



M O U N T A I N L A N D

ASSOCIATION OF GOVERNMENTS

Serving Summit, Utah and Wasatch Cities & Counties

AGING & FAMILY SERVICES DEPARTMENT

February 13, 2014

Dear Utah County Legislator:

As members of Mountainland Association of Government's Advisory Council on Aging we are writing to express our support for additional funding for senior services.

The Utah Association of Area Agencies on Aging has requested the following state-wide funding for senior services.

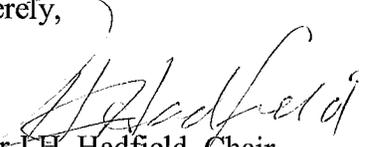
1. \$400,000 to support Meals-on-Wheels and Senior Center meal programs. It is requested that this funding be added to the base budget of the Aging & Adult Services Division.
2. \$200,000 to support caregiver programs. Currently \$100,000 of one-time funding is supporting our caregiver programs and this request is to add \$200,000 to the base budget of the Aging & Adult Services Division.

Both of these programs help seniors remain healthier and independent, allowing them to stay at home. Costs to seniors, and ultimately taxpayers can be reduced compared to paying the cost of institutional care.

Please find attached more detailed information that outlines why the funding is needed; how we are stretching our current funding; and outcome measures being adopted to ensure program effectiveness.

Thank you for your service as a legislator. Your support in this endeavor would be greatly appreciated

Sincerely,



Mayor J.H. Hadfield, Chair

Mountainland Association of Government
Advisory Council on Aging

Attachments: Request for Funding – Nutrition & Caregiver Programs



MOUNTAINLAND

ASSOCIATION OF GOVERNMENTS

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AGING & FAMILY SERVICES DEPARTMENT

ADVISORY COUNCIL ON AGING SERVICES

MOUNTAINLAND ASSOCIATION OF GOVERNMENTS

Council Members

Representing

<i>Cody Larson</i>	<i>Lehi</i>	
<i>Grant Parker</i>	<i>Am. Fork</i>	
<i>Maurine Lindsay</i>	<i>Pleasant Grove Ut.</i>	
<i>Howard R. Gray</i>	<i>AARP</i>	
<i>Judy Segmiller</i>	<i>Provo/Orem Caregiver</i>	<i>Representation</i>
<i>Dochee Naper</i>	<i>Lindon Senior Center</i>	
<i>Arthur Malette</i>	<i>Summit County</i>	
<i>[Signature]</i>	<i>Lehi</i>	
<i>Verhago Hollingshead</i>	<i>Springville Senior Center</i>	
<i>[Signature]</i>	<i>Business/Community Liason</i>	
<i>Robert H. Brown</i>	<i>OT League</i>	
<i>[Signature]</i>	<i>Orem Senior Friendship Center</i>	



Utah Association of Area Agencies on Aging

LEGISLATIVE REQUEST FOR SENIOR NUTRITION PROGRAMS – 2014

Request

\$400,000 added to the Base Budget of the Aging & Adult Services Division for Meals-on-Wheels and Senior Center Meal Programs.

How the Funds will be Spent

\$400,000 – Meals

57,803 Meals for 385 Seniors.

150 meals per senior, per year, approximately 3 meals per week at \$6.92 ea.

Why

- Keep seniors healthier, which allows them to remain at home, where they want to be, as they age.
- Help reduce future costs by reducing the need for taxpayer supported institutional care.

Need

- There are already more seniors than preschoolers in Utah today.
- Utah’s projected growth (percentage wise) of the senior population between 2000-2020 is almost double that of the rest of the state’s population, 89% versus 47%.
- State funding for meals is \$700,000 less than it was five years ago, over a 24% reduction.
- Food costs and operational costs have increased.
- 50% of seniors receiving Meals-on-Wheels are in poverty and are at high nutritional risk.
- For 60% of seniors eating at senior centers, the meal provides one half or more of their daily food intake.
- In the last five (5) years, (29) twenty-nine lunch serving days have been eliminated at senior centers throughout the state.

AREA AGENCIES ON AGING

Bear River Area Agency on Aging
Box Elder, Cache, Rich
Michelle Benson, Director

Salt Lake County Aging & Adult Services
Salt Lake
Sarah Brenna, Director

Tooele County Aging Services
Tooele
Sherrie Ahlstrom, Director

Davis County Area Agency on Aging
Family Health and Senior Services Division
Davis
Kristy Cottrell, Director

San Juan County Area Agency on Aging
San Juan
Tammy Gallegos, Director

Uintah Basin Area Agency on Aging
Daggett, Duchesne
Sandy Whalin, Director

Five-County Area Agency on Aging
Beaver, Garfield, Iron, Kane, Washington
Carrie Schonlaw, Director

Six-County Area Agency on Aging
Juab, Millard, Piute, Sanpete, Sevier, Wayne
Scott Christensen, Director

Council on Aging - Golden Age Center – (Uintah County PSA)
Uintah County
LouAnn Young, Director

Mountainland AOG, Area Agency on Aging
Summit, Utah, Wasatch
Scott McBeth, Director

Southeastern Utah AAA
Carbon, Emery, Grand
Collette Child, Director

Weber Area Agency on Aging
Morgan, Weber
Paula Price, Director

How Successful Performance will be Measured

1. The value of meals in helping a senior remain healthier and maintain their independence at home.

The Division of Aging & Adult Services is implementing performance/outcome measures state-wide which address whether seniors in our meal programs eat more balanced meals, are better able to avoid sodium/fat, and as a result of the program, they can continue to live in their home.

These outcome measures have been administered over the last ten years in other areas of the country and have already demonstrated that:

- The meal programs are highly rated by participants.
 - They are effectively targeted to vulnerable individuals who need the service.
 - They provide assistance to individuals and caregivers which is instrumental in allowing older persons to maintain their independence and avoid premature nursing home placement.
2. The cost efficiencies and benefits of reducing additional governmental expenditures are demonstrated by:
 - Seniors can receive a meal five days per week for a year for the same cost as 1 day in the hospital or 6 days in a nursing home.
 - Studies in the country which demonstrate that investing in Meals-on-Wheels help keep seniors out of nursing homes and saves substantial Medicaid expenditures.

Efficiencies & Endeavors By Area Agencies on Aging

- We use volunteers extensively in senior centers and in delivering Meals-on-Wheels.
- We have raised the suggested donation request that seniors contribute for their meal. Currently over 20% of the total meal program cost is covered by senior donations.
- We have created non-profit organizations to raise funds to augment our programs.
- Directors and staff of Area Agencies on Aging have other full time job responsibilities in their jurisdictions which lessens administrative charges, increasing funds available for senior programs.
- Area Agencies on Aging are partnering with private sector organizations, such as hospitals and healthcare organizations to provide services.

WHAT IS IT WORTH TO HELP A SENIOR REMAIN AT HOME AND BE HEALTHIER AS THEY AGE?

- PRICELESS-



Utah Association of Area Agencies on Aging

LEGISLATIVE REQUEST FOR SENIOR CAREGIVER PROGRAMS – 2014

Request

\$200,000 added to the Base Budget of the Aging & Adult Services Division for Caregiver Support Programs.

Current Budget includes \$100,000 one-time funding.

How the Funds will be Spent

\$200,000 – Supporting Caregiver Program Activities:

- Access to information and resources for caregivers.
- Support groups.
- Educational classes.
- Short-term (paid) respite services for approximately 66 caregivers.
 - Help with identifying needs and coordinating services.
 - Help with bathing and personal grooming.
 - Light housekeeping
 - Adult daycare.
 - Emergency response systems
- Hire part-time Volunteer Respite Program Coordinators to develop volunteer programs to recruit volunteers to provide respite care for caregivers in the community.

Why

- Support provided to caregivers helps them continue to act in their role of meeting the long-term care needs of their loved ones, at home, reducing taxpayer expenses today and in the future.
- In the future there will be more individuals needing care, and fewer caregivers. We need to prepare, today.

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Morgan, Weber
Paula Price, Director

Caregiver Information

- Without adequate support, caregiver's productivity suffers, costing American businesses from \$11-\$29 billion each year.
- In 2010 there were 7 potential caregivers for every person 80+. In 2030 the ratio drops to 4-1 and then to 3-1 by 2050.
- 67% of caregivers do not go the doctor themselves because they put their family's needs first.
- Older caregivers experiencing stress from caregiving have a 63% higher mortality rate than non caregivers of the same age.
- 40%-70% of caregivers have symptoms of depression.
- Almost 50% of caregivers say they are too tired to take care of themselves.
- 90% of long-term care needs are provided by 61 million unpaid caregivers valued at \$450 billion each year.
- The average American woman can expect to spend more years caring for her parents than she did her children.
- The typical caregiver is a 46 year old female, providing more than 20 hours of care each week.
- The number of men assuming the role of a caregiver is increasing. (Currently 44% of caregivers are male.)
- The eating and exercise habits of approximately 60% of caregivers were worse than before they became a caregiver.
- Providing assistance to caregiver can offset the harmful physical, mental, and emotional consequences of being a caregiver.
- In a local caregiver survey, 54% requested respite care and 60 % requested educational assistance for stress management.

How Successful Performance will be Measured

Through our Caregiver Support Services Program the caregiver will be able to sustain their caregiving responsibilities, over a longer period of time, and reduce the likelihood of the care receiver being placed in a long-term care facility.

The Division of Aging & Adult Services is already piloting performance/outcome measures state-wide which address such issues as: whether caregivers receiving assistance are healthier; experience less stress; take better care of themselves; are more knowledgeable about taking care of someone else; have improved their skills in providing care; and because of the support received to carry out their caregiving functions, the likelihood of the care receiver being placed in a long-term care facility has been reduced\prolonged.