

# AREA PLAN OVERVIEW

Fiscal Year 2023-2025

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## 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 2023-2025. 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 two 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 2023-2025.

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.

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## 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 IIIB, C, E, HomeCare, and the Personal Care Attendant Program (PCAP) are funded at the level up to 10% for administrative costs. LTADD does not receive administrative funds for a number of the programs provided. However, LTAAAIL does receive a monthly fee per client for the waiver programs that are provided.

### **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. The ADRC service allows for coordination of existing aging and disability resources provided internally or within the community. 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 while experiencing a user-friendly intake process. This service also assists callers to determine if they are eligible for the Older Americans Act Programs or a Medicaid Waiver Program. Presently, the ADRC is funded by state and federal funds per level one screening and No Wrong Door Funds.

### **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 themselves, (2) What assistance he/she needs, and (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 B, Title III-C2 (meals), Title III-E National Caregiver, Home Care Program, Personal Care Attendant Program and the Medicaid Waiver Programs.

### **Case Management Services**

Case management is the process that includes the development of a person centered 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 B In home services, Title III C-2 Home Delivered Meals, Title III-E programs, Home Care programs, Personal Care Attendant Program as well as the waiver programs provided.

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### III FEDERALLY FUNDED PROGRAMS

The Older Americans Act provided services to assist seniors in maintaining 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. Some services may be limited for special reasons such as lack of available resources. Home delivered meals are normally restricted to persons that are unable to secure a meal otherwise. However, additional funding streams during COVID has enabled LTAAAIL to provide meals for anyone over the age of 60 who wants a meal to receive a meal. This practice will continue as long as it is approved by the Department of Aging and Independent Living (DAIL). Descriptions of these federally funded services are outlined below.

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

##### Homemaker/Personal Care Services– Lifeline Homecare, Inc.

Refers to the activities of personal care and housekeeping. These services are provided in the clients' home by a trained caregiver. To be eligible for HM / PC services there should be no other person available or capable of providing the needed 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 & Urban) – Central KY Community Action Council (CKCAC)

Refers to activities that enable individuals to travel to and from community resources and programs. CKCAC serves our eight counties through the Community Action Transportation Service (CATS). Seniors are heavily dependent on this service due to limited public transportation in the Lincoln Trail Region.

### Nursing Home Ombudsman Program—Catholic Charities

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. The Ombudsman monitors the existing long term care system, promotes citizen, resident, and community involvement, and advocates for improved care on behalf of the long-term care resident.

### 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.

### Telephone Reassurance – LTAAAIL

LTAAAIL staff members provide phone calls to COVID 19 meal clients to check on their meals and assist with any unmet needs. This ensures health, safety, and welfare of these individuals during the pandemic.

## **Title III C Nutrition Services**

### Congregate Meals (C1) – Central KY Community Action Council

The Senior Centers were established in order to provide congregate meals, socialization and to 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 met monthly before the pandemic. While these Seniors are receiving education by mail, it is hoped that their in-person meetings can resume soon. 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. Additional funding was received to support increased meals during the COVID 19 pandemic. These meals were provided in a drive by manner. Presently it is the participant's choice to receive these meals drive by or in house. This practice will continue for as long as allowed. The COVID 19 funds will be divided for FY's 22-24.

### Home Delivered Meals (C2) – 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. Additional funding was received to support increased meals during the COVID 19 pandemic. These funds will be divided for FY22-24.

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

#### Bingocize – 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.

#### Walk with Ease – Pending

Walk with Ease is a 6-week program that teaches participants to safely incorporate exercise daily. This program utilizes walking in a self-led and group format to reduce arthritis pain and improve overall health.

### **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 respite and supportive services 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 encourages development of coalitions or resources to promote awareness of elder abuse.

### Ombudsman Services – Catholic Charities

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.

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

No Wrong Door Funds – Federal funds allocated to support the Aging and Disability Resource Center for intake and outreach functions.

CDC Funds: Funding is allocated to provide education on Covid 19 vaccines and boosters. This funding also allows LTAAAIL to assist clients and the community in obtaining the vaccine at local clinics.

### **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 the PDS HCB 2 Waiver, PDS Michelle P Waiver and provides case management under the Traditional Waiver Program. Consumers are being assisted to self-direct their care, to include hiring their care provider under PDS and are assisted with receiving services through a traditional provider under traditional Case Management. LTADD provides service advisor, support broker, and fiscal intermediary services to persons eligible for PDS programs and case management to those who choose the traditional route.

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## VI STATE FUNDED PROGRAMS

### **Homecare In home Services 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.

### **Homecare 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.

### **State Long Term Care Ombudsman** – Catholic Charities

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. The Ombudsman monitors the existing long-term care system, promotes citizen, resident and community involvement, and advocates for improved care on behalf of the long-term care resident.

## **Personal Care Attendant Program – LTAAAIL**

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.

### FY 2023 SCHEDULE RATES

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	<i>AGENCY</i>	<i>UNIT</i>	<i>FY 22 RATE</i>
Title III-B In-Home Services	Lifeline	1 HOUR	32.00
Title III-B Legal Services	Legal Aid Society	1 HOUR	60.00
Title III-B Transportation Services-Rural	CKCAC	1 TRIP	7.28
Title III-C1 Congregate Meals	CKCAC	1 MEAL	11.59
Title III-C2 Home Delivered Meals	Mom's Meals	1 MEAL	7.20
Homecare In-Home Services	Lifeline	½ HOUR	32.00
Homecare Home Delivered Meals	Mom's Meals	1 MEAL	7.20
Personal Care Attendant Program Subsidy	LTAAAIL	1 HOUR	7.98

Carryover funds have not been amended into our current contract. Estimated unexpended funds from FY21 are expected to be amended into FY22 contract as follows:

Title III-B	\$ 137,627.29
Title III-C1	\$ 101,213.50
Title III-C2	\$ 17,833.33
Title III-D	\$ 19,041.00
Title III-E	\$ 82,650.95
Title VII- Elder Abuse	\$ 2,251.89
Title VII- Ombudsman Support	\$ 5,855.19

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.