

# AREA PLAN OVERVIEW

Fiscal Year 2019-2021

---

## I. BACKGROUND

The Lincoln Trail Area Development District (LTADD), as the Area Agency on Aging and Independent Living (AAAIL), is responsible for the development and implementation of a coordinated comprehensive service system for the elderly. The Public Hearing is held to outline the plan to the community and to receive comments from interested individuals and organizations. The plan is then completed and submitted to the Kentucky Cabinet for Health and Family Services, Department for Aging and Independent Living.

The Lincoln Trail Area Agency on Aging and Independent Living began operation in July 1975 in response to federal legislation. The approved area plan is the basis for the legal contract between the Kentucky Cabinet for Health and Family Services, the Department for Aging and Independent Living and the Lincoln Trail Area Development District Area Agency on Aging and Independent Living. This plan is also the basis for the Lincoln Trail Area Development District contracts with community agencies. The full plan reflects in detail, the programs and plans for Fiscal Year 2019-2021. If changes are needed in the program, a contract revision must be approved by the local AAAIL Advisory Council, the LTADD Board of Directors, and the Kentucky Department for Aging and Independent Living.

A procurement process is carried out every three years, the Area Agency on Aging and Independent Living issues a “Request for Proposal” (RFP) to agencies interested in providing services to older persons in the Lincoln Trail area. As required by federal mandate, the Area Agency on Aging and Independent Living must ensure open and free competition for service delivery. Proposals are reviewed by the Lincoln Trail Aging Advisory Council and a recommendation is sent to the Lincoln Trail ADD Board of Directors for final approval. LTADD is presently in year three of the procurement cycle.

This summary will be presented to the Lincoln Trail Area Agency on Aging Advisory Council and will need to be approved by the Council and Lincoln Trail ADD Board of Directors. This Area Plan document summarizes the plan for FY’s 2019-2021.

During this Area Plan cycle, it is recommended that the ‘Restaurant Voucher’ program and ‘Senior Center Without Walls’ program continues due to being well

received. This program allows the Meade County seniors to improve nutrition by the meal, receive nutritional education and have increased contact to reduce social isolation.

---

## II. LINCOLN TRAIL AAAIL RESPONSIBILITIES

### **Administration**

The LTAAAIL is responsible for all administrative activities associated with the fiscal and program management of programs provided by or contracted by the Area Agency on Aging and Independent Living. There are limits on Administrative funding levels: Title III, HomeCare, Adult Day Care, Personal Care Attendant Program (PCAP), and the Aging & Disability Resource Center (ADRC) are funded at the level of 10% for administrative costs. We receive no administrative funds for a number of programs we provide.

### **Aging and Disability Resource Center (ADRC)**

The ADRC program is a joint effort by a variety of funding sources to offer needed information, services and supports to those in need. This new and expanding service allows for coordination of existing aging and disability resources. The concept is set up to allow those in need to make one phone call and receive information about a variety of options. The ADRC empowers people to make informed decisions. The program has the goal to make the intake process more user friendly.

### **Assessment Services**

Refers to the required interview and assessment process that is completed by a case manager. Information is used to determine: (1) What the person can do for himself/herself (2) What assistance he/she needs (3) How this assistance can be provided. This assessment is conducted when the client has been identified to have the highest need by the Aging and Disability Resource Center (ADRC) Coordinator. Assessment Services are provided for Title III, Title III-C (meals), Title III-E National Caregiver, KY Caregiver Support, and the Home Care Program.

### **Case Management Services**

Case management is the process that includes the development of a care plan to provide services to a client. Case management involves regular contact with agencies and clients to assure that the services are provided and that needs of the individual are met to enable the client to safely remain in their own home. Case Management services are provided for Title III Homemaker, Title III Home Delivered Meals, and Title III-E programs, as well as the HomeCare program.

---

### III FEDERALLY FUNDED PROGRAMS

The Older Americans Act provided for services to assist seniors to maintain their independence. Services are broken down into Title III and Title VII of the Older Americans Act. These services are available to any person age 60 or older. Participants continue to be encouraged to donate toward the cost of the service. In fact, participant donations are being emphasized more than ever before as Federal and State funds are unable to keep up with demand for services. Some services may be limited for special reasons such as lack of available resources. Home delivered meals are restricted to persons that are unable to secure a meal otherwise. Descriptions of these services are outlined below.

#### **Title IIIB Supportive Services**

- Homemaker/Personal Care Services– Lifeline Homecare, Inc.  
Refers to the activities of personal care and housekeeping provided in the home by a trained supervised homemaker when there is no other person available or capable of providing assistance.
- In-Home Respite Services - Lifeline Homecare, Inc.  
Respite is defined as care provided by an approved caregiver for a designated time period due to absence or need for relief of those normally providing care (respite). This program shall be targeted primarily to the families of persons suffering from Alzheimer’s Disease.
- Transportation Services (Rural) – Central KY Community Action Council (CKCAC)  
Refers to activities that enable individuals to travel to and from community resources and programs. In April 2012, the region’s Transportation Services provider split from one central provider to two providers. CKCAC serves our six rural counties through the Community Action Transportation Service (CATS): Breckinridge, Grayson, LaRue, Marion, Nelson, and Washington. With very little public transportation, older people are heavily dependent on this service.
- Transportation Services (Urban) – Transit Authority of Central Kentucky (TACK)  
Refers to activities that enable individuals to travel to and from community resources and programs. In April 2012, the region’s Transportation Services provider split from one central provider to two providers. TACK provides urban transportation for Hardin and Meade Counties.

- Nursing Home Ombudsman Program—LTAAAIL Consultant  
The Nursing Home Ombudsman service is a means to assure and promote quality long term care through the development of a system which identifies long term care problems and concerns; monitors the existing long term care system; promote citizens, resident, and community involvement; and advocates for improved care on behalf of the long-term care resident. The Ombudsman assists both staff and resident’s quality of life by providing training, such as the virtual dementia tour and HealthRHYTHMS.
- Legal Assistance – Legal Aid Society, Inc.  
Refers to the provision of legal advice and representation by a paralegal or attorney in solving civil problems of aging individuals or groups.
- Minor Home Modifications – LTAAAIL  
The performance of tasks to promote a safe environment. Funding is limited for home modifications; however, services provided in this category may include assistance with environmental issues that impact safety.
- Adult Day Care Services – Sunrise Manor  
Adult Day Care services are available to individuals age 60 and older or those with a diagnosis of probable Alzheimer’s Disease. Adult Day Care programs provide a safe and secure location for elders who need supervision during the day. While the LTADD proposes to work with one provider, other options for Adult Day services are available in the region that are not funded by funds contracted through the LTADD. Presently funding does not allow for the addition of any new clients. Services will continue to existing clients as permitted by the Department for Aging & Independent Living for the remainder for FY18. It is recommended that Adult Day Care should not be funded for FY19 as only 1.20 clients are being assisted through this program.

### **Title III C Nutrition Services**

- Congregate Meals – Central KY Community Action Council  
The operation of the senior centers in order to provide congregate meals and serve as a resource for education, referral and assistance. Presently there are eleven (11) senior centers in the region. Meade County has a center without walls that meets monthly. Restaurant vouchers are provided to Meade County Seniors to allow them to receive a hot meal that is not available at a senior center in their county.

- Home Delivered Meals – Mom’s Meals; Purfoods, LLC  
The preparation and delivery of meals to an eligible consumer. Each meal shall meet the Meal Standards as set forth in the Department for Aging and Independent Living Program Policy Manual. The meals will be Home-Delivered Meals (funded through both state and federal funds). Meals will be shipped and delivered fresh. Consumers will choose items from an approved menu.

### **Title III-D Disease Prevention & Health Promotion Services**

- Bingosize – LTAAAIL and CKCAC  
This activity is offered to seniors at the Senior Centers and other locations. Bingocize is a combination of exercise and the game of Bingo. Its focus is on improving mobility, balance, aerobic fitness and muscular strength.
- Tai Chi for Arthritis and Fall Prevention - LTAAAIL  
This program is a gently flowing movement exercise that strengthens the body, improves mental balance and brings better health to participants. Additional benefits include relaxation, balance, posture and immunity, muscular strength, flexibility and fitness.
- Arthritis Foundation Exercise Program (AFEP) – LTAAAIL  
This is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.
- Walk with Ease – LTAAAIL  
Designed to reduce pain and discomfort of arthritis, increase balance and strength, build confidence in the ability to be physically active and improve overall health among older adults. Designed to decrease disability and improve arthritis symptoms, self-efficacy and perceived control, balance, strength and walking pace.

### **Title III-E National Caregiver Program**

- Family Caregiver Support Program – LTAAAIL

This program recognizes the strong role that family members play in the care of elders in the community. This category of funding strives to provide assistance to persons caring for an elderly family member over the age of 60.

## **Title VII Vulnerable Elder Rights & Protection Services**

- Elder Abuse/Prevention Services – LTAAAIL  
A program to provide public education and outreach to identify and prevent elder abuse, neglect, and exploitation of elderly Kentuckians. Funding encouraged development of coalitions or resources to promote awareness of elder abuse.
- Ombudsman Services – LTAAAIL  
A program to provide public education and outreach to identify and prevent elder abuse, neglect and exploitation of elderly Kentuckians, who reside in residential facilities.

## **Centers for Medicaid and Medicare Services Programs**

- State Health Insurance Assistance Program (SHIP): Benefits Counseling Services – LTAAAIL  
Consumers and their family members are assisted with benefits counseling with particular attention to accessing drug benefits and meeting medical needs. Trained staff and volunteers are utilized for this program.
- Waiver Services: Case Management / Participant Directed Services (PDS) - LTAAAIL  
Through funding under the Home and Community Based Waiver services, the agency provides services through PDS Waiver, Michelle P Waiver and Acquired Brain Injury Long Term Care Waiver as well as traditional case management. Consumers are being assisted to self direct their care, to include hiring their care provider. LTADD provides service advisor and fiscal intermediary services to persons eligible for these programs and case management to those who choose the traditional route.

---

## **VI STATE FUNDED PROGRAMS**

### **Homecare Program – Lifeline Home Care, Inc.**

These services are available to persons age 60 or older that are functionally disabled and are in need of assistance with their activities of daily living. Fees for

this service are based upon the client's ability to pay for services, a "sliding fee" scale. Donations are encouraged and are utilized to expand available services.

- **Homemaking Services**  
Refers to household activities by a supervised aide that are necessary to maintain an individual in his/her home. This includes housekeeping, meal preparation and shopping.
- **Personal Care Services**  
Refers to non-medical personal care of an individual that may include bathing, feeding, hair and skin care, and dressing.
- **Respite Services**  
Care provided while the regular caregiver is temporarily away from the home or needs relief time.
- **Chore Services**  
Activities of heavy housecleaning, minor repairs and yard tasks needed to maintain the person in his/her home.
- **Escort**  
Refers to the personal transportation and accompaniment of individuals who have no other means of transportation to medical and other essential services.

#### **Home Delivered Meals – Mom's Meals; Purfoods, LLC**

The preparation and delivery of meals to an eligible consumer. Each meal shall meet the Meal Standards as set forth in the Department for Aging and Independent Living Program Policy Manual. The meals will be Home-Delivered Meals (funded through both state and federal funds). Meals will be shipped and delivered fresh. Consumers will choose items from an approved menu.

#### **Personal Care Attendant Program – VNA Health at Home**

The Personal Care Attendant Program (PCAP) provides services to persons age 18 and older who have lost the use of two or more limbs. Participants in this program receive funding to pay for up to 40 hours per week of attendant care. Persons receiving PCAP services are employers of their attendants and must take on all responsibilities of an employer, including payment of federal and state employer taxes. Case management services are also provided to these clients.

#### **Family Caregiver Support Program – LTAAAIL**

The Kentucky Caregiver Support Program, funded with state funds to provide services for grandparents who are the caregivers of their grandchildren. This program provides vouchers to eligible grandparents to assist with child related

needs. The program also provides outreach and case management services. Funding will not be returned to the program for FY 2019-2021 if budget reductions remain.

FY 2018 SCHEDULE RATES

---

	<i>AGENCY</i>	<i>UNIT</i>	<i>FY18 RATE</i>
Title III-B In-Home Services	Lifeline	1 HOUR	24.36
Title III-B Legal Services	Legal Aid Society	1 HOUR	60.00
Title III-B Transportation Services-Rural	CKCAC	1 TRIP	6.95
Title III-B Transportation Services-Urban	TACK	1 TRIP	6.50
Title III-C1 Congregate Meals	CKCAC	1 MEAL	11.04
Title III-C2 Home Delivered Meals	Mom's Meals	1 MEAL	7.10
Homecare In-Home Services	Lifeline	½ HOUR	24.36
Homecare Home Delivered Meals	Mom's Meals	1 MEAL	7.10
Personal Care Attendant Program	VNA	1 HOUR	93.50
Personal Care Attendant Program Subsidy	VNA	1 HOUR	7.98
Adult Day Care Services	Sunrise Manor	½ HOUR	4.75

Carryover funds have not been amended into our current contract. Estimated unexpended funds from FY17 are expected to be amended into FY18 contract as follows:

Title III-CI	3,352.75
Title III-C2	458.12
Title III-D	662.96
Title III-E	8,591.68
Title VII- Elder Abuse	3,018.69
Title VII- Ombudsman Support	2,564.52

Copies of this summary are being distributed to community agencies and organizations, senior citizens groups, and elected officials. Additional copies are

available at the Lincoln Trail Area Development office, 613 College Street Road, Elizabethtown, Kentucky.