



Annual Report

State Fiscal Year 2023 (SFY2023)

Aging: So Cool, Everyone's doing it!



Commission on Aging

www.aging.idaho.gov

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

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Mission, Vision, Values

Idaho Commission on Aging Mission Statement

Transform the aging experience by leading planning, policies, partnerships, and programs, that honor choices and increase well-being for Idahoans as we age.

Idaho Commission on Aging Vision Statement

Idahoans make informed choices to age well and live well.

Idaho Commission on Aging Values

Service – responsive, empathetic, targeted

Sustainability – efficient, adaptable, preventative

Excellence – problem solving, innovative, resourceful

Advocacy – courage, optimism, collaboration

Integrity – trustworthy, accountable, transparent



Administrative Excellence

Promote excellence and innovation throughout the aging network to meet the diverse needs of older Idahoans and our caregivers.

I recently read an article that said we should strive to age gratefully instead of gracefully, as aging is a gift denied to many. Aging gracefully implies meeting society's standards around beauty and vitality, where aging gratefully reminds us to cherish what we have and make the time we have on earth meaningful.

Meaningful lives for older Idahoans should be defined by older Idahoans, but at the Commission on Aging we have identified our strategic pillars as:

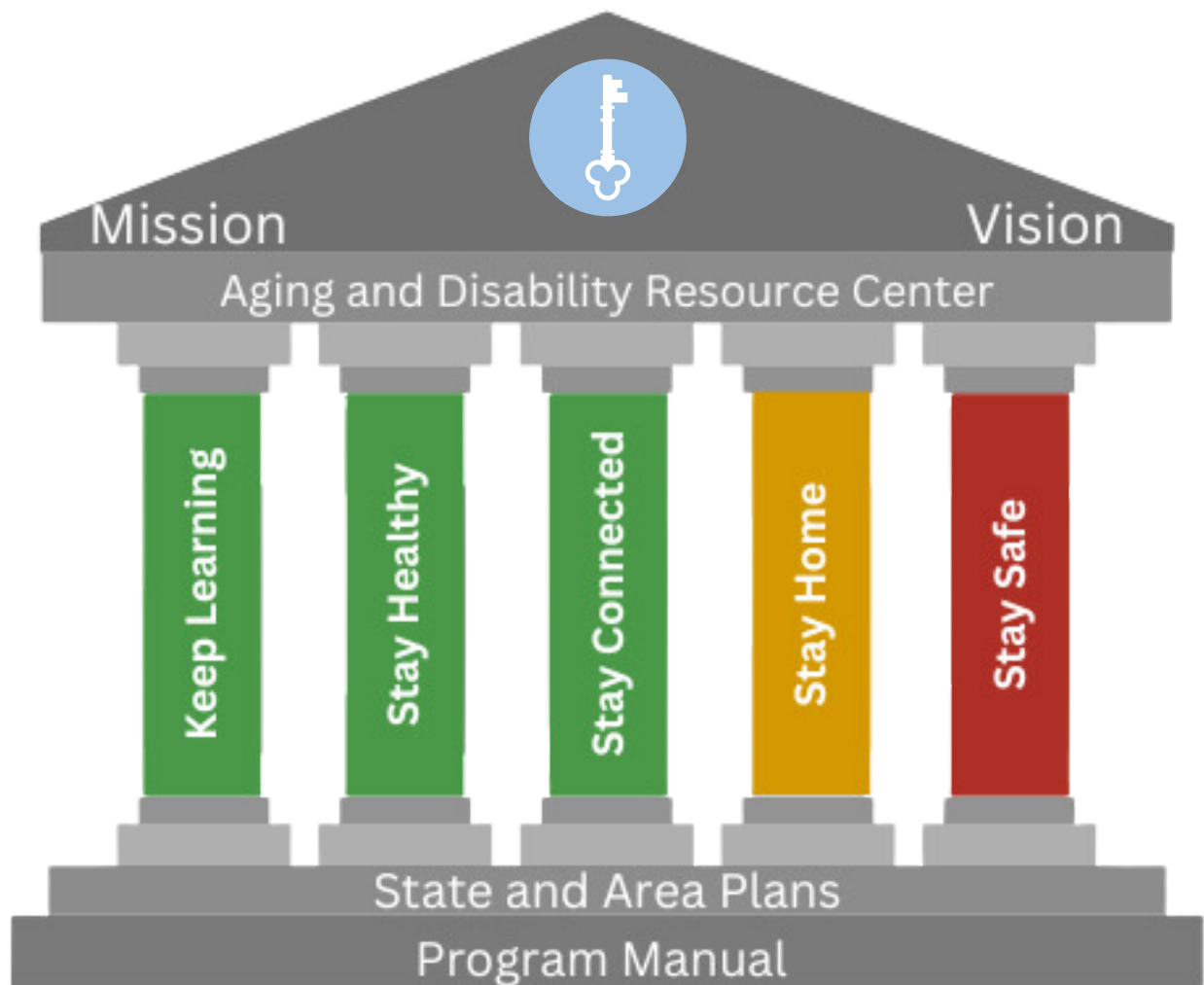
- Keep Learning
- Stay Connected
- Stay Healthy
- Stay Home
- Stay Safe

These are our strategic foci as we enable older Idahoans, through programs and services, to live grateful and meaningful lives where they chose to live.

Inside this report you will find our SFY 2023 outcomes and financial information, but I always remember that there is a real person behind every unit of service, and this is why we come to work each day and strive for administrative excellence. ICOA is a planning agency, and administrative excellence can be summed up with doing the correct thing well. In order to identify and in some cases confirm that we are doing the correct and most strategic thing ICOA conducted a needs assessment which can be found on the ICOA website.

Judy B. Taylor, Director

At a Glance



Our annual report is color coded reflecting how our programs are organized:

Green representing programs providing primary prevention.

Yellow representing programs providing secondary prevention.

Red demonstrating programs providing tertiary prevention.

Blue represents ICOA as an agency.



Idaho Commission on Aging Strategic Pillars and Goals

Demonstrates Administrative Excellence

Promote excellence and innovation throughout the aging network to meet the diverse needs of older Idahoans and our caregivers.

Keep Learning

Idahoans are empowered with the confidence and tools to thrive through the journey of aging.

Stay Healthy

Idahoans are inspired to choose lifestyles that promote health and well-being.

Stay Connected

Idahoans are connected to the people, programs, and services they need to facilitate the highest quality of life.

Stay Home

Idahoans are supported to live independent and healthy lives in the communities of their choice.

Stay Safe

Idahoans promote resiliency, self-determination, and dignity for older and vulnerable adults.

Critical Success Factor One: Activities designed to increase transparency, accountability, or efficiency throughout the aging network operations.

Critical Success Factor Two: Increase outreach and access to reach those most at risk for institutionalization.

Critical Success Factor Three: Closure of stakeholder identified gap in program delivery or service quality.

Critical Success Factor Four: Identify and implement new partnerships that expand the reach of our current programs.

Keep Learning

Idahoans are empowered with the confidence and tools to thrive through the journey of aging.



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.

Free Training Courses For Respite Providers

↑ Stay at 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 Connected

Plans and decisions for successful aging

📍 Find Nearby Services



🍏 Keep Learning

Successful people never quit learning. Caregivers deserve reliable and helpful information. When you take one of our FREE self-paced courses you will gain tips and skills that increase your abilities and confidence.

Click HERE to go to our Stay Educated page and begin your journey to becoming a more skilled and confident care partner.

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

In an **average month** in 2023:

- **4,193** unique website visitors
- **64** downloads of the Family Caregivers Action Plan
- **58** downloads chronic pain management resources
- **28** downloads medication management logs
- **26** downloads of information to help protect seniors

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/>

Online Courses

Our online 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. Resources available include targeted modules, videos, handouts, trainings, and trusted external links.

Four FREE targeted modules educate on healthy caregiving, caregiver skills, dementia skills, and ending loneliness. Spanish language option can be selected on the first slide of each module.

Healthy Caregiving

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.

Caregiver Skills

Caregivers help another person accomplish their Activities of Daily Living like bathing, dressing, or using the toilet, or help them with activities such as shopping, cooking, or cleaning. Skill modules cover mobility, special diets, wound care, incontinence, managing medications, and specialized medical equipment.

Dementia Skills

The goal of the Dementia Skills training is to give caregivers of all types the practical knowledge and tools to help people living with dementia enjoy moments of human connection, beauty, and personal satisfaction. Every person with dementia is unique. This training focuses on how people in the middle stages of dementia experience their world.

Let's End Loneliness

Ending Loneliness for seniors will require action on multiple fronts. This campaign empowers community members by raising awareness of the detrimental effects loneliness can have on seniors well-being. Modules and videos available support families, volunteers, and elected officials in identifying the loneliest Idahoans and aims at preventing chronic loneliness.

Other Online Content Includes:

- Senior Center Training
- Malnutrition Awareness
- Exercise & Stretching Videos
- Clinical Research Participation Info
- Healthy Aging Educational Resources
- Technology to Age in Place
- Transportation Independence
- Active Role in Healthcare

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 1 – Plan and Organize
- Phase 2 – Environmental Analysis
- Phase 3 – Identify Opportunities
- Phase 4 – Strategic Planning
- Phase 5 – Strategy Execution
- Phase 6 – Quality Improvement



ICOA Social Media and Contact Information

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	www.facebook.com/idahocoa
	www.twitter.com/idahocoa



ICOA Empowers Idahoans to Age Successfully

Stay Healthy

Idahoans are inspired to choose lifestyles that promote health and well-being.

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.

- 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



Congregate Meals



Enjoying a meal with others is an enduring pleasure. Adequate nutrition is an essential need throughout life. The Congregate Meal program provides both for aging Idahoans. Most congregate meal sites are senior centers that provide more than just a meal, 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.

Service Description

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

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

SFY 2023 Expenditures

Federal: Older Americans Act	\$1,498,798
Federal: American Rescue Plan (ARPA)	\$94,429
State	\$225,249
Total	\$1,818,476

78% responded that Congregate Meals in Senior Centers are *“very important”* in their community

2023

Needs Assessment Respondents

Congregate Meals

There was a 14,041 increase in meals served from 450,069 in SFY 2022 to 464,110 in SFY 2023. Participants are slowly feeling safe again to congregate at the meal site as safety equipment such as masks, hand sanitizers, and other safety measures are provided.

Pandemic Response:

Governor Little and Idaho's elected officials realized that an investment in the **Modernization, Enhancement, Accessibility, and effective Leveraging** of funding (MEAL) to reduce future costs, was a smart investment in healthy aging for Idaho seniors.

This one-time funding was based on an unprecedented surplus of state general funds. It was intended to mitigate and prevent negative effects of the Coronavirus pandemic and invested in the ongoing infrastructure of the Idaho senior nutrition program in a way that promotes modernization and resiliency for years to come. This was a one - time funding project of *five million dollars*.

SFY 2023 Changes to Meal Rate Reimbursement			
Area Agency on Aging	Original 2023 CM Rate	MEAL Co-pay Rate 07/01/2022-12/31/2022	MEAL Co-pay Rate 01/01/2023-03/31/2023
AAA I	\$4.20	\$7.20	\$10.20
AAA II	\$3.15	\$6.15	\$9.15
AAA III	\$4.00	\$7.00	\$10.00
AAA IV	\$3.50	\$6.50	\$9.50
AAA V	\$3.25	\$6.25	\$9.25
AAA VI	\$2.80	\$5.80	\$8.80

Congregate Meals

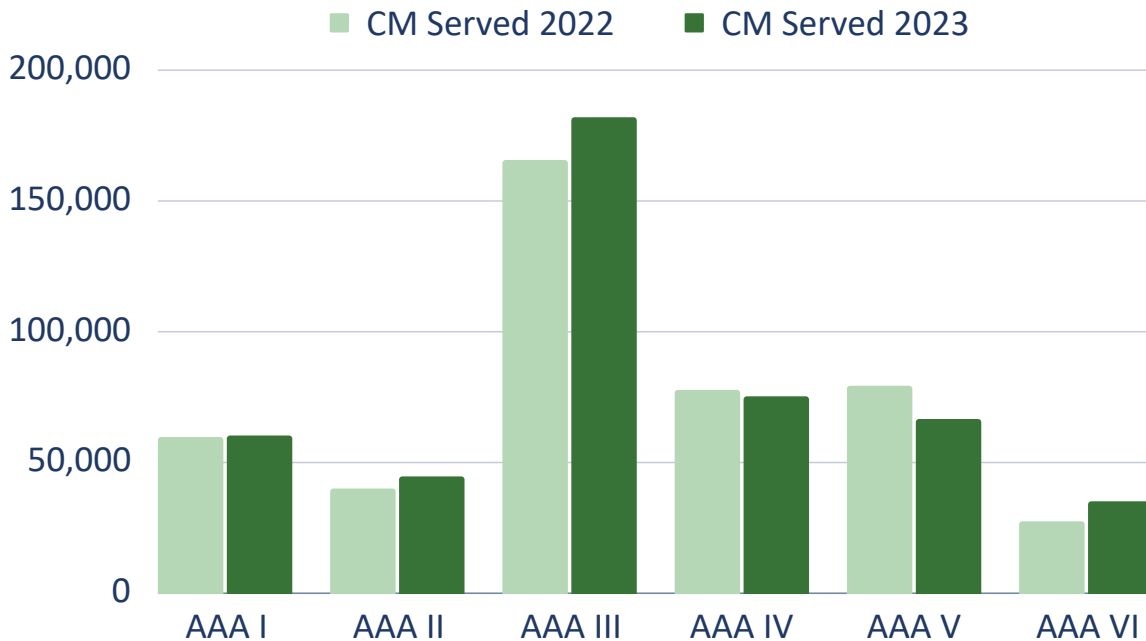
There were five categories of funding represented in the Congregate MEAL project. Meal Fund Technical Guidance:

1. Each AAA received \$20,000 in administrative funds in acknowledgement of the extra staff time that will be necessary to implement and monitor the MEAL project.
2. Each AAA contracted congregate only meal provider received \$3.00 co-pay for each CM served effective 07/01/2022-12/31/2022.
3. Each AAA contracted congregate only meal provider received a \$6.00 co-pay for each CM served effective 01/01/2023-03/31/2023.
4. Each AAA contracted meal provider received a \$500 grant for sanitation and cleaning supplies.
5. Each AAA contracted meal provider received \$10,000 in modernization funds.

Area Agency on Aging	Administrative	Modernization	Sanitation	\$3.00 Co-pay	\$6.00 Co-pay
AAA I	\$20,000	\$130,000	\$6,299	\$15,318	\$21,633
AAA II	\$20,000	\$113,183	\$5,285	\$2,805	\$1,956
AAA III	\$20,000	\$253,273	\$14,120	\$72,282	\$76,266
AAA IV	\$20,000	\$160,000	\$8,000	\$5,115	\$6,012
AAA V	\$20,000	\$114,511	\$3,006	\$25,677	\$31,218
AAA VI	\$20,000	\$120,000	\$6,000	\$2,232	\$2,916
Total	\$120,000	\$890,967	\$42,709	\$123,429	\$140,001

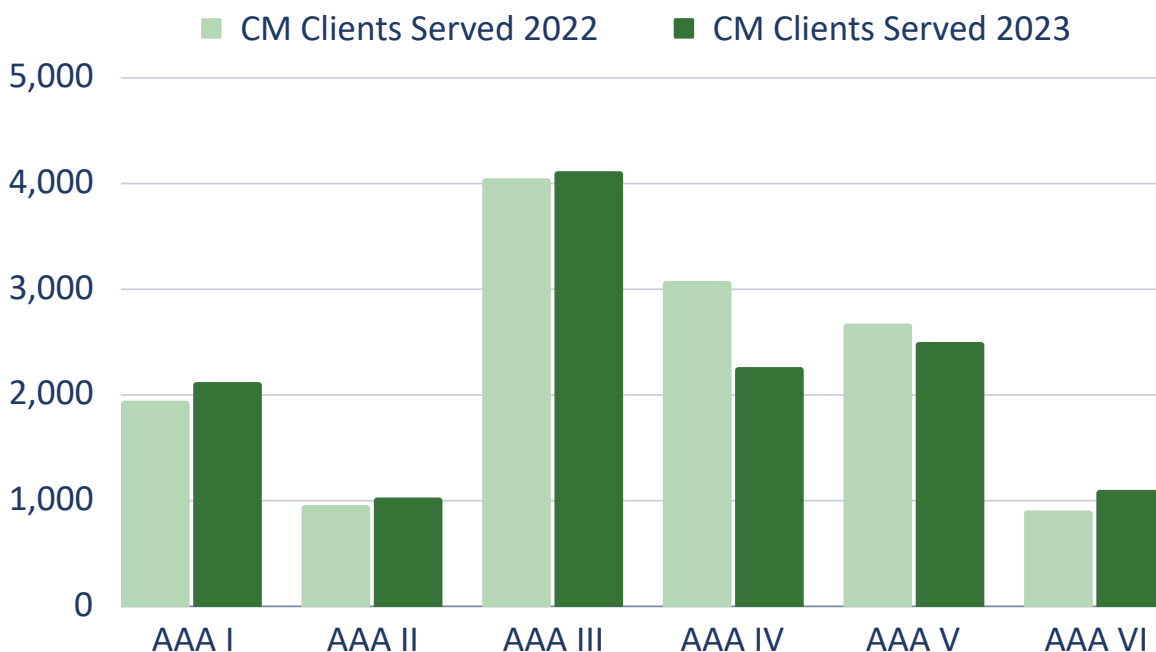
Congregate Meals

Congregate Meals Served



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.

Congregate Meal Clients Served



Disease Prevention/Health Promotion



The “costs” of chronic disease is significant and goes far beyond the simple direct care costs which currently total more than \$1.7 trillion in the U.S. each year. Chronic disease impacts everyone including individuals, families, caregivers, communities, and our state, physically, emotionally, and financially.

Prevention is the key! Simple lifestyle changes are proven to provide significant impact on the occurrence, symptoms, and complications of chronic disease. Type 2 diabetes, for example, can often be resolved through diet and weight loss. These preventative strategies can be simple, but people need to be empowered to take action on their own behalf. Engaging group workshops provide them with the tools and support to make positive choices and better manage their conditions.

Healthy lifestyles promote successful aging. 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, offering access to those living in remote areas or who have transportation and mobility challenges. Sessions are led by trained community members. Some workshops are being offered in Spanish. Small groups provide socialization and peer support while developing personal knowledge and skills.

SFY 2023 Expenditures	
Federal: Older Americans Act	\$92,010
Federal: American Rescue Plan Act (ARPA)	\$135,912
Total	\$227,922

Disease Prevention/Health Promotion

SFY2023 Program Offerings

Evidence Based Programs	AAA I	AAA II	AAA III	AAA IV	AAA V	AAA VI
Chronic Pain Self-Management			✓			
Chronic Disease Self-Management		✓				
Diabetes Self-Management					✓	✓
Fit and Fall Proof			✓			
Over 60 and Getting Fit	✓				✓	
Powerful Tools for Caregivers				✓		
Mind Over Matter (MOM) - Promoting Continence	✓		✓		✓	

There are numerous positive outcomes beyond the specific chronic condition being addressed: including 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

Falls Prevention Coalition of Idaho (FPC-ID)



Falls Prevention Coalition of Idaho

The Falls Prevention Coalition of Idaho aims to reduce falls and fall-related injuries that impact individuals, families, caregivers, and Idaho communities. FPC-ID works to maximize health, safety, and well-being through statewide collaborative efforts. Current membership represents all areas of the state and a variety of government, for-profit, not-for-profit, advocacy, and community organizations.

Falls and Older Idahoans

- 1 in 3 fall at least once each year
- #1 cause of accidental injury and death
- #1 cause of traumatic brain injury and fractured hip for all Idahoans
- Five-year rate of falls significantly higher than state average in eight counties
- Average direct medical cost for falls in Idaho in 2020 was \$38,373 per fall

The FPC-ID has identified four pillars of falls prevention:

proper nutrition, physical health, emotional health, and environmental safety.

The FPC-ID and its members work to meet the mission through 10 identified key performance areas (KPA's): outreach, consumer education, professional education, professional practice, trip hazard remediation, research and data, events, membership, and advocacy.

For more falls statistics, download the Idaho Falls Facts Brief from our website:

aging.idaho.gov/falls

40% responded that they “very frequently” or “frequently” worry about falling while walking

2023

Needs Assessment Respondents

Stay Connected

Idahoans are connected to the people, programs, and services they need to facilitate the highest quality of life.

Connection can be as easy as a quick note or call even a few times a month. Another important way to connect is having a trusted source for information. ICOA plans and oversees programs to meet older Idahoans needs to Stay Connected.

Loneliness is different than isolation and solitude. Loneliness is a subjective feeling where the connections we need are greater than the connections we have. In the gap, we experience loneliness. It's distinct from the objective state of isolation, which is determined by the number of people around you.

-Vivek Murthy, US Surgeon General



Information and Assistance (I & A)



Information and Assistance (I&A) is the true frontline of ICOA and aging services for Idahoans. I&A staff utilize appropriate techniques to engage in conversations that identify an individual's needs. Assessments are used to determine need and program eligibility.

The goal of I & A is to provide opportunities for informed consumer choices relating to available services from the AAAs - such as home delivered meals or respite. For services not available through the AAAs referrals to external organizations are made to further meet their requirements. I & A is also the initial point of contact for Adult Protective Services (APS) reports and conducts the initial assessment.

78% responded that I & A services are "very important" to their community

2023

Needs Assessment Respondents

Area Agency on Aging	Total Contact Volume
AAA I	4,214
AAA II	1,005
AAA III	8,893
AAA IV	3,827
AAA V	1,850
AAA VI	2,824
Total	22,613

SFY 2023 Expenditures	
Federal: Older Americans Act	\$878,969
Federal: American Rescue Plan Act	\$126,484
Total	\$1,005,453

ICOA recommends AAAs adhere to the AIRS (Alliance of Information and referral Systems) standards of service. In 2023, AIRS changed its name to Inform USA. Using these nationally recognized standards makes training, certification, and service standards consistent statewide for all AAAs. Numerous AAA staff are certified and more continue to do so.

Aging and Disability Resource Center (ADRC)

The ADRC is designed to provide long-term services and supports (LTSS). The concept is to offer a “No Wrong Door” (NWD) approach for people needing LTSS. Instead of needing to research various programs and providers, the No Wrong Door approach means consumers can make a single call and be referred appropriately. I&A at each of the AAAs provides this service. For consumers, the ADRC provides the mechanism for straightforward Referral from initial contact 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 and disabled Idahoans need.

I&A is the frontline for providing guidance and referral for older Idahoans in need of various supports. ICOA and AAA programs are intended to be temporary. I&A not only refers consumers to these internal programs but to external programs as well. In this capacity, I&A also serves as the most visible element of Idaho’s Aging and Disability Resource center (ADRC) network.

ICOA began a revitalization of the ADRC in 2022. In 2023, efforts to identify and coordinate work by a variety of federal and state entities continued. Outreach included Idaho’s native tribes, Spanish-speaking, and other at-risk populations. Ongoing efforts to create a simple, one-stop ADRC for Idahoans to meet both their short-term and long-term needs continue.



Loneliness Reduction



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

Service Descriptions:

SFY 2023 Expenditures	
Federal: Older Americans Act	\$1,506
Federal: American Rescue Act (ARPA)	\$36,495
Total	\$38,001

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.

824 Calls



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.

502 Letters

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.



526 Letters

Stay Home

Idahoans are supported to live independent and healthy lives in the communities of their choice.

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 in 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	Shopping Food/Personal
Laundry	Housekeeping
Medication Management	Telephone Use

Transportation



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

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 and primarily provided by public transportation systems, private service providers, and volunteer drivers. Through statewide partnerships ICOA has identified a need to increase transportation access to rural Idahoans. Ongoing pilots based on the Consumer Direct service model are aimed at addressing this need.

148,095 Boardings

Average Cost per Boarding

\$4.21

SFY 2023 Expenditures	
Federal: Older Americans Act	\$156,351
Federal: American Rescue Act (ARPA)	\$357,527
State	\$109,096
Total	\$622,974

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. In SFY 2023 there were 96 meal providers across the state. Costs are minimized through community support and volunteer efforts.

77% responded that Home Delivered Meals are “very important” in their community

2023

Needs Assessment Respondents

Reimbursement Comparison: SFY 2022 to 2023

Area Agency on Aging	2022 HDM Rate	2023 HDM Rate
AAA I	\$4.50	\$4.50
AAA II	\$3.56	\$3.56
AAA III	\$4.50	\$4.50
AAA IV	\$3.90	\$3.90
AAA V	\$4.25	\$4.00
AAA VI	\$3.25	\$3.25

- Client registrations decreased by 493 from 5,141 to 4,648
- Meals decreased by 101,460 from 721,558 to 620,098

SFY 2023 Expenditures

Federal: Older Americans Act	\$1,382,189
Federal: American Rescue Plan Act (ARPA)	\$586,065
State	\$557,895
Total	\$2,526,149

Home Delivered Meals

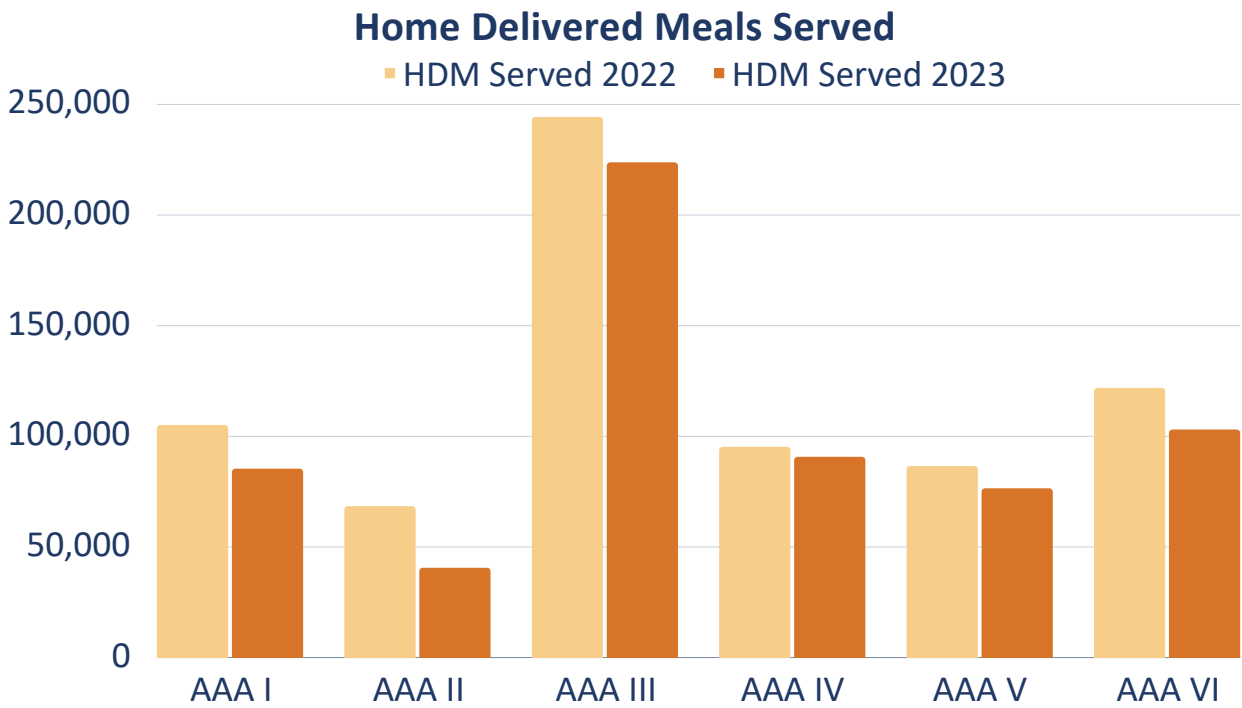
Pandemic Response: To help the meal sites continue meal preparation and home delivery during the initial onset of COVID-19, ICOA received \$5,000,000 from the Governors surplus. These funds were used to help purchase new equipment, manage the HDM waitlist if applicable, increase access and safety items, upgrade indoor and outdoor venues, buy supplies necessary for COVID mitigation, help with payroll food costs, and more.

There were 4 categories of funding represented in the Home Delivered MEAL project. Meal Fund Technical Guidance:

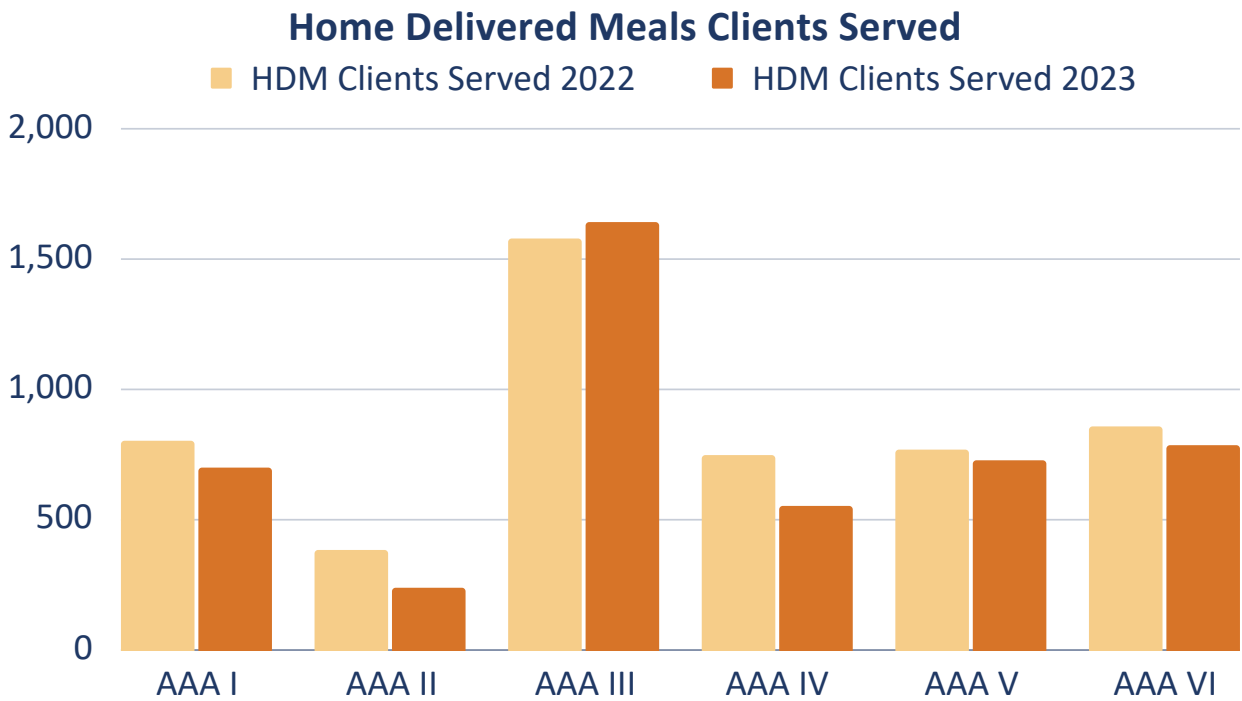
- Each AAA received \$20,000 for HDM waitlist mitigation
- Each AAA contracted meal provider received a \$5.00 retro co-pay for HDMs served between 01/01/2022-03/31/2022
- Each AAA contracted meal provider received a \$3.00 co-pay for HDMs served effective 04/01/2022-12/31/2022
- Each AAA contracted meal provider received a \$6.00 co-pay for each HDM served effective 01/01/2023-03/31/2023.

Area Agency on Aging	Waitlist Mitigation	\$3.00 Reimbursement	\$5.00 Reimbursement	\$6.00 Reimbursement
AAA I	\$20,000	\$210,702	\$151,210	\$122,364
AAA II	\$20,000	\$100,416	\$69,970	\$57,276
AAA III	\$20,000	\$509,595	\$296,145	\$303,237
AAA IV	\$20,000	\$223,503	\$116,570	\$114,915
AAA V	\$20,000	\$186,402	\$95,395	\$106,890
AAA VI	\$20,000	\$257,253	\$130,810	\$140,394
Total	\$120,000	\$1,487,871	\$860,100	\$845,076

Home Delivered Meals



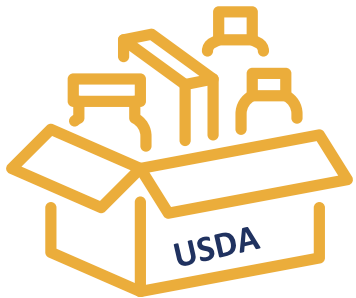
Our goal is to reduce the risk of institutionalization for Idahoans by providing services to assist seniors as they age. This not only reduces private and/or public cost incurred by institutionalization but allows the individual to reside in their home. Adequate nutrition is the foundation of continued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



Commodity Supplemental Food Program (CSFP)

The CSFP assists low-income seniors by providing nutritious monthly USDA food boxes filled with a variety of healthy foods. CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the beneficiary population.

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.



Average 32 lbs. per box and may contain:

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

**Food Boxes
Annually
25,901**

**Seniors Served
Monthly Average
2,090**

**Distribution
Partners
66**

USDA distributes both food and administrative funds to participating States to operate the CSFP.

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

Homemaker



Service Description

Homemaker services allow seniors to stay in their own homes by providing housekeeping services, meal preparation, and running essential errands. The Homemaker program is an in-home service that also reduces the risk of institutionalization for Idahoans. Services are provided either free of charge, or on a sliding fee cost-share based on income. 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.

SFY 2023 Expenditures

Federal: Older Americans Act	\$75,018
Federal: American Rescue Plan Act	\$187,812
State	\$446,584
Total	\$709,414

Clients Served
861

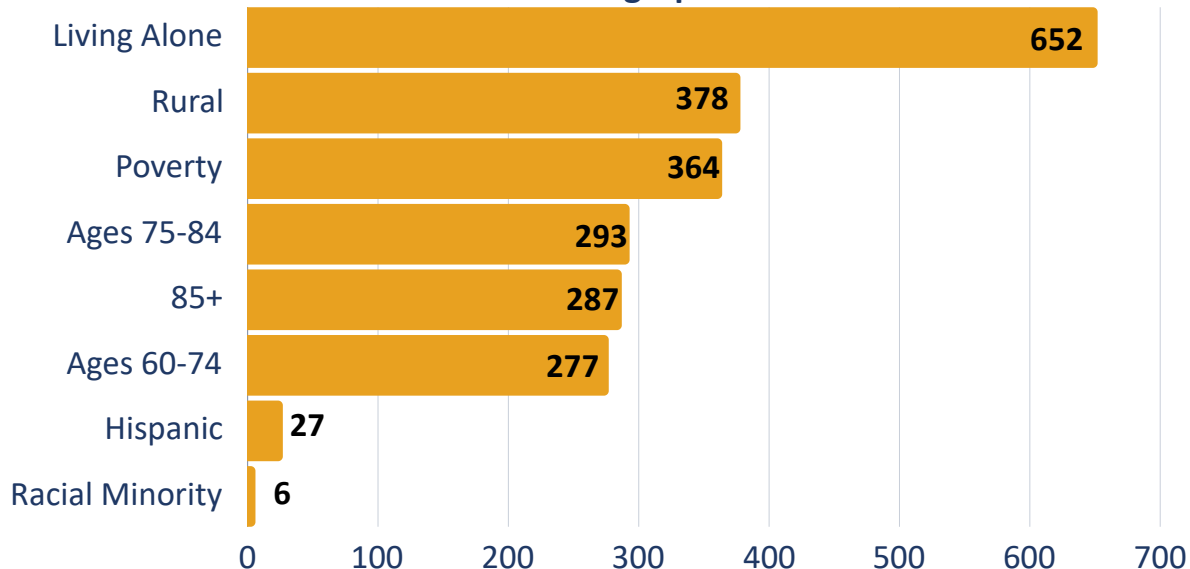
Hours
37,895

Average Hours/Client
44

Average Cost/Hour
\$18.72

Average Cost/Client
\$824

Client Demographics



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.



**Meals
Served**
1,104,854

**Meal
Providers**
96

FY 2023 NSIP Expenditures: USDA Funds	
Area Agency on Aging	NSIP Amount
AAA I	\$113,371
AAA II	\$66,561
AAA III	\$285,377
AAA IV	\$118,283
AAA V	\$108,629
AAA VI	\$102,438
Total	\$794,660

Chore



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.

Clients

19

Hours

83

Average Cost per Client

\$158

Average Hours per Client

4.4

Clients w/ 3+ ADLs Served

2

SFY 2023 Expenditures

Federal: Older Americans Act	\$0
Federal: American Rescue Plan Act	\$530
State	\$2,474
Total	\$3,004

Idaho Family Caregiver Support Program

Family caregivers in Idaho assume many responsibilities while caring for their loved ones. A solid support structure is necessary for caregivers to continue providing this important service without compromising their own personal health and well being. ICOA strategically focuses resources to help address these challenges.

The ICOA website hosts an up-to-date News & Alerts and Events Calendar offering the latest schedule of Powerful Tools for Caregiver workshops, Alzheimer's Association, Relatives as Parents and many other support groups and events happening around the state. The Caregiver menu includes a variety of quality resources including care plan guides, Idaho's Advance Directive Registry Services and other valuable information.

Supporting Caregivers to Support Others Makes Sense for Idaho

Service Description

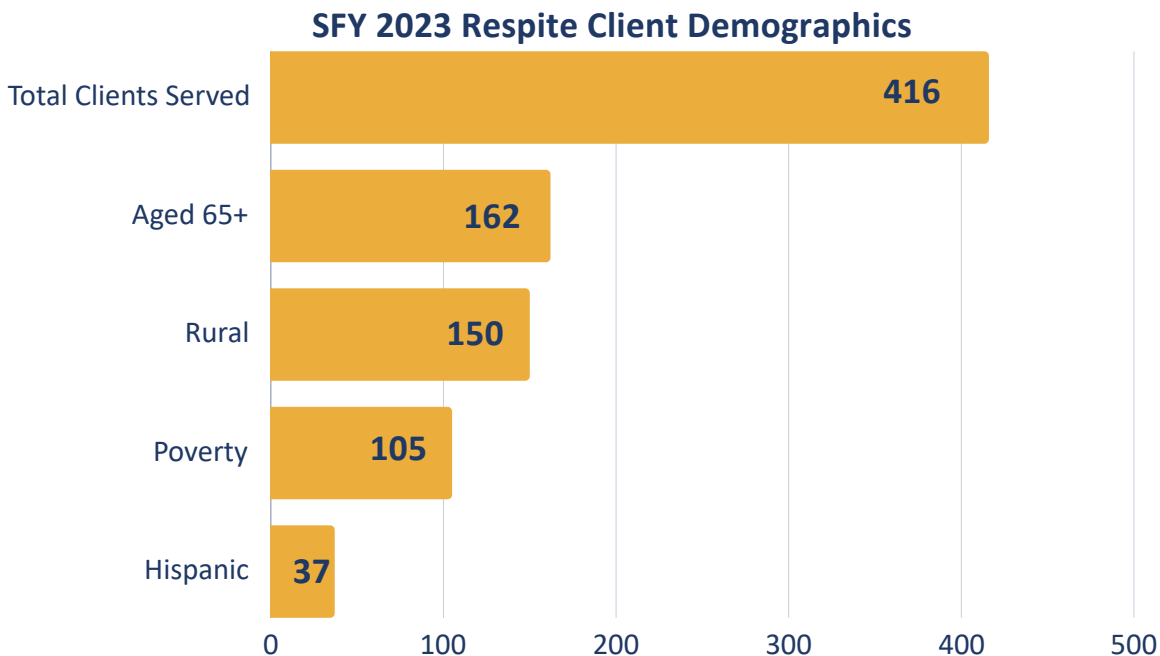
Support and train caregivers through the following services:

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

SFY 2023 Service Units			
Service	Units	Cost per Unit	Clients
Respite	35,043 hours	\$17	416
Information Services:Access	3,392 contacts	\$97	-
Support Group/Training/Counseling	594 sessions	\$271	484
Information Services:Outreach	140 activities	\$184	-
Supplemental Services	137 hours	\$57	4

Idaho Family Caregiver Support Program

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. SFY 2023 Respite services accounted for 53% of the Idaho Family Caregiver Support Program funds distributed to local Area Agency on Aging.



SFY 2023 Service Expenditures				
Service	Federal: OAA	Federal: ARPA	State	Total
Respite	\$218,707	\$173,860	\$190,238	\$582,805
Information Services:Access	\$303,770	\$24,456	\$0	\$328,226
Support Group/Training/Counseling	\$73,836	\$87,358	\$0	\$161,194
Information Services:Outreach	\$25,296	\$473	\$0	\$25,769
Supplemental Services	\$6,317	\$1,500	\$0	\$7,817
Total	\$627,926	\$287,647	\$194,886	\$1,105,811

Enhancing Idaho Lifespan Respite Grant

ICOA was awarded a competitive 3-year grant to expand, enhance, and improve statewide access to Respite services using the consumer-directed voucher program. This grant not only demonstrated the value of self-directed services but also the Adult Disabilities and Resource Centers (ADRC) No Wrong Door systems and caregiver navigation services. Idaho's Lifespan Grant helped to build capacity and collaboration among several community partners including Idaho Parents Unlimited, AARP, Jannus, and Idaho Caregiver Alliance (ICA). Further, it increased resources and connections through ICA's monthly newsletters, legislative updates, resource library and the creation of three advisory committee addressing the underserved caregivers in Idaho focusing on their person-centered needs.

54% responded that Respite Services are "very important" in their community

2023

Needs Assessment Respondents

Enhancing Idaho Lifespan Respite Grant	
Year 3 Expenditures	\$193,577
Caregivers Enrolled	262
Hours of Respite Provided	8,323

Consumer Directed Respite What Caregivers are Saying

*"The consumer-direct program has helped me out so much!
I could not have done this by myself"*

"It has helped me find support without feeling like a burden on others"

"I feel like I can breathe again after 7 years"

"I am so grateful for this life saving program"

Idaho Community Care Program (Case Management, Advocacy, Respite, Education)



The mission of Idaho's Community Care Program is to support caregivers of persons with Alzheimer's Disease and Related Dementia ensuring the highest quality of life possible while living at home.

The Community Care Program provides:

- Information, support, and education to caregivers, family, and loved ones taking care of an individual with memory loss, dementia or Alzheimer's Disease
- Provides caregivers with the tools and services they need to navigate their health and life options
- Extends the reach of community care services into underserved rural communities and those in greatest need
- Addresses caregiver burden and delivers person-centered supports

SFY 2023 Case Management Units

Case Management Clients	52
Case Management Hours	457
Caregivers Respite	66
Respite Hours	2717

Caregiver's Top Needs

#1 - Consumer Direct Respite
#2 - Caregiver Peer Support
#3 - Durable Medical Equipment
#4 - Food Commodities
#5 - Medicaid A&D Waiver
#6 - Volunteer Services

SFY 2023 Expenditures: Idaho Community Care Program

State: Alzheimer's Disease and Related Disease (ADRD)	\$316,662
Federal: Community Health Worker I	\$60,072
Federal: Community Health Worker II	\$16,165
Total	\$392,899

Consumer Direction

Consumer Direction is a service model that allows participants to select, train, and choose their own service providers which can be utilized on homemaker, chore, transportation, and respite services.

Service Description

A recent pilot uncovered a new best practice where a Consumer Directed model allows the individual to select the service provider of their choice within their trusted circle. This model will be rolled out across the state in 2024.

- Transportation - Area Agency on Aging I and III are currently participating in Consumer Direct pilot
- Respite - Consumer Direct services available statewide
- Homemaker - Consumer Direct pilot ongoing, plans to implement statewide on July 1, 2024
- Chore - Successful Consumer Direct pilot completed



Senior Community Service Employment Program

Older adults trying to find employment may experience challenges; 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: 42
- Average length in SCSEP: 19 months
- Total hours worked in SCSEP community service: 27,095

Federal Program Year 2023 Expenditures	
Federal: Enrollee Wages	\$274,625
Federal: Other Enrollee Expenditures	\$53,212
Federal: Administrative Expenditures	\$54,040
Local In-Kind Match	\$53,546
Total	\$435,423



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.

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

74% responded that someone to help apply for benefits is "very important" in their community

2023

Needs Assessment Respondents

SFY 2023 Expenditures	
Federal AAA	\$85,655
Federal ADRC	\$26,634
Total	\$112,289

Contracted with SHIBA for open enrollment marketing campaigns
Contracted with five AAAs to:

- Recruit host sites
 1. Pharmacies — rural and urban
 2. Local clinics — rural and urban
 3. Other health care providers — rural and urban
- Provide outreach to Tribal communities

Area Agency on Aging	Number of Host Agencies	Pharmacy Contacts
AAA I	54	10
AAA II	NA	NA
AAA III	539	122
AAA IV	NA	NA
AAA V	24	0
AAA VI	NA	NA

Stay Safe

Idahoans promote resiliency, self-determination, and dignity for older and vulnerable adults.

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.

Preserving Rights and Safety

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



Legal Assistance



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.

SFY 2023: Statewide Trends

Legal Assistance Service Areas	Cases
Other/Misc. (consumer, will, probate, etc.)	341
Housing	242
Defense of Guardianship or Protective Services	178
Health Care	131
Long Term Care	12
Income	50
Abuse/Neglect	38
Age Discrimination	0
Nutrition	1
Utilities	2
Total	995

Promoting Justice for Seniors

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

SFY 2023 Expenditures

Federal: Older Americans Act	\$44,751
Federal: American Rescue Plan Act	\$73,130
Total	\$117,881

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.

Helping Vulnerable Adults Stay Safe

Service Description

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

Consultations

- 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.

SFY 2023 Expenditures

Federal: Older Americans Act	\$20,000
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Senior Legal Case Trends

Elder Abuse/Neglect	38
Defense of Guardianship: guardian was abusive, exploitative, or unnecessary	63
Focused on advance planning to protect seniors from future abuse or exploitation	106
Total Cases	207

Idaho Adult Protective Services APS-CRRSA Grant and APS-ARPA Grant

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 to work collectively with our Aging Network partners to reduce the risk of maltreatment to vulnerable Idahoans and to provide support to family and informal caregivers of individuals served by Adult Protective Services.

Supporting Vulnerable Adults Safety and Stabilization

CRRSA and ARPA Grant Project Goals:

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

Idaho Adult Protective Services APS-CRRSA Grant and APS-ARPA Grants

APS Intervention Aid: ICOA completed year two of this three year project to provide APS Intervention Aid Service. SFY 2023 grant funds supported aid to 41 high risk APS clients to improve their safety, support, and stabilization needs.

Idaho Legal Aid: ICOA in partnership with Idaho Legal Aid expanded legal service capacity for APS clients' legal needs and APS client family caregivers with direct legal services to support the APS clients they care for. SFY 2023, 578 clients were provided 1,467 hours of legal services.

Community Care Program: ICOA has completed year two of this three year Caregiver Care Coordination project. Caregiver Care Coordination seeks to increase the capacity of informal caregivers. Grant funding has provided financial support to the pilot project and statewide demonstration staffing needs. Overwhelmed informal caregivers of APS clients are high priority for this service to reduce stress, burden, early burnout, and the associated risks of maltreatment to the APS clients they care for.

APS Workforce Safety: Safety of the APS workforce is essential as they travel throughout the state to conduct investigations of maltreatment and work to reduce risk to vulnerable adults. Grants provided funding for the purchase of six APS safety equipped automobiles. These automobiles are a dedicated investment to the APS workforce to increased job safety while working in the field.

SFY 2023 Expenditures	
Federal: APS CRRSA Grant	\$517,154
Federal: APS ARPA Grant	\$247,667
Total	\$764,821

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 support personal freedom and provide encouragement for the APS client's self-determination and continuity of care.

Adult Protective Service Description

APS provides investigation, prevention, and intervention service for vulnerable adults that are victims, or are suspected 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

77
**Community
Education
Presentations**

SFY 2023 Expenditures

Total State Funds

\$1,118,006

Adult Protective Services

Reports of suspected maltreatment of vulnerable adults are accepted from any source. In Idaho, mandated reporters in the following professions are legally obligated to make a report when they have reasonable cause to believe that any vulnerable adult is being maltreated.

- licensed medical professionals
- skilled nursing facility employees
- medical examiners
- emergency services personnel
- social workers
- law enforcement
- any employee of an entity responsible for providing care

Maltreatment	Allegations	Substantiated	Substantiated Age 18-59	Substantiated Age 60+
Abuse	433	82	28	53
Exploitation	444	54	10	43
Neglect	552	70	17	52
Self-Neglect	440	81	12	68
Total	1869	287	67	216



Ombudsman



Resident Advocates

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 with managers and serving long-term care residents throughout the state.

The Ombudsman Volunteer Program has increased to 11 over the past year, and 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 continue to grow the volunteer program across the state.

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

Ombudsman

In SFY 2023, the Ombudsman Program continues to struggle with limited volunteers to provide support to the Ombudsman Program throughout the state. AAA IV and AAA V have taken advantage of both Easter Seals staff and volunteers to assist in fulfilling the responsibilities of volunteer coordination. AAA III has actively been recruiting volunteers through radio ads and conferences. Volunteers make a significant difference in providing access to the Ombudsman Program to Long Term Care residents and their representatives.

The Program goal for SFY 2024 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.

Certified Ombudsmen Volunteers make visits to facilities, provide information to staff, residents, and families. Volunteers attend Resident Council meetings and provide resident rights information in addition to advocating for residents' rights. The table below represents the number of licensed beds. Some facility licenses have multiple buildings operating under one license.

AAA	RALF Licensed Facilities	RALF Bed Count	SNF Licensed Facilities	SNF Bed Count	Total Beds by AAA
AAA I	34	1,674	13	1048	2,722
AAA II	18	769	10	760	1,520
AAA III	116	4,317	28	2,432	6,749
AAA IV	40	1,063	11	746	1,809
AAA V	29	1,003	10	528	1,531
AAA VI	24	1,659	8	577	2,236
Total	261	10,465	80	6,071	16,567

(Data obtained from the Health and Welfare Website October 2023)

Ombudsman

Ombudsman Staff

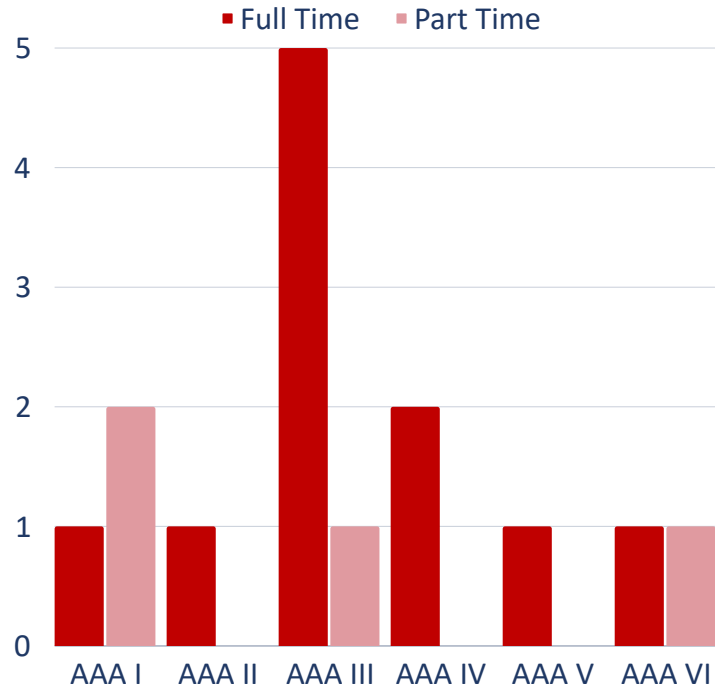
(Paid)



State LTCO

1

Local AAA
Ombudsman
11 Full Time
4 Part Time



Certified Assistant
Ombudsman
(Volunteers)

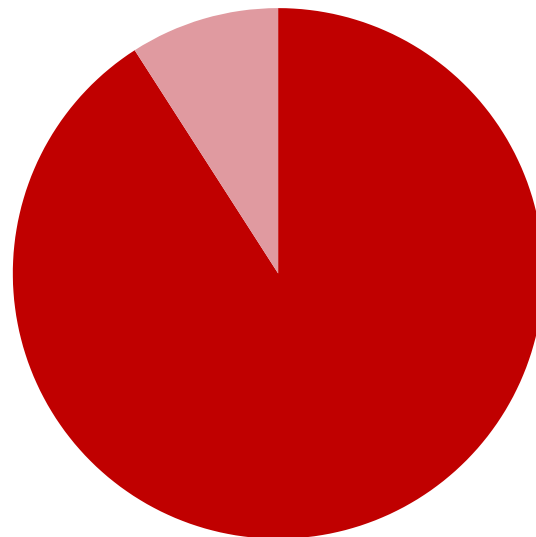


Statewide

11

Clerical Program Assistant

1



Certified Assistant Ombudsman

10

Ombudsman

Complaint Investigations by Long Term Care Ombudsman

1033

Top Complaints

Nursing Homes

- #1 Discharge/ Evictions
- #2 Response
- #3 Resident Rights
- #4 Gross Neglect
- #5 Medications

Assisted Living Facilities

- #1 Discharge/Evictions
- #2 Medications
- #3 Dignity & Respect
- #4 Staffing
- #5 Food Services

Eviction/Discharge
117 Total Complaints
RALF:90 & SNF:27

Ombudsman Activities



1457 Routine Facility Visits



95 Resident Council Meetings



81 Community Education



**2126 I & A calls answered
for facility staff and individuals**



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

Ombudsmen Are Certified Long Term Care Resident Advocates and Mediators Who Work to Resolve Complaints to the satisfaction of Resident. Ombudsmen also provide Education and resources to residents, staff, families, and the community at large.

SFY 2023 Expenditures

Federal: Older Americans Act	\$329,700
Federal: American Rescue Plan Act	\$76,999
State	\$405,737
Total	\$812,436

Ombudsman

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.

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.

SFY2023 Expenditures

Total Federal: Older Americans Act	\$245,386
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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.

102 Group outreach & education events

3,985 people reached through group outreach

690 One-to-one counseling sessions

38 Active SMP team members



Financials & Demographics

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

SFY 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 Total Funds				\$632,518		\$369,760	\$1,002,278
Remaining Balance for Formula Distribution				\$5,692,659		\$3,327,840	\$9,020,499
	AAA I	AAA II	AAA III	AAA IV	AAA V	AAAVI	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
% of Weighted Population	17.43%	7.94%	38.01%	14.48%	11%	11.14%	100%
Formula Driven Funding (multiply weighted population % 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 SFY 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

Summation of 6 AAA Expenditure Details

Area on Agency Service	Federal Grant Funds	Federal ARPA Funds	State Funds	Total
Local Area Plan Administration	\$624,323	\$244,481	\$367,341	\$1,236,145
Title IIIB: Planning & Coordination	\$29,486	\$0	\$0	\$29,486
Title IIIB: Outreach & Public Information	\$35,443	\$13,117	\$0	\$48,560
Title IIIB: Information & Assistance	\$878,969	\$126,484	\$0	\$1,005,453
Title IIIB: Transportation	\$156,351	\$357,527	\$109,096	\$622,974
Title IIIB: Legal Assistance	\$44,751	\$73,130	\$0	\$117,881
Title IIIB: Homemaker	\$75,018	\$187,812	\$446,584	\$709,414
Title IIIB: Chore	\$0	\$530	\$2,474	\$3,004
Title IIIB: Grocery Delivery	\$0	\$4,474	\$0	\$4,474
Title IIIB: Friendly Calling	\$1,506	\$36,495	\$0	\$38,001
Title IIIB & VII: Ombudsman	\$329,700	\$76,999	\$405,737	\$812,436
Title IIIC1: Congregate Meals	\$1,498,798	\$94,429	\$225,249	\$1,818,476
Title IIIC2: Home Delivered Meals	\$1,382,189	\$586,065	\$557,894	\$2,526,148
Title IIID: Disease Prevention	\$92,010	\$135,912	\$0	\$227,922
Title IIIE: Information Services Outreach	\$25,296	\$473	\$0	\$25,769
Title IIIE: Information Services Access	\$303,770	\$24,456	\$0	\$328,226
Title IIIE: Support Groups, Trainings, Counseling	\$73,836	\$87,358	\$0	\$161,194
Title IIIE:Respite	\$218,707	\$173,860	\$190,238	\$582,805
Title IIIE: Legal Assistance	\$6,317	\$1,500	\$0	\$7,817
Adult Protective Services	\$0	\$0	\$1,118,006	\$1,118,006
MEAL Funding (one time funding)	\$0	\$0	\$3,529,462	\$3,529,462
Nutrition Services Incentive Program (NSIP)	\$794,660	\$0	\$0	\$794,660
Total AAA SFY 2023 Expenditures	\$6,571,129	\$2,225,102	\$6,952,081	\$15,748,312

State Office Projects

Projects	Federal Grant Funds	Federal ARPA Funds	State Funds	Total
State Plan Administration	\$645,572	\$60,563	\$841,216	\$1,547,351
Grants:				
Alzheimer's & Dementia Related Disease (ADRD)			\$267,682	\$267,682
ARPA - Title VII - Ombudsman Supplemental		\$8,953		\$8,953
COVID - Ombudsman Supplemental		\$2,671		\$2,671
COVID -Aging Disability Resources		\$14,483		\$14,483
ARPA -APS Supplemental		\$247,667		\$247,667
COVID -APS Supplemental		\$517,154		\$517,154
ARPA -Expanding Public Health Workforce		\$57,296		\$57,296
Lifespan Respite	\$335,439		\$32,190	\$367,629
Title VII - Elder Abuse Prevention	\$24,517			\$24,517
Commodity Supplemental Food Program (CSFP)	\$209,407			\$209,407
Senior Community Service Employment Program (SCSEP)	\$381,877			\$381,877
Medicare Improvements for Patients and Providers Act (MIPPA)	\$112,289			\$112,289
Chronic Disease Self-Management Education	\$3,981			\$3,981
Senior Medicare Patrol Fraud Prevention (SMP)	\$245,386			\$245,386
Total Grant Expenditures	\$1,312,896	\$848,224	\$299,872	\$2,460,992

At a Glance

Percent of Budget Distribution by Strategic Pillar

Stay Home 37.49%

Stay Healthy 30.64%

Stay Safe 17.04%

Stay Connected 7.61%

Administrative Excellence 6.79%

Keep Learning 0.43%

Target Demographics	Registered Clients Served*	Percent of Registered Clients Served
Age 65-74	6,033	30.67%
Age 75-84	7,150	36.34%
Age 85+	4,223	21.47%
Age 65+ Living in Poverty	4,161	21.15%
Age 65+ Living Alone	7,388	37.56%
Age 60+ Living in Rural County	10,222	51.96%
Age 60+ Racial Minority	501	2.55%
Age 60+ Hispanic	818	4.16%

*Registered services collect demographic information, not all services provided are considered registered services

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	Chris Magera, Vice Chair
Area II	Dennis Ohrtman
Area III	Vacant
Area IV	Roger Morley, Chair
Area V	Lois Marquette
Area VI	Dean Nielson
At-Large	Dixie Milliken

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



KEEP LEARNING

Successful people never quit learning.



STAY HEALTHY

Maximize your ability to enjoy life.



STAY CONNECTED

Plans and decisions for successful aging.



STAY HOME

Fortify your ability to remain independent at home.



STAY SAFE

Enhance your security now and later.

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