

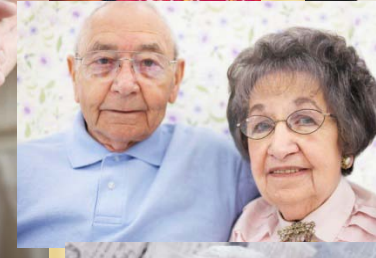
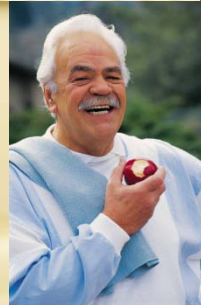
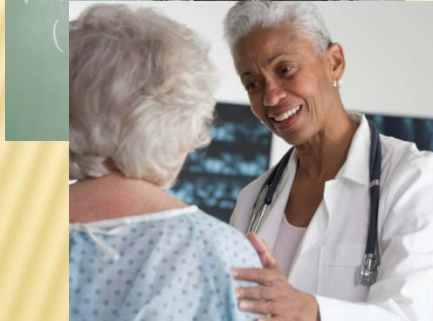
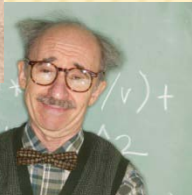
# **The ABCs of AAAs and the Aging Network**

**Area Agencies on Aging Association of Michigan**

# OVERVIEW

- × HISTORY
- × 2005 WHITE HOUSE CONFERENCE ON AGING
- × THE OLDER AMERICANS ACT
- × THE OLDER MICHIGANIANS ACT
- × DIAGRAM OF THE AGING NETWORK
- × CORE SERVICES
- × ROLE OF AREA AGENCIES ON AGING

# Over 40 years of aging network services for seniors





*President Lyndon Johnson signs  
the Older Americans Act*

## early history

- Legislature creates Michigan Commission on Aging (1960)
- 1<sup>st</sup> White House Conference on Aging in Washington, D.C.(1961)
- Congress adopts Older Americans Act (OAA) in 1965
  - creates U.S. Administration on Aging (AoA)
  - directs states to form State Units on Aging (SUA)
  - states get federal funding for services
  - the act sunsets and must be reauthorized every 3-5 years
- an aging division in the Department of Social Services is Michigan's first SUA (1965)

## •1970s

- OAA amended creating regional Area Agencies on Aging (1973)
- Michigan creates the Office of Services to the Aging (OSA)
- With OSA's assistance, counties join together to form AAAs (1974)
- Michigan AAAs create the nation's first AAA Association to coordinate education and advocacy (1975)
- AAAs help counties form Commissions/Councils on Aging as service providers (1975+)
- Legislature allows local senior millages (1976)
- Legislature appropriates state funds for aging services (late 1970s)

## •1980s

- Older Michiganians Act (OMA) passed to establish the aging network in state law (1981)
- OAA Amendments in the 1980s

*Creates in-home services; long term care ombudsman; health education/promotion; elder abuse prevention*

*Mandates targeting services to those in Greatest Economic and Social Need*

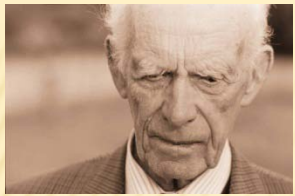
## •1990s to present

- Americans with Disabilities Act (1990)
- In Michigan, MI Choice Waiver started as a pilot through AAAs serving elderly and people with disabilities (1992)
- MI Choice Waiver expanded statewide (1998)
- Olmstead Supreme Court decision (1999)
- 5th White House Conference on Aging (2005)  
Top 10 Resolutions (next slide)
- Last reauthorization extended OAA from 2006 – 2011



# 2005 White House Conference Resolutions

1. Reauthorization of the Older Americans Act
2. Develop Coordinated Long Term Care (LTC) Strategy
3. Transportation
4. Strengthen Medicaid
5. Strengthen Medicare
6. Support Geriatric Education & Training for Workers
7. Promote Innovative Models of Non-Institutional LTC
8. Mental Illness and Depression in Older Americans
9. Worker Shortages
10. Improve State and Local Integrated Delivery Systems to Meet the 21<sup>st</sup> Century Needs of Seniors



# Objectives of the Older Americans Act

- (1) An adequate income in retirement.
- (2) The best possible physical and mental health.
- (3) Obtaining and maintaining suitable and affordable housing.
- (4) Full restorative services for those who require institutional care, and a comprehensive array of community-based services to sustain older people in their homes, including support to family members and other caregivers
- (5) Opportunity for employment.
- (6) Retirement in health, honor, dignity.





## **Objectives of the Older Americans Act**

(7) Participating in civic, cultural, educational and recreational opportunities.

(8) Efficient community services, including access to low-cost transportation and social assistance

(9) Research to sustain and improve health and happiness.

(10) Freedom to manage their own lives, participation in the planning and operation of community-based services provided for their benefit, and protection against abuse, neglect, and exploitation."

# **OLDER AMERICANS ACT TITLES**

- × **Title I – Objectives**
- × **Title II – Administration on Aging**
- × **Title III – Grants for State & Community Programs**
  - × A. Administration
  - × B. Supportive Services & Senior Centers
  - × C. Nutrition Services
    1. Congregate Nutrition Services
    2. Home Delivered Nutrition Services
  - × D. Disease Prevention & Health Promotion
  - × E. National Family Caregiver Support Program

# **OLDER AMERICANS ACT TITLES**

- ✘ **Title IV – Activities for Health, Independence and Longevity (Training, Research and Discretionary Programs)**
- ✘ **Title V – Senior Community Service Employment Program**
- ✘ **Title VI – Grants for Native Americans**
- ✘ **Title VII – Elder Rights Protection**



## OAA 2006 amendments

- ✘ Choices for Independence initiative:
  - 1) Consumer empowerment includes Aging & Disability Resource Centers (ADRCs)
  - 2) Community living (flexible options, more choices)
  - 3) Promoting healthy lifestyles
- ✘ Planning for the aging Baby Boomers
- ✘ Emphasis on "Evidence-Based Health Promotion Programs"
- ✘ Expands ADRCs to All States
- ✘ Provides for "Self-Directed Care"



# **Purpose of the Older Michiganians Act**

Establish in state law the structure and duties of Michigan's aging network.

Commission on Services to the Aging

State Advisory Council on Aging

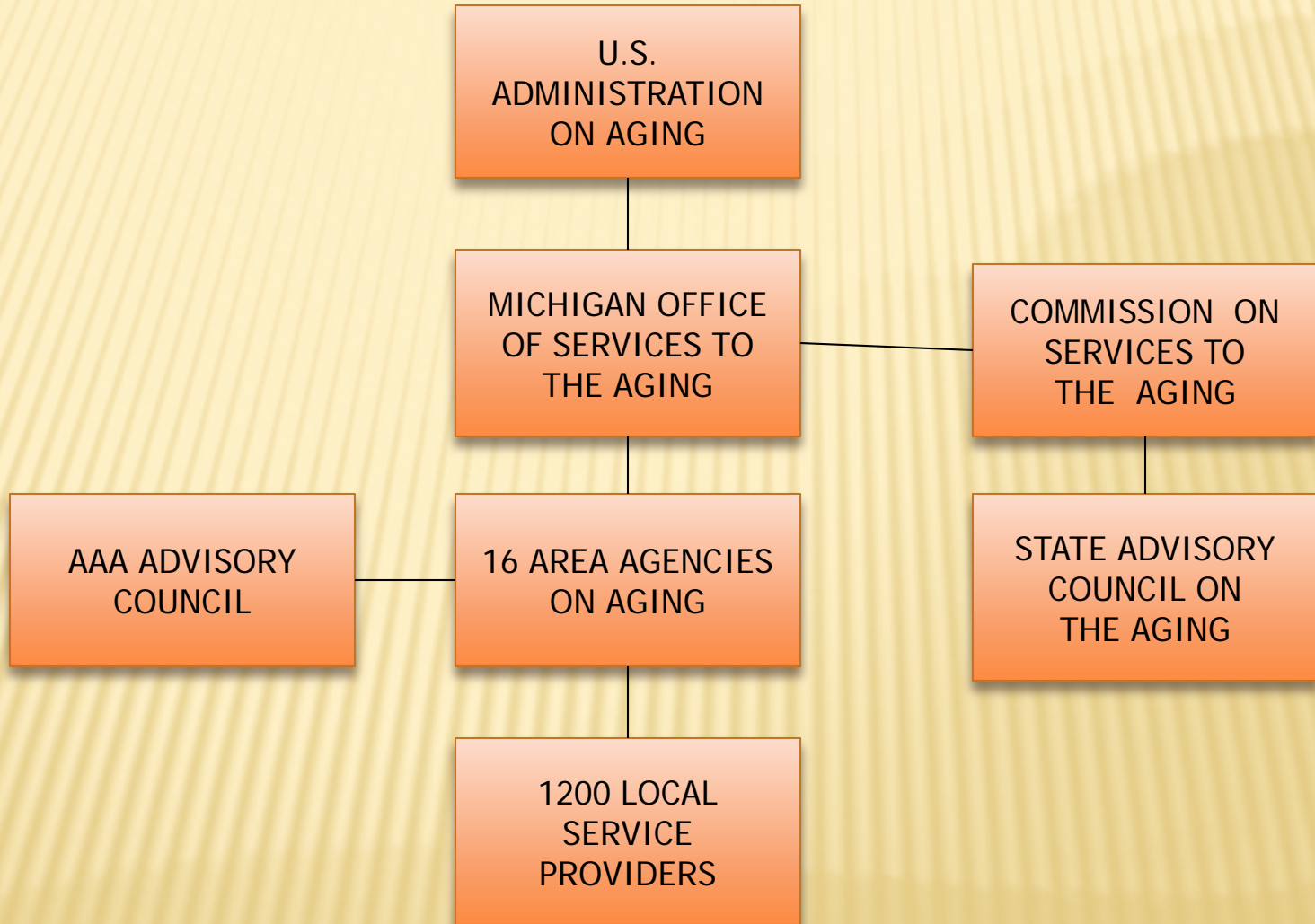
Office of Services to the Aging

Area Agencies on Aging

AAA Advisory Councils

Service Providers

# THE AGING NETWORK



# Core Services

## ❖ Access Services

- ❖ Information and Assistance
- ❖ Care management
- ❖ Supports coordination
- ❖ Options counseling
- ❖ Legal assistance
- ❖ Transportation

## ❖ In-Home Services

- ❖ Home-delivered meals
- ❖ Personal care
- ❖ Homemaker
- ❖ Chore service
- ❖ Home repair & modifications
- ❖ Home injury control
- ❖ Many more

# Core Services

## ❖ **Community Services**

- ❖ Congregate meals
- ❖ Senior Center activities
- ❖ Long Term Care Ombudsman
- ❖ Elder abuse prevention
- ❖ Legal services
- ❖ Employment assistance
- ❖ Medicare/Medicaid Assistance Program
- ❖ Health promotion

## ❖ **Caregiver Services**

- ❖ Adult Day Care
- ❖ Respite
- ❖ Training
- ❖ Counseling
- ❖ Support groups
- ❖ Grandparents caring for grandchildren

## ❖ **Customized Services**

- ❖ Specific to an individual's needs

# AREA AGENCIES ON AGING

## ✘ Designation Process

- Must be a nonprofit or unit of local government
- Designated and monitored by the State Unit on Aging
- AAA board appointed by county boards
- Develop annual plans to achieve a coordinated service system
- Hold public hearings on plans
- County boards approve plan
- Older persons represented on boards and advisory councils



# AREA AGENCIES ON AGING

## ✦ Activities

- Provide information & assistance to seniors and caregivers
- Provide care management to keep frail elders independent
- Transition nursing home residents back to their own homes
- Fund services using a pool of quality providers and letting clients choose providers
- Administer the MI Choice Waiver program
- Perform research on the needs of older adults & develop a plan
- Create new services to fill gaps
- Raise funds to expand services
- Advocate for seniors and empower seniors to advocate



# AREA AGENCIES ON AGING

AAAs shall “. . . facilitate the development and implementation of a **comprehensive, coordinated system** for providing long-term care in home and community-based settings.”

*Older Americans Act*

What is a comprehensive coordinated system?

- ✗ offers choices
- ✗ client transitions are seamless
- ✗ person-centered
- ✗ self-direction

Outcomes:

- ✗ maximize independence & dignity
- ✗ improve access
- ✗ cost-effective

# AREA AGENCIES ON AGING

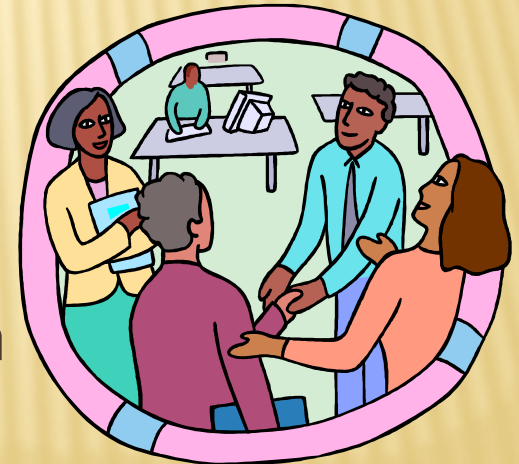
## HOME AND COMMUNITY-BASED SERVICES ARE COST-EFFECTIVE

- ✘ build on natural support system – family and friends
- ✘ MI Choice waiver costs one-third of institutional costs
- ✘ 1600 nursing home residents transitioned back to community in 2010, saving Medicaid dollars
- ✘ Expansion of home-based services led to first ever decline in Medicaid nursing home expenses from 2007-2009
- ✘ OSA services keep seniors at home and off of Medicaid
- ✘ \$4 million in OSA services can save Medicaid \$140 million if at-risk clients were to move into nursing homes and go on Medicaid

# AREA AGENCIES ON AGING

## AAAs as community leaders and job creators

- Program development – targeting services in high need areas fosters business expansion and jobs
- Advocacy
- Planning
  - committees, task forces, coalitions
- Fundraising
  - millages, grants, etc.
- Workforce training & public education



# AREA AGENCIES ON AGING

"Area Agenc(ies) on Aging will . . . serve as the advocate and focal point for older individuals within the community."

*Older Americans Act*

## AAAs as advocates

- empower seniors to advocate
- key role of Advisory Council
- inform elected officials
- educate through media
- work with state and national associations
- Michigan Senior Advocates Council
- Older Michiganians Day – June 15, 2011



# **OLDER MICHIGANIANS DAY PLATFORM 2011**

- Protect vulnerable seniors
  - fund MI Choice and OSA services
  - support wellness and mental health programs
- Use Aging Network to grow Michigan Economy & Jobs
- Protect elders from abuse and exploitation

## RESOURCES

[www.mi-seniors.net](http://www.mi-seniors.net) Area Agencies on Aging Association

[www.michigan.gov/miseniors](http://www.michigan.gov/miseniors) Office of Services to the Aging

[www.aoa.gov](http://www.aoa.gov) U.S. Administration on Aging

[www.ada.gov](http://www.ada.gov) Americans with Disabilities Act