsman	\$263,375	\$50,359	\$499,682	\$813,416

AAA EXPENDITURE DETAILS, CONT.

**SFY2022: Area Agency on Aging (AAA) Services	Federal Grant Funds	Federal ARPA Funds	State Funds	Total
Title IIIC1: Congregate Meals	\$1,703,555	\$644,559	\$94,709	\$2,442,823
Title IIIC2: Home Delivered Meals	\$2,191,432	\$377,155	\$411,598	\$2,980,185
Title IIID Disease Prevention and Health Promotion	\$111,625	\$0	\$0	\$111,625
Title IIIE: Caregiver Information Services - Outreach & Education	\$46,695	\$719	\$0	\$47,144
Title IIIE: Caregiver Information and Assistance	\$342,253	\$4,455	\$0	\$346,708
Title IIIE: Caregiver Support Group, Training and Counseling	\$153,246	\$3,284	\$0	\$156,530
Title IIIE: Caregiver Respite	\$307,304	\$107,454	\$230,543	\$645,301
Title IIIE: Caregiver Supplemental - Legal Assistance	\$4,753	\$6,118	\$0	\$10,871
MEAL Funding			\$1,131,304	\$1,131,304
Nutrition Services Incentive Program	\$506,939	\$0	\$0	\$506,939
State Adult Protection	\$0	\$0	\$1,147,856	\$1,147,856
<i>Total AAA Expenditures</i>	<i>\$7,679,756</i>	<i>\$1,917,639</i>	<i>\$3,620,843</i>	<i>\$13,218,238</i>
Total ICOA and AAA SFY2022 Expenditures	\$9,520,040	\$2,111,823	\$4,273,464	\$15,905,327

ICOA DUTIES AND POWERS

In 1968, based on [Idaho Code 67-500](#), the legislature recognized the need to provide basic necessities to its older people, to permit older Idahoans to remain independent, and to avoid institutionalization ([Title 67-5005](#)). The Commission on Aging was created to achieve this vision. ICOA continues to support healthy community living for Idaho's current aging population while forecasting and positioning the State for future trends. The legislative charter ([Title 67-5003](#)) designates specific responsibilities including:

- ♦ To serve as an advocate within state government & the community for older Idahoans;
- ♦ To serve as an advisory body regarding state legislative issues affecting older Idahoans;
- ♦ To promulgate, adopt, amend & rescind rules related to programs & services administered by the commission;
- ♦ To enter into funding agreements as grants & contracts within the limits of appropriated funds to carry out programs & services for older Idahoans;
- ♦ To conduct public hearings & evaluations to determine the health & social needs of older Idahoans, & determine the public & private resources to meet those needs;
- ♦ To designate "planning & service areas" & Area Agencies on Aging in accordance with the Older Americans Act & federal regulations. The Commission shall review the boundaries of the "planning & service areas" periodically & shall change them as necessary;
- ♦ To submit a report to the Governor & the legislature of its accomplishments & recommendations for improvements of programs & services for older Idahoans;
- ♦ To administer & perform any other related functions or activities assigned to the Commission by the Governor.

ICOA BOARD OF COMMISSIONERS



To reach your local
Commissioner please
contact ICOA at:

[www.aging.idaho.gov/
commissioners](http://www.aging.idaho.gov/commissioners)

or

208-334-3833

Area I	<u>Chris Magera, Vice Chair</u>
Area II	<u>Dennis Ohrtman</u>
Area III	<u>Leonard Elfering</u>
Area IV	<u>Roger Morley, Chair</u>
Area V	<u>Debra Reiland</u>
Area VI	<u>Dean Nielson</u>
At-Large	<u>Dixie Milliken</u>

The ICOA and the Commissioners have dual roles of both promoters and supporters of the Aging Network, but also compliance roles related to programmatic, fiduciary and planning standards.

The ICOA Board of Commissioners meets quarterly, with a 2-day meeting in May focusing on strategy and planning and a 2-day meeting in November focused on program analysis and outcomes of the recently completed State fiscal year.

The Board minutes and agenda's can be found on the ICOA website at:

<https://aging.idaho.gov/resources/icoa-administration/>



SUPPORTING WELL-BEING FOR AGING IDAHOANS



STAY HOME

Fortify your ability to remain independent at home.



STAY HEALTHY

Maximize your ability to enjoy life.



STAY SAFE

Enhance your security now and later.



STAY INFORMED

Plans and decisions for successful aging.



STAY EDUCATED

Successful people never quit learning.

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