

Southern Maine Agency on Aging AREA PLAN FOR 2016 - 2020

Goal 1: Empower older people and their families to make informed decisions about, and be able to easily access, existing health and long-term care options

Objective 1.0: Increase collaboration with health care providers				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 1.1.1	Retain business development staff to advance contracting opportunities with health care entities that support home-delivered meals, care transitions, advance care planning, and other social determinants of health	2016		
Initiative 1.1.2	Provide Agency resources to support work of the consumer Health Care Advisory Council to explore innovative relationships with health-care providers	Ongoing		
Initiative 1.1.3	Expand "As You Like It" meal partnerships to 3 hospitals by 2020	2020		

Objective 2.0: Provide navigation and counseling services

	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 1.2.1	Maintain a cadre of 40 or more State Health Insurance Program (SHIP) volunteers to provide Welcome to Medicare seminars and one-on-one counseling	Ongoing		
Initiative 1.2.2	Provide 8 monthly Welcome to Medicare seminars including evening sessions in 4 locations in York and Cumberland counties and offer one-on-one counseling in 20 locations during open enrollment	Ongoing		
Initiative 1.2.3	Provide Information and Referral Services, including Aging and Disability Resource Center (ADRC) counseling to ~10,000 people a year	Ongoing		
Initiative 1.2.4	Provide nutrition education to 2,600 congregate meal attendees and Meals on Wheels recipients yearly	Ongoing		

Initiative 1.2.5	Evaluate effectiveness of Community Links to increase referrals from healthcare providers	2016-2017		
Initiative 1.2.6	Annually distribute Medicare-related materials at public and media events, at Medicare trainings, and through articles in the Senior News	2016-2020		
Objective 3.0: Increase capacity for older and disabled adults to access and act on information and resources				
Initiative 1.3.1	Examine ways to balance high volume of service requests with flat state and federal funding including web-based solutions, inter-AAA collaborations, and donations and fee policies	2016-2020		
Initiative 1.3.2	Develop evidence-based Respecting Choices® advance-care planning on a fee-for-service basis using certified volunteers	2017		
Initiative 1.3.3	Explore unmet needs of vulnerable and isolated elder populations (e.g., ethnic minorities, island residents, refugees) and	2017-2020		

	seek to serve them as resources allow.			
Initiative 1.3.4	Implement SAMS Mobile Assessment Technology (Android tablets, etc.) with SMAA field staff.	2017		

Goal 2: Enable older adults to remain safely in their own homes ensuring a high quality of life for as long as possible through the provision of home and community-based services including supports for family caregivers

Objective 1.0: Promote and advocate for services necessary for people to remain safe in their environment of choice				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 2.1.1	Provide Adult Day Services for ~150 people with dementia and/or intellectual /developmental disabilities (IDD) annually in two state-of-the-art facilities	Ongoing		
Initiative 2.1.2	Develop a Community Health Worker and Community Support Volunteers Program with telephone check-in by 2017	2017		
Initiative 2.1.3	Raise \$1 million in private support to provide increased access to Adult Day Services for low-income	2020		

	members by 2020			
Initiative 2.1.4	Deliver 150,000 meals annually to homebound frail older and/or disabled adults, targeting rural communities.	By 2017		
Initiative 2.1.5	Continue Housing with Services collaboration with Westbrook Housing at Larrabee Village and seek opportunities to replicate the collaboration with two other senior housing sponsors	By 2020		
Initiative 2.1.6	In collaboration with Maine Council on Aging, advocate for additional funding to develop affordable senior living apartments or housing.	2016-2020		
Initiative 2.1.7	Continue advocacy efforts to increase financial support for elder services at local, state, and national levels	2016-2020		

Objective 2.0: Promote the development of a fairly compensated and valued direct care workforce

Initiative 2.2.1	Incorporate model Savvy Skills ADS Squared into curriculum as first step in development of an identifiable career ladder	2017		
Initiative 2.2.2	Identify innovative strategies for recruitment and retention of highly qualified staff for Adult Day Services and Independent Housing with Services programs	Ongoing		
Initiative 2.2.3	Collaborate with other organizations and businesses to share information on jobs, recruitment strategies, salaries and fringe benefits, and provide cross-referrals for direct care workers	Ongoing		
Initiative 2.2.4	Recruit a well-trained volunteer base for Adult Day Services to provide respite to staff as needed and to support therapeutic activities	Ongoing		

Initiative 2.2.5	Disseminate evidence-informed Savvy Skills ADS Squared curriculum through presentations and publication and develop a sustainable training model	2016 - 2018		
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Objective 3.0: Advocate for public transportation and ride options				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 2.3.1	Collaborate with communities to address transportation issues through involvement on relevant committees and support for funding	Ongoing		
Initiative 2.3.2	Refer older adults needing transportation to available community programs	Ongoing		
Initiative 2.3.3	Explore role of ride-sharing services as a resource for transportation-limited older adults	2017-2020		

Objective 4.0: Maintain and improve family caregiver services

	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 2.4.1	Use Adult Day Centers to provide customized family caregiver support	Ongoing		
Initiative 2.4.2	Provide caregiver education and training, support groups, community education, and one-on one counseling	Ongoing		
Initiative 2.4.3	Provide respite via Caregiver Respite Program to 50 people as funds are available and Adult Day Services to ~150 people annually	Ongoing		
Initiative 2.4.4	Offer a minimum of 4 evidence-based Savvy Caregiver and evidence-informed Savvy Caregiver Advanced classes per year based on identified community need	Ongoing		
Initiative 2.4.5	Meet sustainability and service capacity goals of national Alzheimer’s Disease Initiative (ADI) grant by October 2017	2017		

Objective 5.0: Reduce food insecurity

	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 2.5.1	Maintain congregate dining and at least 10 “As You Like It” venues to serve 2,700 people annually	Ongoing		
Initiative 2.5.2	Continue USDA Commodity Supplemental Food Program (CSFP) to ~1,180 older and low-income residents of York, Cumberland, and Oxford counties			
Initiative 2.5.3	Deliver 70% of Meals on Wheels provided to rural residents. (2015 baseline: 1019 homebound older adults) annually	Ongoing		
Initiative 2.5.4	Increase referrals to Meals on Wheels from medical providers	2016 - 2020		
Initiative 2.5.5	Institute expanded Meals on Wheels assessment process to target conditions that respond to evidence-based interventions (e.g. depression, Chronic	2017 - 2020		

	Obstructive Pulmonary Disease (COPD), falls)			
Initiative 2.5.6	Collaborate with other organizations involved with food-insecurity to raise public response to growing incidence of senior hunger	Ongoing		

Goal 3: Empower older people to stay active, healthy and connected to their communities through employment, civic engagement, and evidence-based disease and disability prevention programs

Objective 1.0: Increase participation in health and wellness programs				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 3.1.1	Provide evidence-based wellness programs Matter of Balance and Tai Chi to 300+ older people in 20 locations annually	Ongoing		
Initiative 3.1.2	Offer evidence-based or -informed wellness programs to at-risk participants in their homes in collaboration with the University of New England's Balancing Act by 2017	2017		
Initiative 3.1.3	Expand number of contracts with other organizations and health care entities to	By 2020		

	support SMAA-sponsored health and wellness activities in the community, such as Maine Senior Games			
Initiative 3.1.4	Explore possibility of offering other evidence-based programming such as Bone Builders	By 2020		
Objective 2.0: Expand opportunities for volunteers to deliver SMAA programs				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 3.2.1	Recruit 60 new volunteers annually to support Agency programs	Ongoing		
Initiative 3.2.2	Support 400 volunteers (including RSVP) for the Agency and other organizations	Ongoing		
Initiative 3.2.3	Support volunteer retention through creation of career ladders; involvement in more than one program; and through provision of short-term assignments	Ongoing		
Initiative 3.2.4	Test a model for self-directed volunteer leadership teams with the	2017		

	Vet to Vet program			
Initiative 3.2.5	Include volunteers in staff training as appropriate	2016-2020		
Objective 3.0: Encourage/promote age friendly communities				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 3.3.1	Collaborate with AARP and other stakeholders to promote age-friendly communities	Ongoing		
Initiative 3.3.2	Recruit volunteers to become a part of age-friendly community efforts	2017 - 2020		
Initiative 3.3.3	Expand training for Agency staff on dementia- and age-friendly concepts, environments, and resources	2017 - 2010		
Initiative 3.3.4	Use annual update of Agency Disaster Preparedness Plan to strengthen community relationships to help protect older adults	Yearly		

Goal 4: Protect the rights of older adults, and enhance the response to elder abuse

Objective 1.0: Increase awareness of financial exploitation				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 4.1.1	Collaborate with financial institutions and community organizations to train staff and volunteers to better identify people at risk for financial abuse and fraud	Ongoing		
Initiative 4.1.2	Provide 10% of Older Americans Act Title III-B funding to Legal Services for the Elderly (LSE) (and continue co-location of LSE at SMAA)	Ongoing		
Initiative 4.1.3	Continue volunteer-based Money Minders program for older people with low incomes and assets who may be vulnerable to exploitation	Ongoing		
Objective 2.0: Provide education opportunities about fraud, elder abuse, neglect, and scams				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 4.2.1	Increase education and outreach to raise public awareness of financial fraud, abuse, and scams targeted to older people and physical and emotional	2016-2020		

	elder abuse through Senior News, the website, materials mailed and available at 3 Agency locations			
Initiative 4.2.2	Distribute monthly alerts from AARP and Senior Medicare Patrol on fraud and scams to all Information & Referral staff and volunteers	Ongoing		
Initiative 4.2.3	Continue annual training of SMAA staff by Family Crisis Services	Ongoing		

Objective 3.0: Collaborate with variety of partners to address elder abuse				
	<i>Description</i>	<i>Scheduled</i>	<i>Status</i>	<i>Comments</i>
Initiative 4.3.1	Collaborate with Long Term Care Ombudsman, Legal Services for the Elderly, Adult Protective Services, Family Crisis Services, Caring Unlimited, and representative payee services	Ongoing		
Initiative 4.3.2	Participate in Community Coordinated Response	Ongoing		

	Team with Portland Police Department, Family Crisis Services, County Prosecutor, and Adult Protective Services			
Initiative 4.3.3	Participate with local community policing initiatives for older residents as staff/volunteers are available	Ongoing		
Initiative 4.3.4	Partner in providing “Elder Abuse Training for Law Enforcement Officers” in identifying and reporting elder abuse to law enforcement and other victim services providers	Ongoing		