Age Wave
READY COMMUNITIES
engaged • livable • stable • well

UNLEASH THE POWER OF AGE
OLDER AMERICANS MONTH 2013

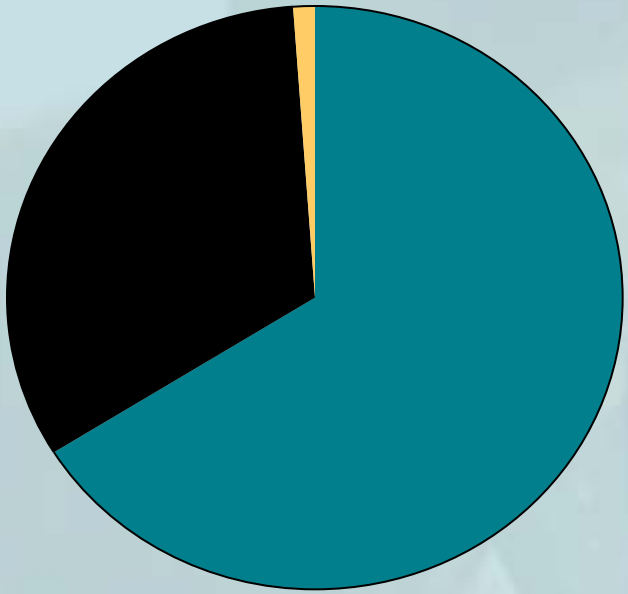
Senior Connections

The Capital Area Agency on Aging

The Resource for Aging Well

September 25, 2013
Hanover Board of Supervisors

BUSINESS TYPE



- **Area Agencies on Aging** may establish themselves as government, nonprofit, or quasi-government entities
- **Senior Connections** is a 501 (c)(3), nonprofit tax exempt organization governed by a Board of Directors

ORGANIZATION

Senior Connections, The Capital Area Agency On Aging

Board of Directors (21)

Advisory Council (20)

Staff (82)

Volunteers (800)

Community Partners (50 and growing)

NATIONAL AGING NETWORK

U.S. Administration on Aging (AoA)

655 National Area Agencies on Aging
(25 in the Commonwealth of Virginia)

57 State Units on Aging (SUA)
(In Virginia, the SUA is the Virginia Department for Aging and Rehabilitative Services)

Local Area Agencies on Aging (AAAs)

LOCAL PRESENCE

- **25 Area Agencies on Aging** in the Commonwealth of Virginia provide home and community-based services for senior citizens, education, information, advocacy and volunteer opportunities.

- **Senior Connections, The Capital Area Agency on Aging** serves citizens in the Counties of Hanover, Charles City, Chesterfield, Goochland, Henrico, New Kent, Powhatan and the City of Richmond.

- **Neighboring Area Agencies on Aging:**
  - Bay Aging (Urbanna)
  - Rappahannock Area Agency on Aging (Fredericksburg)
  - Jefferson Area Board on Aging (Charlottesville)
  - State Department for Aging and Rehabilitative Services
    - Commissioner Jim Rothrock
    - Division for the Aging
    - No Wrong Door Service Coordination System (Easy Access)

The Demographics of Aging:
IMPACT ON RETIREMENT AND VOLUNTEERING

- Older Women Outnumber Older Men
- Half of Older Women Age 75+ Live Alone
- About 31% of Older Adults Live Alone
- By 2030, the U.S. Population Age 65 and Older will double to about 71 million, one in every five Americans
- Virginia's Older Population is Growing:
  - Today: Almost 1 million
  - 2030: About double to 1.8 million
  - One in every Virginian will be 65 and older
  - Fastest Growing Group is Age 85+
  - Baby Boomers (1946 – 1964): Age Wave Readiness Communities
- By 2030, there will be twice as many older adults in the Greater Richmond Region (surpassing the number of school age children)
- Hanover County (Total population: 99,863; 19,135 age 60 and over; 1,631 – 85 years+)

SERVICES

Senior Connections, The Capital Area Agency on Aging

Services since 1973 in Hanover and other localities in Planning District 15 (Chesterfield, Goochland, Powhatan, Henrico, New Kent, Charles City and Richmond)

- **Purpose:** Information/Assistance/Referrals/Maintaining Independence in the Community, Less Costly Alternatives to Nursing Homes/Assisted Living, Decreased Hospital Admissions, Support for Caregivers and Recognition of Seniors as Resources.
- **Services in Hanover County:**
  - Care Coordination (Pamela Bridgeforth)
  - Friendship Cafés (Shiloh Baptist Church, Montpelier Senior Center)
  - Meals on Wheels (Partnership with FeedMore, Inc.)
  - Transportation (Partnership with CAPUP and MCEF, Ken Lantz)
  - Senior Law Day (Wills, Powers of Attorney, Advance Directives for Health Care; Pro Bono by Williams Mullen)
  - Support for Caregivers
  - Money Management for Bill Paying and Guardianship Education
  - Senior Employment
  - Volunteer Opportunities
  - Initiatives with Community Partners

Transportation in Hanover County

- 150-200 trips per month for Hanover County Residents. Guidelines developed and distributed in March 2013.
- Mobility Manager Ken Lantz engaged with Hanover County staff through the Hanover Human Services Network.
- The Hanover County Department of Community Resources is a human resource directory known as *Aunt Bertha* www.AuntBertha.com. Information for Senior Connections will be included on this user-friendly website.
- $20,000 grant from the Department for Aging and Rehabilitative Services for partnership with Mechanicsville Churches Emergency Function (MCEF) to support a volunteer driver initiative.
- Senior Connections has compiled a directory of Regional transportation providers.
- The Ride Connection Program in Hanover is supported by a grant from the Covenant Woods Retirement Community.
- Staff is involved in ongoing regional planning efforts related to transportation and is represented on the Metropolitan Planning Organization (MPO) and Citizens Transportation Advisory Committee. Ken Lantz chairs the Elderly and Disabled Advisory Committee of the MPO.

Care Coordination in Hanover County

- Helping seniors access community based services
  - To prevent NH placement
  - providing guidance, respite and workshops for caregivers
  - sponsoring home delivered meals through Meals on Wheels
  - providing Friendship Cafes for socialization
  - providing rides for medical transportation
  - helping individuals access elderly tax relief
  - providing free life planning documents through Senior Law Day
  - protecting resident rights in long term care settings

- Providing assessments and assistance to seniors *in the comfort of their homes* throughout Hanover; connecting seniors and caregivers (local and distant) to community resources.

Care Coordination in Hanover County

- Professional staff (Pamela Bridgeforth) provide home visits to:
  - Complete a full assessment
  - Provide information, education, referral, advocacy and coordination of services to seniors and their families
  - (With input): Develop an individualized plan that is person-centered (strengths, preferences, needs)
  - Locate resources within Senior Connections and the community
  - Help identify gaps, benefits seniors may not be utilizing, make recommendations to optimize financial stability
  - Provide guidance for "next steps" for stressed caregivers (spouses, adult children
  - Identify and explain the need for POAs and Advance Medical Directives
  - Recognize health needs and make referrals
  - Mediate and provide an objective voice for multiple perspectives
  - Citizens served: Active retirees, frail adults, adults with disabilities, working caregivers, retired caregivers, seniors and adult children sharing a household, widowed individuals, seniors with no children, distant caregivers, seniors anticipating future health and living arrangements

Resources for Seniors and Caregivers

- **Senior Connections, The Capital Area Agency on Aging** (804) 343-3000 www.seniorconnections-va.org
  - **Ken Lantz, Transportation/Mobility Manager**
    (804) 672-4487; klantz@youraaa.org
  - **Margaret Robinson, Transportation Coordinator**
    (804) 672-4495; mrobinson@youraaa.org
  - **Pamela Bridgeforth, Care Coordinator, Hanover County**
    (804) 672-4496; pbridgeforth@youraaa.org
  - **Gloria Stevens, Intake Coordinator**
    (804) 343-3044; gstevens@youraaa.org
  - **Patrick Hickey, Manager, Aging and Disabilities Resource Connection**
    (804) 343-3052; phickey@youraaa.org
  - **Thelma Bland Watson, Executive Director**
    (804) 343-3037; twatson@youraaa.org

- **Virginia Department for Aging and Rehabilitative Services**
  (804)662-9333; www.dars.virginia.gov